

What's More

Activity 2 : Recognizing facts about the characteristics of quality vegetables.

Direction : Tell whether the statement is true or false. Write **T** on the space Provided if it is true and the letter **F** if it is not true.

_____ 1. Minimally processed foods are easier to digest and tend to be free from fake ingredients.

_____ 2. Organic produce has artificial substances added, and nothing is genetically modified.

_____ 3. Local produce is always healthier than shipped produce.

_____ 4. The longer fruits and vegetables have been cut off from their life source more nutrients they contain.

_____ 5. Buying seasonal foods means the taste is much better and your fruits and vegetables will be less expensive.

_____ 6. Fresh vegetables are crisp and have dull color.

_____ 7. The vegetable has bright and natural color.

_____ 8. The plating can be cut in any size and shape.

_____ 9. The texture in cooking the vegetable has the right degree of doneness.

_____ 10. Do not combine acid vegetables, such as tomatoes, to green vegetables just before serving to prevent discoloration of greens