**Food Service Occupations 2 Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Unit 6: Fruit and Vegetable Prep Hour:\_\_\_\_\_**

1. What is normally the best fruit to buy?
	1. Fresh
	2. Frozen
	3. Canned
	4. Dried
2. **T/F** Most fruit should be refrigerated, with a few exceptions.
3. Canned fruit should be stored
	1. In a heated, moist area
	2. In a cool, dry area
	3. In a freezer
	4. In a cool, moist area
4. **T/F** Frozen fruits should be thawed slowly in the refrigerator
5. **T/F** Fresh fruit should always be washed and dried before using
6. The classifications of vegetables are:
	1. How big the vegetable is
	2. How you store the vegetable
	3. Color and part of plant or dried legumes
	4. Only color
7. Fresh vegetables are classified by these 4 colors:
	1. White, blue, green, yellow
	2. Green, yellow, red, white
	3. Green, yellow, blue, red
	4. Purple, green, yellow, red
8. **T/F** A lima bean is a fresh vegetable
9. **T/F** You do NOT need to wash fresh vegetables before using.
10. **T/F** You should salt the water you cook vegetables in
11. **T/F** If you do not cut vegetables into uniform sizes, they will not cook properly.