

## Fruit & Vegetables

### Choosing fruit and vegetables

- Crisp and firm
- Blemish and bruise free
- Excellent colour
- Use as soon as possible
- Store in a cool, dark place

### Processed Fruit and Vegetables

Processed fruit and veg are brilliant for convenience and for when they are out of season

- Pre-prepared—peeled, chopped
- Tinned
- Frozen
- Dried
- Juiced



### Preparing fruit and vegetables

- Wash before use to remove dirt or insects
- Try not to peel, or peel thinly to preserve the nutritional content
- Do not soak in water
- Do not prepare ahead, prepare as close to use as possible

### Cooking vegetables

Vegetables can be cooked in various ways however the drier methods and the ones with little contact with water are best for preserving the nutritional content.

We cook vegetables for the following reasons:

- To improve colour and taste
- To ensure they are edible (potatoes)



### Preserving fruit and vegetables

Fruit & Veg have been preserved for centuries to enable us to eat them all year round and out of season. Methods include:

- Jamming
- Pickling
- Freezing
- Drying
- Juicing



### Potatoes

- Potatoes are a very versatile and therefore popular. They have many uses.
- Roasting—Maris Pipers
- Mashing—Desiree
- Frying—Maris Piper
- Boiling—Maris Piper
- Salad—Jersey royals



### Herbs and spices

Herbs and spices are used to add flavour and interest to dishes. Commonly used in multicultural dishes.

**Herbs**—are the leaves, stems and roots of plants

**Spices**—are the dried flowers, seeds and leaves of aromatic plants



Variety of fruit	Examples
Citrus	Lemon, Lime
Nut	Brazil nut, cashews
Tree	Apple, Pear
Berry	Raspberry, strawberry
Tropical	Mango, watermelon
Stone	Apricot, cherries

HERBS	SPICES
Coriander	Cardamom
Mint	Cinnamon
Basil	Coriander seed
Tarragon	Cumin
Rosemary	Chilli powder
Thyme	Nutmeg

Variety of Vegetable	Examples
Bulb	Onion, Garlic
Stem	Asparagus, Celery
Root	Beetroot, Carrot
Tuber	Potato, Sweet Potato
Seed	Peas, Sweetcorn
Fungi	Mushrooms
Flower	Cauliflower, Sprouts
Vegetable Fruit	Peppers, Tomatoes
Leaf	Spinach, Cabbage

Nutrition	Function	Source
Carbohydrate	Energy	All fruit & Veg
Vitamin A	Healthy eyes	Carrots, Spinach
B Vitamins	Energy release	Green Veg
Vitamin C	Fighting infection	Citrus fruit
Vitamin E	Healthy skin	Green veg
Vitamin K	Wound healing	Green veg
Calcium	Healthy bones	Spinach
Iron	Healthy red blood cells	Green veg
Fibre	Healthy digestive system	All fruit & Veg

5-a-day
• We should eat 5 or more different fruits and vegetables each day
• Fresh, frozen, juiced and tinned all count
• Choose tinned fruits in juice or water not syrup
• Only 1 glass of juice counts as a portion
• Portion examples:
○ 2 satsumas
○ Handful of grapes
○ 1/2 tin beans
○ 1 apple
○ 7 strawberries
○ 3 tablespoons of peas

