Chapter 9

**Fruits and Vegetables**

***True/False***

\_\_\_\_\_ **1.** Moisture is a sign of good-quality blueberries.

\_\_\_\_\_ **2.** Orange drupes include peaches, nectarines, and apricots.

\_\_\_\_\_ **3.** When storing roots and tubers, remove their leafy tops.

\_\_\_\_\_ **4.** Many ripe fruits, except bananas, can be stored at 41°F or higher.

\_\_\_\_\_ **5.** Acids cause cells to break down more quickly, making the fruit soft.

***Multiple Choice***

1. What is the natural form of sugar found in fruits?
   1. Lactose
   2. Sucrose
   3. Fructose
   4. Galactose
2. Fruits that have a central pit enclosing a single seed are known as
   1. drupes.
   2. coulis.
   3. crudités.
   4. compote.
3. Which type of fruit is a grape?
   1. Spring
   2. Winter
   3. Summer
   4. Tropical
4. Which type of fruit is an apple?
   1. Spring
   2. Winter
   3. Summer
   4. Tropical
5. Which type of fruit is a banana?
   1. Spring
   2. Winter
   3. Summer
   4. Tropical
6. Rome and Granny Smith are varieties of
   1. pear.
   2. apple.
   3. peach.
   4. melon.



1. Bosc and d’Anjou are varieties of
   1. pear.
   2. apple.
   3. peach.
   4. berry.
2. Honeydew and Crenshaw are varieties of
   1. plum.
   2. peach.
   3. melon.
   4. cherry.
3. Citrus fruits are abundant in vitamin
   1. A.
   2. B.
   3. C.
   4. D.
4. Red Spanish and Cayenne are varieties of
   1. mango.
   2. papaya.
   3. coconut.
   4. pineapple.
5. What does it mean when canned products are rated U.S. Grade A Fancy?
   1. They are of the lowest quality.
   2. They are of average quality.
   3. They are of the highest quality.
   4. They are of the fanciest quality.
6. What happens when some fruits emit ethylene gas?
   1. They are dangerous to eat.
   2. They must be thrown out.
   3. They cause other fruits to ripen.
   4. They easily absorb odors from other fruits.
7. Fruits that need to ripen should be stored at room temperatures of
   1. 45°F to 50°F.
   2. 55°F to 60°F.
   3. 65°F to 70°F.
   4. 75°F to 80°F.
8. Before serving any fruit—raw or cooked—the fruit must be
   1. zested.
   2. sliceD.
   3. peeled.
   4. cleaned.
9. What is the chemical process that occurs when oxygen in the air comes in contact with the flesh of cut fruit?
   1. Aquaculture
   2. Polyphenoloxidase
   3. Enzymatic browning
   4. Hydroponic farming
10. In which cooking method is fruit cooked in simmering liquid?
    1. Baking
    2. Grilling
    3. Broiling
    4. Poaching
11. What helps fruits retain their structure when cooking?
    1. Acid
    2. Salt
    3. Sugar
    4. Alkali



1. Which class of vegetables includes broccoli and cauliflower?
   1. Seed
   2. Stem
   3. Fruit
   4. Flower
2. Sticks or pieces of raw vegetables served with a dipping sauce are called
   1. coulis.
   2. crudités.
   3. tempura.
   4. guacamole.
3. Which vegetable classification is an avocado?
   1. Seed
   2. Fruit
   3. Tuber
   4. Flower
4. Which type of vegetable is corn?
   1. Seed
   2. Stem
   3. Tuber
   4. Flower
5. Which type of vegetable is a turnip?
   1. Stem
   2. Seed
   3. Root
   4. Fruit
6. Which type of vegetable is a carrot?
   1. Stem
   2. Seed
   3. Fruit
   4. Tuber





1. Which type of vegetable is a mushroom?
   1. Seed
   2. Stem
   3. Root
   4. Flower
2. Black Beauty and Japanese are varieties of
   1. avocado.
   2. eggplant.
   3. winter squash.
   4. bell pepper.
3. Bibb and romaine are varieties of
   1. spinach.
   2. lettuce.
   3. swiss chard.
   4. mustard greens.
4. A sugar snap is a variety of
   1. pea.
   2. bean.
   3. corn.
   4. tomato.
5. Haricot verts is a variety of
   1. pea.
   2. bean.
   3. radish.
   4. tomato.
6. Bermuda and pearl are varieties of
   1. beet.
   2. leek.
   3. onion.
   4. scallion.
7. Which cooking method is used to make tempura vegetables?
   1. Baking
   2. Poaching
   3. Sautéing
   4. Deep-frying
8. For which type of cooking method are large green tomatoes best suited?
   1. Frying
   2. Baking
   3. Broiling
   4. Steaming
9. Vegetables are grown indoors year-round, under regulated temperatures and light, in nutrient enriched water through
   1. aquaculture.
   2. enzymatic browning.
   3. ethylene gas farming.
   4. hydroponic farming.
10. Which cooking method quickly and partially cooks a vegetable in water or oil?
    1. Baking
    2. Boiling
    3. Blanching
    4. Braising
11. Which cooking method cooks food in a hot or moderate oven with little or no additional liquid added?
    1. Baking
    2. Broiling
    3. Sautéing
    4. Blanching
12. Which vegetable is used to make guacamole?
    1. Zucchini
    2. Eggplant
    3. Avocado
    4. Artichoke
13. How long should fresh produce be kept?
    1. 1 day
    2. 4 days
    3. 1 week
    4. 2 weeks
14. Cooks can tell whether a vegetable is done cooking by the vegetable’s appearance and its
    1. texture.
    2. time cooked.
    3. cooking method.
    4. presentation style.
15. Cutting a product into cubes with a chef’s knife is called
    1. dicing.
    2. slicing.
    3. mincing.
    4. chopping.
16. Which cutting technique is commonly used on smaller foods, such as garlic and herbs?
    1. Dicing
    2. Slicing
    3. Mincing
    4. Chopping
17. To keep fresh fruit from turning brown, coat it with
    1. water.
    2. sugar.
    3. honey.
    4. lemon juice.

