

# Basics



NAME \_\_\_\_\_

HOUR \_\_\_\_\_

## VIDEO WORKSHEET

1. According to the Food Guide Pyramid, how many daily servings do we need of fruits?
2. How many daily servings do we need of vegetables according to the Food Guide Pyramid?
3. What vitamins and minerals are found in vegetables?  
Vitamins: \_\_\_\_\_ Mineral: \_\_\_\_\_
4. What vitamins and minerals are found in fruits?  
Vitamins: \_\_\_\_\_ Mineral: \_\_\_\_\_
5. Vegetables come from many different parts of plants. Give examples of each:  
fruits: \_\_\_\_\_  
flowers: \_\_\_\_\_  
stems: \_\_\_\_\_  
roots: \_\_\_\_\_  
leaves: \_\_\_\_\_  
seeds: \_\_\_\_\_



6. What are some ways to tell if vegetables and fruits are fresh and good quality?
  
  
  
  
  
  
  
  
  
  
7. Most fruits and vegetables have a "peak" season – a certain time of year when the supply and quality is the greatest. Apples in the fall. Blueberries in the summer. When "in season" the prices are \_\_\_\_\_.
  
  
  
  
  
  
  
  
  
  
8. How do you ripen fruits that are too green or firm to eat?
  
  
  
  
  
  
  
  
  
  
9. List two healthful ways to cook fruits and vegetables. (Remember to wash fruits and vegetables before cooking.)
  
  
  
  
  
  
  
  
  
  
10. List two different ways you can purchase fruits and vegetables.
  
  
  
  
  
  
  
  
  
  
11. What are your favorite ways to prepare cooked fruits?





# VIDEO WORKSHEET

## Teacher's Key

1. According to the Food Guide Pyramid, how many daily servings do we need of fruits?  
**2 to 4 servings**
2. How many daily servings do we need of vegetables according to the Food Guide Pyramid?  
**3 to 5 servings**
3. What vitamins and minerals are found in vegetables?  
Vitamins: **A and C** Mineral: **Calcium**
4. What vitamins and minerals are found in fruits?  
Vitamins: **A and C** Mineral: **Potassium**
5. Vegetables come from many different parts of plants. Give examples of each:  
fruits: **tomatoes, eggplants, peppers**  
flowers: **broccoli, cauliflower**  
stems: **asparagus, celery**  
roots: **potatoes, carrots, beets, radishes, onions**  
leaves: **cabbage, greens, spinach**  
seeds: **beans, corn, peas**

6. What are some ways to tell if vegetables and fruits are fresh and good quality?

***They should be heavy, full size with good color and firm to the touch. No bruises, decay, soft spots, or mold.***

7. Most fruits and vegetables have a "peak" season – a certain time of year when the supply and quality is the greatest. Apples in the fall. Blueberries in the summer. When "in season" the prices are less expensive.

8. How do you ripen fruits that are too green or firm to eat?

***Store them at room temperature. To speed up ripening, you can place them in a loosely closed brown paper bag.***

9. List two healthful ways to cook fruits and vegetables. (Remember to wash fruits and vegetables before cooking.)

***Vegetables can be simmered, steamed, baked, or sautéed... don't over cook as nutrients and attractive color are lost.***

10. List two different ways you can purchase fruits and vegetables.

***Fresh, canned, frozen, or dried.***

11. What are your favorite ways to prepare cooked fruits?

***Answers will vary***





# RECIPES

## Vegetable Pizza

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Serves 30 – 2" squares

- 2 pkgs. (8 oz. each) refrigerated crescent rolls
- 2 pkgs. (8 oz. Each) low fat cream cheese, softened
- 2 tablespoon dried ranch dressing (1 pkg.)
- 1/4 cup milk
- 3 cups of your favorite chopped raw vegetables  
red peppers, cauliflower, broccoli, cucumbers, etc.

Preheat oven to 375° F. Separate dough crescent roll dough into four rectangles. Place crosswise in lightly greased 15" x 10" jelly-roll pan. Press into bottom and up sides of pan to form crust. Bake 10 minutes or until golden brown. Cool completely.

