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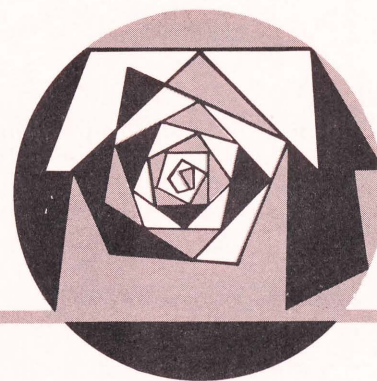
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Fruit What to Look For - Expanded Nutrition & Family Programs
Michigan State University
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Expanded Nutrition & Family Programs



Fruit—What to Look For

(A/V)

THE BIG IDEA (Your Goal)

When I (the aide) have taught this lesson, the homemaker will be able to select fruits of good quality.

FACTS BEHIND THE BIG IDEA (For You to Show and Tell the Homemaker)

Strawberry shortcake in December, pumpkin pie in June—the choice is yours, in fresh, frozen, canned, and dried fruits. Here are some tips to help you choose. Practice will sharpen your skill.

Fresh Fruit

Don't buy just because the price is low. Fruit that spoils is no bargain.

Buy only the amount you can use or store. Is there room in your refrigerator?

Watch for damaged fruit. It may sell for less but waste more.

Select fruit for taste, not looks. Usually blemishes and discolorations don't hurt quality. An attractive surface may hide an inside that is too ripe or too green.

Buy in season. Quality is better, prices lower.

Handle with care! Bruising causes waste. Loss to the grocer is passed on to the consumer.

Frozen Fruit

Frozen fruit usually costs more than canned or fresh fruit in season.

Buy from a store that has a quick turnover of frozen foods.

Check to see if there is a thermometer in the frozen food compartment. The temperature should be 0° F. or below.

Choose clean, firm packages. If the packages are soft, the food has already lost quality.

Get your frozen foods last, and hurry home to put them away promptly.

Canned Fruit

Buy the grade of canned fruit that fits your need. Grades are based on color, texture, flavor, shape, uniform size, and freedom from defects. The higher grades look more attractive, but cost more than lower grades. Grades are not necessarily related to nutritive value, so lower grades at lower prices are often better buys.

Read the labels on canned fruits. Government regulations require that processors state on the label the style of pack, packing liquid, and type or variety of fruit. This helps you choose canned fruit for specific uses.

For most uses, fruits canned in light sirup are just as good as those in medium or heavy sirup.

Water-pack fruits, and fruits canned with non-nutritive sweeteners help cut calories.

Dried Fruit

If dried fruit is in see-through packages, you can judge quality by appearance. Look for apples, apricots, peaches, and pears that are bright colored.

All dried fruits should feel firm but pliable.

The label on dried apples, apricots, and peaches often includes the words "sulfur dioxide." This means the fruit has been treated with sulfur dioxide fumes to prevent darkening. The chemical is harmless and disappears when the fruit is cooked.

The size of dried fruit—"small," "medium," "large," and "extra large"—is marked on the package. You pay more for large-size fruit.

THINGS TO DO BEFORE VISIT

Plan how to fit the lesson to the homemaker. Use her **Food Recall Record** as a guide.

Look at fruits in stores to see kinds and quality available.

Read labels on fruit containers.

Check out unexplained new information in

EXPANDED NUTRITION & FAMILY PROGRAMS

REFERENCES or ask your trainer-agent.

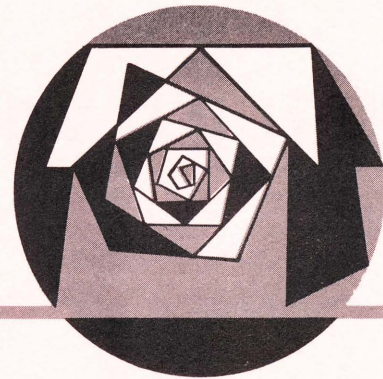
Collect some fruit container labels—dried, canned, frozen.

REFERENCES (Available in Your State)

HOW DO YOU KNOW SHE HAS LEARNED?

Look at the fruits she buys. Talk with her about how she selected them. Ask her which tips she has used. Find out if she shares what she has learned with family and neighbors.

Expanded Nutrition & Family Programs



5-b

Fruit—What to Look For

(A/V)

(Take this sheet on home visits)

THE BIG IDEA

When you compare the **quality** of fruits, you get better taste, better buys.

