

Fruit Facts (Key)

List facts for each of the titles below using your textbook or Internet searches for correct procedures.

Purchasing and Receiving	Washing and Preparation	Serving	Storage
<ul style="list-style-type: none">• use purchasing specifications• purchase from licensed, reputable sources• check storage and handling practices of vendors• establish procedures for accepting and rejecting incoming deliveries	<ul style="list-style-type: none">• inspect produce for signs of spoilage or damage prior to cutting, slicing, or dicing• wash produce before serving or cutting• do not wash package produce labeled "ready-to-eat," "washed," or "triple-washed"• wash with hot soapy water, all equipment utensils, and food contact surfaces that comes in contact with cut produce	<ul style="list-style-type: none">• fruit should not directly touch ice or water when on display in serving lines or salad bars• label and record the time when cut produce is displayed without refrigeration• keep cold food cold• never add freshly prepared foods to food already on a service line	<ul style="list-style-type: none">• store produce at least six inches off the floor• store produce in a covered container or above other items that might cause contamination• wash produce just before preparation

What is enzymatic browning in fruit and how can it be prevented?

When fresh fruit is cut and exposed to oxygen, it begins to turn brown. This occurs in apples, bananas, peaches and apricots. To prevent this, follow any one of the suggestions below:

- Dip fruit in an ascorbic acid and water solution (lemon or orange juice and water)
- Dip or soak in a lemon-lime soda
- Sprinkle a commercial chemical powder to prevent browning