**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.