CHAPTER 4: COLD VEGETABLES AND FRUITS

True /False Questions

_____ 1. *Al dente* describes vegetables cooked to a texture that is tender but with just a little resistance to the bite.

_____ 2. Aging is the process by which a mature fruit completes its life cycle.

_____ 3. Segregating is the removal of spoiled or damaged fruit from other fruits.

_____ 4. The part of a vegetable or fruit cut during harvesting is known as the sealed end.

_____ 5. Some fruits and vegetables are coated with paraffin to prevent moisture loss after harvesting.

_____ 6. Heirloom seeds have been saved and handed down from past generations.

_____ 7. Fruits and vegetables grown without the use of chemical fertilizers, pesticides, and herbicides are certified as natural.

_____ 8. Pollen is the reproductive organ of a seed plant.

_____ 9. Dehydration is the procedure used to replace lost moisture and firm the texture of vegetables.

_____ 10. Polyurethane is the gas produced by ripening fruit.

_____ 11. Crudités is the classic French raw vegetable dish.

_____ 12. The natural progression of ripening eventually leads to decay.

_____ 13. Stripping is the peeling technique used to remove very tough skin from vegetables.

_____ 14. Chlorophyll is the pigment found in cauliflower.

_____ 15. Vegetable cell structure is composed of cellulite.

Multiple-Choice Questions

1. Acidic ingredients destroy:
   a. carotene.
   b. chlorophyll.
   c. anthocyanins.
   d. anthoxanthins.
2. Which is not a requirement of certified organic produce?
   a. must be grown without the use of chemical fertilizers, pesticides, and herbicides
   b. must not be subjected to biotechnology or irradiation
   c. must confirm to USDA nutritional requirements
   d. must not be fertilized with reprocessed sewage

3. The four basic steps in fabricating fruits and vegetables for cooking or serving are:
   a. washing, trimming, peeling, and cutting into shape.
   b. refreshing, trimming, sanitizing, and cutting into shape.
   c. blanching, refreshing, peeling, and cooking.
   d. washing, crisping, peeling, and cutting into shape.

4. To prevent discoloration, fruits subject to enzymatic browning can be treated with:
   a. an approved food sanitizing solution.
   b. an ascorbic acid solution.
   c. a sodium nitrite solution.
   d. acidulated water.
   e. Both b and d.
   f. Both c and d.

5. Which characteristic does not contribute to a vegetable’s texture?
   a. cellulose content
   b. freshness
   c. sugar content
   d. maturity

6. Old-fashioned vegetable cultivars are called:
   a. heirloom.
   b. vintage.
   c. organic.
   d. ancient.

7. To speed ripening, store fruits:
   a. enclosed with a cut apple at room temperature.
   b. refrigerated, open, with a cut apple.
   c. enclosed with a cut lemon, on a stovetop.
   d. open, at room temperature, sprayed with water at intervals.

8. One way to halt or slow deterioration in fresh vegetables is to:
   a. submerge in a tub of water and refrigerate.
   b. wrap tight in plastic film and refrigerate.
   c. seal in a plastic bag with a cut apple and refrigerate.
   d. blanch and refresh, drain, place in container, and refrigerate.
9. When cleaning strawberries, soak them in water for:
   a. less than 1 minute.
   b. 10 minutes.
   c. ½ hour.
   d. 2 hours.

10. A fruit is a plant:
    a. stem.
    b. heart.
    c. leaf.
    d. blossom.
    e. ovary.

11. Which is *not* a benefit of peeling vegetables?
    a. better mouthfeel
    b. even cooking
    c. better nutrition
    d. wax removal

12. Fabricated vegetables for raw service should be crisped in ice water for:
    a. less than 1 minute.
    b. 10 minutes.
    c. ½ hour.
    d. 2 hours.

13. The correct texture of green beans intended for salads is:
    a. raw.
    b. *al dente*.
    c. *à point*.
    d. fork-tender.
    e. Both a and b.
    f. Both b and c.

14. Which vegetable can be successfully cooked by poaching?
    a. green beans
    b. carrots
    c. broccoli
    d. Both a and b
    e. Both b and c
15. You normally cook vegetables for salads in a stove-top steamer, but a pressure steamer has just been installed in your kitchen. When using it your cooking time should be:
   a. longer.
   b. shorter.
   c. the same.

16. Pumpkin is in the:
   a. brassica family.
   b. curcurbit family.
   c. legume family.
   d. allium family.

17. Which of these statements is incorrect?
   a. As fruit ripens, skin color changes.
   b. As fruit ripens, sugar content decreases.
   c. As fruit ripens, acid content decreases.
   d. As fruit ripens, texture softens.

18. Which guideline is incorrect for in-house produce management?
   a. To prevent underipe fruit from ripening, store under refrigeration.
   b. Cull fruit packages daily to prevent the spread of decay.
   c. Store bananas in the warmest part of the refrigerator.
   d. Store uncut potatoes at room temperature.

19. When blanching green beans, discoloration can happen if the recovery time takes too long. To prevent this, you should:
   a. add salt to the blanching water.
   b. cook fewer beans at a time.
   c. use a stainless steel pan.
   d. double the amount of refreshing water.

20. The technique poaching *à blanc* is used for vegetables that:
   a. are susceptible to discoloration.
   b. will be served in a cream sauce.
   c. retain moisture.
   d. tend to be bitter.