**WATER, FRUITS AND VEGETABLES STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_\_**

**Water is Essential**

1. Water is the most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of all the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ nutrients.
2. The body \_\_\_\_\_\_\_\_\_\_\_ survive long \_\_\_\_\_\_\_\_\_\_\_\_ water.
3. \_\_\_\_\_\_\_\_\_ is contained in most \_\_\_\_\_\_\_\_\_\_.
4. Drink \_\_\_\_\_\_\_\_ instead of \_\_\_\_\_\_\_\_\_\_\_ drinks.

**Functions of Water**

1. Carries \_\_\_\_\_\_\_\_\_\_ soluble \_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Carries \_\_\_\_\_\_\_\_\_\_ products through the \_\_\_\_\_\_\_\_\_.
3. Regulates body \_\_\_\_\_\_\_\_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Prevents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Dehydration**

1. Dehydration occurs from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Symptoms:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ should be a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ color.

**Prevention of Dehydration**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ prevents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ water and other fluids \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Don’t wait to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Daily recommendation of water – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sports/Fitness Activities**

1. For short duration exercise, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before, during and after exercise.
2. For moderate to high intensity activities, lasting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help replace carbohydrate loss and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Drink according to \_\_\_\_\_\_\_\_\_\_\_\_ during the day.
4. Include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Drink \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of water an hour before exercise.
6. Continue drinking during exercise, up to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of fluid per hour (4-6 ounces every 15 minutes).

**Nutrients found in fruits and vegetables**

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fruits and Vegetables**

1. Fruits and vegetables contain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Fruits and vegetables are low in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. \_\_\_\_\_\_\_\_\_\_\_\_ your fruits and vegetables.

**Destroying Nutrients**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Oxidation**

1. Define: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that occurs when fresh fruits are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. This is caused by an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Prevention:
	* 1. Dipping or \_\_\_\_\_\_\_\_\_\_\_\_\_\_ fruit with \_\_\_\_\_\_\_\_\_\_\_\_\_ containing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
		2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the fruit until \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Eating Fruits and Vegetables**

1. Before eating your fruits and vegetables \_\_\_\_\_\_\_\_\_\_\_ them to remove any \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ that might remain on the \_\_\_\_\_\_\_.
2. Choose \_\_\_\_\_\_\_\_ or cut-up \_\_\_\_\_\_\_\_\_ more often than fruit \_\_\_\_\_\_\_\_.

**Preparation Methods**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Preparation Methods**

1. Cook in \_\_\_\_\_\_\_\_\_\_ rather than smaller \_\_\_\_\_\_\_\_\_\_\_ when possible.
2. Use a \_\_\_\_\_\_\_\_\_\_ amount of \_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Cook only until \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Save the cooking \_\_\_\_\_\_\_\_\_\_\_ to use in \_\_\_\_\_\_\_\_\_\_\_\_\_ or gravies for added \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Selecting Fresh Fruits and Vegetables**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Seasonal Fruits and Vegetables**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How Long Will They Last?**

1. \_\_\_\_\_\_\_\_\_\_ only what fruits and vegetables you will be able to \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_.
2. They will last about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Fruits will \_\_\_\_\_\_\_\_\_\_ and spoil \_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_ temperature.

**Farm-to-Table Steps**

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		1. Use of good agricultural practices.
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		1. Monitor at critical control points.
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		1. Use clean vehicles and maintain the cold chain.
	4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		1. Follow the food code guidelines
	5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		1. Always follow the Four C’s of safety: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_