Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits

Tools:

- Printer
- 8.5" x 11" paper
- Scissors

Directions:

- 1. Print
- 2. Fold paper in half vertically
- 3. Cut along dashed lines

	Small, juicy fruits that contain many tiny seeds.
berries	
	01 of 14 E-Flash Cards
	Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits
	A type of fruit that has a leathery
	skin, many segments filled with juicy
citrus fruit	pellets, and grows on trees.
	02 of 14 E-Flash Cards
	Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits
	A type of fruit that has one large pit
	or seed and grows on trees.
drupes	
•	
	03 of 14 E-Flash Cards
	Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits
	The liquid from squeezed fresh fruit.
fresh juice	
-	

frozen juice concentrate

Fresh juice with most of its water removed. Sometimes sugar is added.

05 of 14 E-Flash Cards

Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits

A drink that contains water and sugar. Some contain juice; others only fruit flavoring.

06 of 14 E-Flash Cards

Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits

A drink that has natural juice flavor, but may not contain any real fruit juice.

07 of 14 E-Flash Cards

Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits

A drink made by adding water and sugar to small amounts of juice.

fruit ade

fruit drink

fruit juice drink

fruit nectar	

Fruit juice and pureed fruit.

09 of 14 E-Flash Cards

Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits

juice made from concentrate

Juice made by adding water to juice concentrate. The added water replaces the water that was removed to make the concentrate.

10 of 14 E-Flash Cards

Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits

melons

Large, moist fruits that grow on vines and contain seeds. They have a thick skin that may be smooth or rough.

11 of 14 E-Flash Cards

×- - - - -

Adventures in Food and Nutrition! © 2012 Chapter 15: Fabulous Fruits

A type of fruit that has a core that contains seeds and grows on trees.

pome

		_		
	40	\mathbf{A}		ce
I)	1()	(u	
\sim	\cdot	$\mathbf{\omega}$	u	

tropical fruit

Fres	sh fruits and vegetables.
	13 of 14 E-Flash Cards
-><	
	s in Food and Nutrition! © 2012 5: Fabulous Fruits
	pe of fruit that grows only in m, sunny climates.
	14 of 14 E-Flash Cards
Chapter 1	5: Fabulous Fruits
	s in Food and Nutrition! © 2012 5: Fabulous Fruits