HOW TO PRESENT THE BIG IDEA

Review why fruits are important. (Lesson A-4-1)

See if the homemaker has fruit in the house.

Talk about quality as you and she look at the fruits she has already bought.

Go shopping with the homemaker to show-and-tell about fruit quality, or . . .

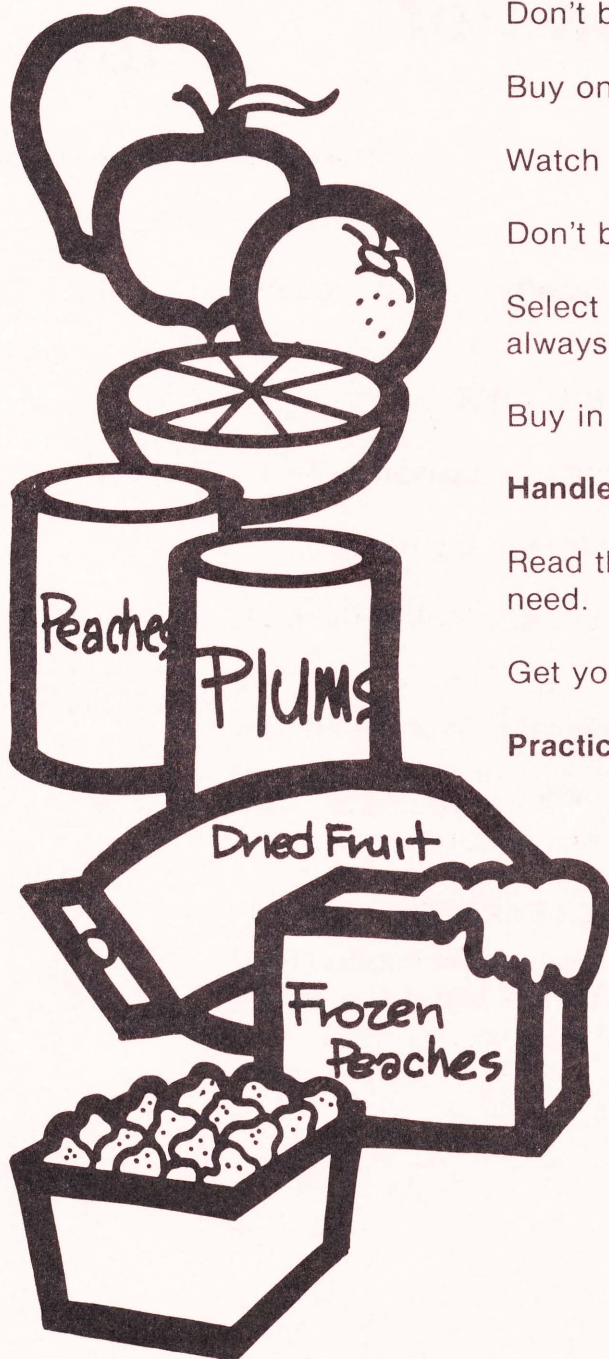
Use ads, cartons, cans, and labels you have accumulated to point out tips about quality.

HOW DO YOU KNOW SHE LEARNED?

Ask her which tips she found most helpful. Find out how she plans to use them—and if she does.

Later, look at the fruit she buys.

Fruit—What to Look For



Don't buy just because the price is low.

Buy only what you need and can store.

Watch for damaged fruit.

Don't buy for size alone.

Select fruit for taste, not looks. Color does not always mean quality.

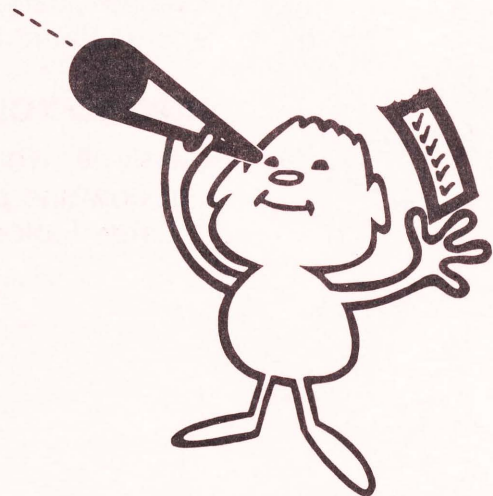
Buy in season, or on sale.

Handle fresh fruits with care!

Read the labels and buy the grade and style you need.

Get your frozen foods **last** when shopping.

Practice will be your best guide to using these tips.



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