



FRUIT

# Fruit

- Defined: part of the plant that holds the seeds



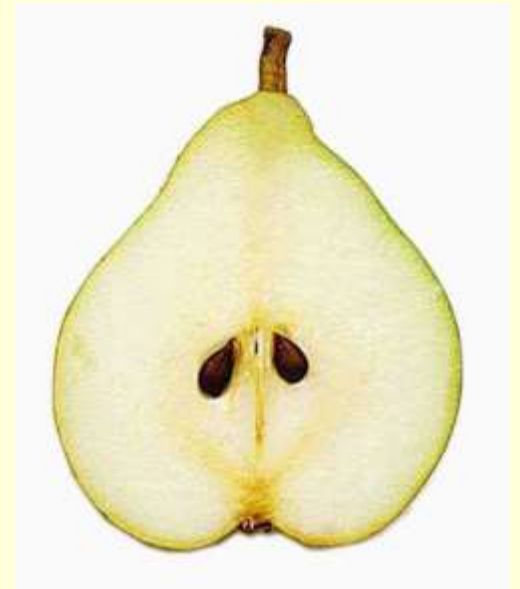
# POMES

- Smooth skin and an enlarged fleshy area that surrounds the core

Apple



Pear



# DRUPES

- Contain a single seed, or pit, surrounded by juicy flesh with an edible skin

Peach



Plum



Cherry



# BERRIES

- Fragile cell structure; pulpy and juicy; tiny seeds embedded in flesh

## Cranberry

## Grapes



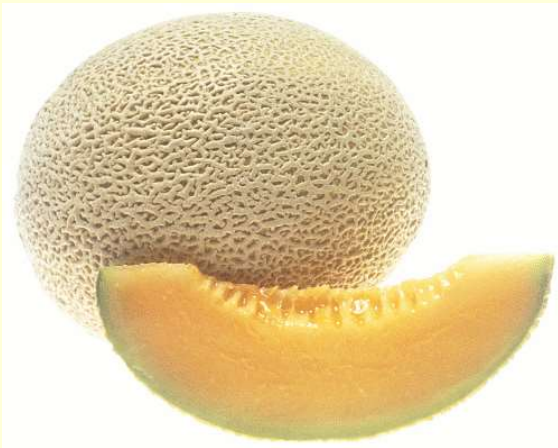
## Strawberry



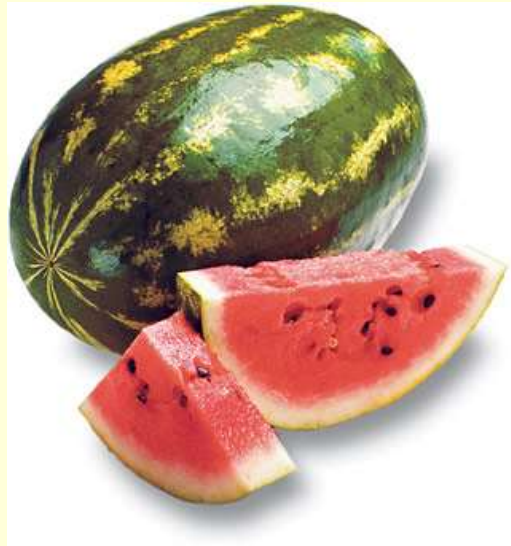
# MELONS

- Hard outer surface that is smooth or netted; juicy flesh

Cantaloupe



Watermelon



Honeydew





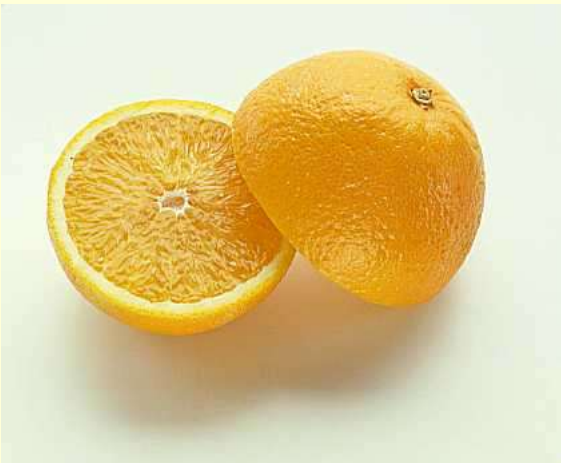
# CITRUS FRUITS

- Grown in warm regions, firm rind and pulpy flesh

Lime



Orange



Clementine



# TROPICAL FRUITS

- Grown in very warm climates, differ in skin characteristics and seed characteristics

Pineapples



Bananas



Figs



\*See Next Slide





mango +



carambola



papaya



feijoa



Asian pear



durian



pepino



prickly pear

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longan



tamarillo



horned melon



passion fruit

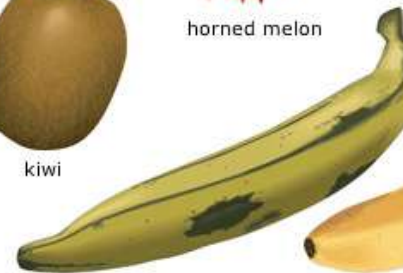
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mangosteen



kiwi



plantain



banana

# ADDITIONAL INFO

**Q -What is the difference between mature, ripe fruit, and under-ripe fruit?**

**A - Mature fruit**

- Have reached their full size and color
- Not always ripe when harvested
- Best for use in future

• **Ripe fruit**

- Are tender and have a pleasant aroma
- Have fully developed flavor
- Ready to eat NOW!!

• **Under-ripe fruit**

- Has been picked, but not ready to eat yet

# ANSWERS TO YOUR FRUIT QUESTIONS!

**Q - Why does some fruit turn brown when cut?**

A- The flesh of some fruit becomes discolored when exposed to air because of ENZYMATIC BROWNING

**Q - How can I stop it?**

A -Coat the fruit with some form of ascorbic acid (Vitamin C) For example: lemon juice/pineapple juice/bought

# EXTRA FRUIT INFO

**Q –Fresh vs others?**

**A –Fresh and frozen are most nutritious**

**--Canned and dried are less nutritious**

- When shopping for canned try to keep the fruits packed in water.

**Q—Microwaving?**

**A—Yes you can microwave 😊**

- The only way on cooking that is not recommended is boiling. Why?

# EXTRA FRUIT INFO

## Shopping

- Consider:
  - Denseness
  - Aroma
  - Shape
  - Color