***Short Answer***

1. Dried plums are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vegetables include peas and corn.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a cooking method that cooks food in vacuum sealed plastic pouches at low temperatures for long times.
4. A sauce made by simmering dried fruits, such as apricots, currants, and raisins, is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the finishing technique that gives vegetables a glossy appearance.

***Essay***

1. What is the difference between a root and a tuber vegetable? Describe the different nutrients in each and why they are important.
2. Why is it important to store fruits and vegetables separately?
3. What techniques are used to maintain the quality of vegetables being held for service?

Chapter 9

**Fruits and Vegetables**

***True/False***

|  |  |  |  |
| --- | --- | --- | --- |
| **1.** | ANS: F | **4.** | ANS: F |
|  | REF: 554 |  | REF: 557 |
| **2.** | ANS: T | **5.** | ANS: F |
|  | REF: 555 |  | REF: 561 |

1. ANS: T

REF: 584

***Multiple Choice***



|  |  |  |  |
| --- | --- | --- | --- |
| **1.** | ANS: C | **9.** | ANS: C |
|  | REF: 547 |  | REF: 551 |
| **2.** | ANS: A | **10.** | ANS: D |
|  | REF: 547 |  | REF: 553 |
| **3.** | ANS: C | **11.** | ANS: C |
|  | REF: 548 |  | REF: 556 |
| **4.** | ANS: B | **12.** | ANS: C |
|  | REF: 551 |  | REF: 557 |
| **5.** | ANS: D | **13.** | ANS: C |
|  | REF: 552 |  | REF: 557 |
| **6.** | ANS: B | **14.** | ANS: D |
|  | REF: 551 |  | REF: 558 |
| **7.** | ANS: A | **15.** | ANS: C |
|  | REF: 550 |  | REF: 561 |
| **8.** | ANS: C | **16.** | ANS: D |
|  | REF: 549 |  | REF: 562 |



|  |  |  |  |
| --- | --- | --- | --- |
| **17.** | ANS: A | **29.** | ANS: C |
|  | REF: 561 |  | REF: 580 |
| **18.** | ANS: D | **30.** | ANS: D |
|  | REF: 572 |  | REF: 572 |
| **19.** | ANS: B | **31.** | ANS: A |
|  | REF: 572 |  | REF: 574 |
| **20.** | ANS: B | **32.** | ANS: D |
|  | REF: 573 |  | REF: 582 |
| **21.** | ANS: A | **33.** | ANS: C |
|  | REF: 577 |  | REF: 592 |
| **22.** | ANS: C | **34.** | ANS: A |
|  | REF: 578 |  | REF: 594 |
| **23.** | ANS: D | **35.** | ANS: C |
|  | REF: 579 |  | REF: 573 |
| **24.** | ANS: B | **36.** | ANS: B |
|  | REF: 582 |  | REF: 584 |
| **25.** | ANS: B | **37.** | ANS: A |
|  | REF: 573 |  | REF: 591 |
| **26.** | ANS: B | **38.** | ANS: A |
|  | REF: 576 |  | REF: 587 |
| **27.** | ANS: A | **39.** | ANS: C |
|  | REF: 577 |  | REF: 588 |
| **28.** | ANS: B | **40.** | ANS: D |
|  | REF: 578 |  | REF: 561 |



***Short Answer***

|  |  |  |  |
| --- | --- | --- | --- |
| **1.** | ANS: prunes | **4.** | ANS: compote |
|  | REF: 550 |  | REF: 564 |
| **2.** | ANS: Seed | **5.** | ANS: Glazing |
|  | REF: 577 |  | REF: 596 |

1. ANS: Sous vide

REF: 600

***Essay***

1. ANS: Root vegetables are rich in sugars, starches, vitamins, and minerals and exist both above and below ground. Examples of root vegetables include carrots, beets, radishes, turnips, and onions.

Tubers are enlarged, bulbous roots capable of generating a new plant. Tubers are actually fat, underground stems. Examples of tubers are yellow yams, sweet potatoes, and potatoes.

REF: 578–579

1. ANS: Some fruits, such as apples and bananas, release ethylene gas. Ethylene gas causes unripe fruits to ripen. However, it also causes ripe fruits and vegetables to spoil. Ethylene-producing fruits should be stored in sealed containers if separate refrigeration or storage is not available. In addition, some produce gives off odors that taint the natural flavor of dairy items.

REF: 557

1. ANS:
   * Refresh boiled or steamed vegetables in cold water.
   * Drain and spread out starchy vegetables to dry.
   * Uncover baked or roasted vegetables in a holding drawer if they are to be served within four hours of their preparation. If not, spread them on sheet pans, cool completely, and then wrap them.
   * Hold braised or stewed vegetables in a steam table.