

In the Know

1. Match the vegetable with the part of the plant you eat.

cabbage
asparagus
carrot
garlic
broccoli
potato
corn
tomato

stem
root
flower
fruit
tuber
bulb
leaf
seed

2. A _____ is a plant's underground stem that swells to store food.

3. Which is not a characteristic of high quality fresh vegetables?

A. Crisp	B. Not Wilted	C. Pale Color	D. Firm
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4. Match each fresh vegetable with the storage method that will best preserve it's quality. (HINT: Some letters may be used more than once.)

Corn
Lettuce
Potatoes
Pumpkins

A. store on the kitchen counter
B. wash and store in the refrigerator
C. store in a cool, dark, and dry place
D. store unwashed in the fridge

5. True or False? Leftover portions of canned vegetables should be placed in an airtight container and stored at room temperature.

6. Which changes occur when vegetables are cooked?

A. they become easier to chew	B. flavors mellow	C. colors change	D. All of the above
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7. Describe two ways to preserve the nutrients in vegetables when you cook them.

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