

1. _____ have smooth skin and an enlarged fleshy area surrounding a core. Examples include apples and pears.
2. _____ have a hard outer skin called a rind and juicy flesh. Examples include cantaloupe and honeydew.
3. _____ grow on trees in warm climates. They have a firm rind and pulpy flesh. Examples include grapefruit and lemons.
4. _____, also called stone fruit, have a hard pit covering a central seed or kernel. Examples include cherries and peaches.
5. Fruits are generally _____ water.
6. Fruits are graded by the USDA according to their _____.
7. Name three fruits high in vitamin C: _____
8. Name three fruits high in potassium: _____
9. What is the purpose of the irradiation of fruit?

10. What does the USDA's agricultural Marketing Service's rating system not take into account for fruits and vegetables? _____

11. Name two veggies high in starch: _____ and _____
12. Why is steaming preferable to boiling when cooking most vegetables?

13. A _____ is a chemical substance found in certain plants which is believed to be beneficial to human health and help prevent various diseases.
14. Give two examples of vegetables that fit into each category.

Category	Example #1	Example #2
Cabbages		
Gourds		
Leafy Greens		
Mushrooms		
Onions		
Peppers		
Pods and Seeds		
Tubers		
Shoots and Stalks		
Roots		
Tomatoes		

15. Give two examples (one fruit + one vegetable) of ech category of fruits/vegetables and two health benefits, vitamins, minerals, or phytonutrients (a total of two).

Color Group	Examples:	2 Health Benefits, Vitamins, Minerals, or Phytochemicals
Green	Fruit: Vegetable:	1. 2.
Red	Fruit: Vegetable:	1. 2.
Blue/Purple	Fruit: Vegetable:	1. 2.
Yellow/Orange	Fruit: Vegetable:	1. 2.
White	Fruit: Vegetable:	1. 2.

16. Name three tips to help a person get more fruits and vegetables daily.