In medium bowl, combine cream cheese, dressing and milk. Spread evenly over crust. Sprinkle with vegetables. Cut into 2" squares. Keep refrigerated.

## Veggie Tortilla Roll-Up

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1 serving

- flour or corn tortilla
- 1 tablespoon herb seasoned cream cheese
- 1/4 cup raw vegetables, finely chopped

Spread cream cheese on tortilla. Sprinkle with vegetables. Roll and seal. Slice in 1" sections for an appetizer.

## Fruit Kabobs

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Thread a variety of fruit cut into bite-size portions on 9" – 12" skewers.

# Fruit Ices

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Serves 30

- 2 - 10 oz. packages of frozen strawberries
- 1 - 20 oz. can crushed pineapple
- 1 - 12 oz. can frozen orange juice, concentrate
- 1 - 12 oz. can frozen lemonade, concentrate
- 3 bananas, sliced
- 1 - 12 oz. can of lemon-lime soda

Thaw ingredients and mix together. Divide among 25-30 individual 5-oz. paper cups. Freeze. Take out of freezer 10-15 minutes before serving.

## Fresh Fruit Ices

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Makes 12 servings

Here's a frozen creation that can be prepared in advance to serve for breakfast, dessert, or a snack. You can use any fruit you like.

- 4 cups chopped fruit (such as strawberries, blueberries, grapes, pineapple, etc.)
- 2 cups orange juice

Stir together the fruit and juice in a large bowl. Spoon into 12 paper-lined muffin cups. Cover the pan with aluminum foil and freeze until firm. Remove the cups from the pans and store in sealed plastic bags in the freezer.

Let stand at room temperature for 10-15 minutes before serving.

**Smoothie Variation:** Remove the paper liner from the frozen fruit cup. Transfer to a blender and add additional orange or apple juice; purée to make a fruit smoothie.

## Fruit Smoothie

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Serves 4

- 1 1/4 cup non-fat frozen yogurt/ice cream
- 2 cups skim milk
- 4 strawberries
- 6 ice cubes
- 1 banana

Pour milk into blender. Add fruit, yogurt and ice cubes. Blend until smooth.

# Fruit Slush Punch

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Serves 50 – 1/2 cup servings

- 6 cups water
- 1 to 2 cups sugar
- 5 bananas
- 1 can (46 oz.) unsweetened pineapple juice
- 1 can (12 oz.) frozen orange juice concentrate, thawed
- 1 can (12 oz.) frozen lemonade concentrate, thawed
- 2 1/2 quarts ginger ale or lemon-lime soda, chilled

Heat water and sugar to rolling boil. Cool completely. Mash bananas in blender and blend with some of the juices. Mix with the sugar syrup and remaining juices and lemonade. Freeze in 5-quart freezer container.

**To serve:** Allow frozen mixture to thaw at room temperature, about 2 hrs. Transfer to punch bowl. Add ginger ale or soda.

## Banana Bars

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Makes 48 bars

- |                                |                          |
|--------------------------------|--------------------------|
| 1 1/2 cups sugar               | 2 teaspoons vanilla      |
| 1/2 cup margarine, softened    | 1 teaspoon salt          |
| 2 eggs                         | 1 teaspoon soda          |
| 1 cup non-fat dairy sour cream | 2 cups all-purpose flour |
| 3 large ripe bananas, mashed   |                          |

Preheat oven to 375° F. Cream sugar and margarine. Add eggs and sour cream; mix. Add bananas and vanilla, then dry ingredients and mix well. Spread dough in greased and floured 15 x 10 x 1-inch pan. Bake 20 to 25 minutes. Cool; spread with Creamy Frosting (see below). Cut into bars. Store in refrigerator.

### **Creamy Frosting:**

- |                       |                                |
|-----------------------|--------------------------------|
| 1/4 cup margarine     | 3 tablespoons dairy sour cream |
| 2 cups powdered sugar |                                |

Melt margarine in saucepan over low heat, stirring constantly until lightly browned and bubbly. Remove from heat. Add powdered sugar and dairy sour cream. Beat with electric mixer until creamy.