**Fruit Study Guide**

\_\_\_\_\_ 1. Tropical A. Cantaloupe

\_\_\_\_\_ 2 Pomes B. Peach

\_\_\_\_\_ 3. Drupe C. Apple

\_\_\_\_\_ 4 Citrus D. Orange

\_\_\_\_\_ 5. Berry E. Grapes

\_\_\_\_\_ 6. Melon F. Kiwi

\_\_\_\_\_ 7. Produce G. fruit and vegetables

8. Match each fruit with the storage method that will best preserve its quality.

A. Store at room temperature. \_\_\_\_\_\_\_ strawberries

B. Store at room temp until ripe. \_\_\_\_\_\_\_ under ripe pears

C. Place in an airtight container. \_\_\_\_\_\_\_ bananas

1. Store unwashed in the fridge. \_\_\_\_\_\_\_ raisins

9. What are the qualities of fresh fruits?

10. What are two advantages of dried or dehydrated fruit?

11**.** Which fruit is highest in sugar?

12. Which fruit is highest in Vitamin C?

13. Which fruit is highest in fiber?

14. Which fruit is great “on-the-go” and is high in potassium?

15. Which fruits are available to buy at the grocery store?

16. Which fruit is highest in Vitamin A?

17. Give TWO examples of fruits served as a/an:

Sides: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Desserts: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_