Give examples of:

Pomes

Drupes

Berries

Citrus

Melons

Tropical

Exotic

What is Oxidation?

Can you prevent oxidation?

Seasonal fruits are lower in and have better

Buy only what you will be able to and

Select Fruits that are:

How should fruits be stored?

Use fruit as , or

Choose whole or cut up fruits more often than fruit

What nutrients are in fruits?

Ripening happens when

This leads to deterioration or spoilage:

1. 3.

2. 4.