**Fruit Lecture**

 1. Besides having color, flavor, and usefulness, fruit is a food of great value.

1. Fruit contains a type of sugar that gives **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.
2. Fruit is rich in **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. Both are important to health. Citrus fruits particularly oranges and grapefruit, are especially rich in vitamin C
3. Fruit contains little or **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and very **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

 2. Because fruit is rich in vitamins and minerals and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the appetite, it is a very good food to eat between meals.

 **Fruit Buying Tips:**

1. In general, high quality fruit means \_\_\_\_\_\_\_\_\_\_\_\_ heavy, fruit, full of juice, not too green or too ripe.
2. Shop for fruit early in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Buy fruit in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Decide how the fruit is to be used before buying it.
5. Do not buy fruits which show signs of decay.
6. When selecting fruit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it as little as possible.
7. Avoid buying too much fruit, even when it is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. Fruit bought in containers should be uniform throughout.

 **Storing Fruit:**

 3. Fresh fruit should be stored in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. All fruit, except berries, should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before being stored. Berries should be washed just before you use them to prevent rapid spoiling and loss of vitamins.

5. Cold storage is the best because cold \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the ripening processing loss of vitamin C.

6. To prevent their odor from being absorbed by other foods; fruits with a strong aroma, such as pineapple and cantaloupe, should be wrapped tightly in a plastic bag before being placed in the refrigerator.

7. Frozen fruit should be stored immediately in the freezer or freezing compartment of the refrigerator. The best temperature is 0° F. They should not be thawed until ready to use.

 **To prepare fruits:**

1. Wash them.
2. Cook fruits in their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and natural \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Cook fruits in as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ water as possible.
4. Canned fruits are ready to serve. Cooking causes further loss of vitamins and softens the fruit to cook them again.
5. Canned or frozen fruit juice should be opened and mixed just before \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 **Oxidation:**

 Cutting fruit with a peeling when exposed to the air, the cut surface turns brown and discolored. Put fruit in fruit fresh, lemon juice, etc.