

Name _____ Period _____ Table _____

Unit Five

**VITAMINS AND
MINERALS**

Vitamin and Minerals Assignments	POINTS POSSIBLE	Your SCORE
Vitamin and Minerals Notes	65 Points	
Vegetable Notes	60 Points	
Fruit Notes	60 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Participation (Games, Review, etc.)	20 Points	
TOTAL	_____ Points	

Standards and Objective for Vitamins and Minerals

Standard 5 Water

Objectives

1. Water is the most important of all the essential nutrients.
2. Dehydration occurs from lack of water. Prevent dehydration by drinking water and other fluids frequently – don't wait to be thirsty.

Standard 6 Vitamins

Objectives

1. Understand that vitamins regulate body processes.
2. Two types of vitamins include water soluble vitamins and fat soluble vitamins.

Standard 7 Minerals

Objectives

1. Most minerals become part of the body, i.e. bones and teeth.
2. Two categories of minerals: macro, needed in greater quantity in the body, and trace minerals needed in lower quantities in the body, although just as important.
3. Electrolytes – help maintain the fluid balance in the body, help maintain regular heartbeat, help muscle and nerve action.
4. Calcium is needed to prevent osteoporosis.

Standard 8 Fruits and Vegetables

Objectives

1. Identify quality fruits as having firm texture, free from decay, smooth skin, dense (heavy for size) free from bruises, good color.
2. Identify and try new fruits and vegetables.
3. Introduce ways to prepare fruits and vegetables.
4. Eat fruits and vegetables that have the least amount of processing.

FUN WITH FRUITS

Botanical Names for Fruits:

1. _____ = Smooth skin and an enlarged fleshy area that surrounds the core.

Examples:

A. _____

B. _____

C. _____

2. _____ = Contain a single seed, or pit, surrounded by juicy flesh.

Examples:

A. _____

B. _____

C. _____

D. _____

E. _____

3. _____ = Fragile cell structure, pulpy and juicy, tiny seeds embedded in flesh.

Examples:

A. _____

B. _____

C. _____

D. _____

4. _____ = Hard out surface that is smooth or netted, juicy flesh inside.

Examples:

A. _____

B. _____

C. _____

D. _____

5. _____ = Grown in warm regions, firm and pulpy flesh.

Examples:

A. _____

B. _____

C. _____

D. _____

E. _____

6. _____ = Grown in very warm climates; different skin composition/seed characteristics.

Examples: (OTHER EXAMPLES: dates, pomegranates, papayas, figs)

A. _____

B. _____

C. _____

D. _____

Guidelines for Selecting Fruits:

Forms Fruit Comes in:

1. _____
2. _____
3. _____
4. _____

Buy fruits that are....

1. _____
2. _____
3. _____
4. _____
5. _____

Tips for Preparing and Storing Fruits:

- * Store fresh fruits in a _____ to prevent rapid loss of _____. Fruits should be _____ before storage (except berries, that spoil quickly after being washed.)
- * Ripen fruits at _____ and then store in _____.
- * Purchase fruits _____: they tend to _____, are more _____, and have a better _____.
- * Fruits with _____ content tend to brown when exposed to air. This process is called _____. To prevent this, dip fruit into a dish of _____. Examples of this are _____, _____, or _____.
- * You can cook fruits by _____ (applesauce), _____ (peaches, pears), and _____ (apples).

V E G E T A B L E S

Botanical Names for Vegetables:

1. _____

Examples:

A. _____

B. _____

C. _____

5. _____

Examples:

A. _____

B. _____

C. _____

2. _____

Examples:

A. _____

B. _____

C. _____

6. _____

Examples:

A. _____

B. _____

C. _____

3. _____

Examples:

A. _____

B. _____

C. _____

7. _____

Examples:

A. _____

B. _____

C. _____

4. _____

Examples:

A. _____

B. _____

C. _____

8. _____

Examples:

A. _____

B. _____

C. _____

9. Vegetables cooked in their _____ retain more nutrients.
10. Vegetables cooked with no _____ or in a small amount of _____ retain more nutrients. This is because Vitamin C and B and some minerals are _____.
11. Heat sensitive nutrients such as _____ are lost when vegetables are cooked too long.
12. For the best retention of nutrients when preparing vegetables, cook only until they are _____.
13. Do not let your vegetables soak before they are cooked because they will lose the _____ nutrients. The exception to this rule applies to potatoes. You may soak them in _____ to prevent browning while peeling.
14. When you cook vegetables, several things occur:
- _____
 - _____
 - _____
 - _____
15. Preparation Methods for Vegetables:
- _____ =cooked for a short amount of time in a small amount of water.
 - _____ =wrapped in foil (with skin or peeled) and place in oven.
 - _____ =Place in a basket over simmering water. Tightly cover.
 - _____ =Place shredded or cut vegetables in a heavy pan or wok containing a small amount of fat. Cook over medium-high heat until tender.
 - _____ =Cook in a liquid that is barely at the boiling point
 - _____ =Cook in a small amount of fat until tender.
16. Six examples of vegetables that are low in fat and sodium but high in fiber:
- _____
 - _____
 - _____
 - _____

e. _____

f. _____