

# Fruits

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

## Chapter 15 Study Sheet

Complete the statements as you read Chapter 15.

1. \_\_\_\_\_ are small juicy fruits with thin skins.
2. \_\_\_\_\_ have an outer skin covering a soft, fleshy fruit that surrounds a single, hard stone.
3. Fruits having a central, seed-containing core surrounded by a thick layer of flesh are classified as \_\_\_\_\_.
4. \_\_\_\_\_ have a thick outer rind and a thin membrane that separates the flesh of the fruit into segments.
5. \_\_\_\_\_ are large, juicy fruits produced by plants in the gourd family.
6. \_\_\_\_\_ are grown in warm climates and are considered to be somewhat exotic.
7. Cantaloupe, apricots, and other orange fruits are good sources of vitamin \_\_\_\_\_ because they contain large amounts of provitamin A \_\_\_\_\_.
8. Fruits that are full-sized but have not yet reached peak eating quality are \_\_\_\_\_ fruits.
9. Fruits that have not reached full size and have poor color, flavor, and texture are \_\_\_\_\_ fruits.
10. Handle all fruits gently to prevent \_\_\_\_\_.
11. Store canned fruit in a(n) \_\_\_\_\_ place.
12. When buying frozen fruit, choose packages that are clean, undamaged, and frozen \_\_\_\_\_.
13. Raisins, dried plums, and apricots are the most common \_\_\_\_\_ fruits.
14. Some fruits, such as bananas and peaches, experience a darkening known as \_\_\_\_\_ when exposed to air.
15. Overcooked fruits become \_\_\_\_\_, losing their colors, nutrients, natural flavors, and shapes.
16. During cooking, \_\_\_\_\_ in fruit softens, making the fruit easier to digest.
17. When cooking fruits in syrup, too much \_\_\_\_\_ will cause the fruit to harden.
18. Frying fruits in a small amount of fat in a skillet is called \_\_\_\_\_.
19. Fruits that are dipped into a batter and deep-fried are called \_\_\_\_\_.
20. \_\_\_\_\_ fruits covered with a tight skin if they are being microwaved whole.