

“Bites” for Better Tasting Fruits and Vegetables

Post Test –June 2015

Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.

Learning Objective: After reading the newsletter, the provider understands some new tips on how to choose and prepare fruits and veggies for optimal health and taste.

Refrigerate peeled/cut fruits and vegetables so they are at room temperature no longer than 2 hours, TOTAL time.

1. True or False
2. Salad _____ slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing (and fewer calories!) if salad greens are washed and dried before tossing your salad with dressing. A tablespoon of an oil and vinegar dressing may be all it takes for two cups of dried salad greens.
3. A salad spinner uses centrifugal force to remove water from freshly washed salad greens and herbs.
True or False
4. To wash fruits and vegetables correctly, begin with clean _____. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
5. All unpacked fruits and vegetables, as well as those packaged and not marked pre-washed, should be thoroughly washed before eating. This suggestion includes produce grown conventionally or _____ at home, or produce that is purchased from a grocery store or farmer's market.
6. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended. Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
True or False
7. Even if you plan to _____ the produce before eating, it is still important to wash it first.
8. Fruits that you should pick or buy ripe and ready-to-eat include: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.
True or False
9. Store fruits in a refrigerator crisper drawer separate from the one in which you store vegetables. Fruits give off ethylene gas which can _____ the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality.
10. _____ plastic bags can lead to the growth of mold or bacteria. If you don't have access to commercial, food-grade, perforated bags, use a sharp object to make several small holes in a food-grade plastic bag (about 20 holes per medium-size bag).



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

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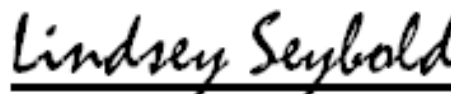
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A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____



Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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