

Revision sheet for test 1-----Fruit and vegetables

- Refresh your memory by using the attached recipe for vegetable soup.
- Ways to chop vegetables include:
 - Dice
 - Julienne
 - Batons
- To liquidise vegetables/fruit means to make smooth, remove lumps, puree, and make solids into a liquid.
- To *GARNISH* means to decorate or provide a finishing touch to food.
- equipment which could be used to make a soup smooth are:
 - A hand blender
 - a liquidiser
 - a food processor

- Seasonal----the times of the year when a food is at its peak, in terms of harvest or its flavour and sometimes cost.
- **Food miles**-----The distance food travels from where it is grown to the location of the retailer (the person who sells it).
- Buying locally---- **Local purchasing** is a preference to buy **locally** produced goods and services over those produced farther away.
- Ways to make food products more sustainable include:
 - Use local foods -- Use Seasonal foods**
 - Use packaging that comes from a sustainable source - recyclable.

- The eatwell plate recommends 1/3 of our diet should be made up of fruit and vegetables.
- Organically grown means fruit and vegetables which have been grown without the use of chemicals, fertilizers or pesticides. They contain no artificial additives.
- There are some fruits which do not fit into any groups identified. These include bananas, pineapple, mango and passion fruit. These fruits are classed as **TROPICAL OR EXOTIC**.
- Before a fruit can be eaten raw it needs to **ripen** ---changes which take place when a fruit ripens include
 - Colour change
 - Texture change
 - And taste change when the sweetness develops

Groups of fruit	Example of fruit	storage
Citrus	Oranges, lemons, grapefruits, limes	Cool dry place. Some citrus fruits Can be refrigerated.
Hard Fruits	Apples, pears	Keep out of direct sunlight, At room temperature. Can be refrigerated.
Soft or berry fruits	Strawberries, raspberries, blackberries	Keep refrigerated. Remove to serve at room temperature
Stone Fruits	Plums, Cherries, nectarines, peaches	Keep refrigerated. Store fruit in fruit bowl at room temperature for faster ripening

Vegetable group	Examples
Roots	Beetroot, carrots, swedes
Bulbs	Onions, leeks, Spring onions
Tubers	Potatoes, sweet potatoes, yams

- It is recommended that we eat at least 5 portions of fruit and veg per day. A variety of colours and types should be eaten to help meet different vitamin and mineral requirements.
- Fruit and vegetables provide
- Carbohydrates
- Dietary fibre
- Vitamins A ,C, and E
- Various minerals
- They are regarded as a low fat food
- Cellulose -- Insoluble substance which makes up most of plants like vegetables, cell walls
- When the cells in the fruit or vegetable are cut they release enzymes which react with oxygen turning the fruit or veg brown. This is called ENZYMIC BROWNING. Chefs can control it with a range of methods such as:
- Stop the enzyme by using acid or heat .Stop the oxygen by using water or antioxidants

