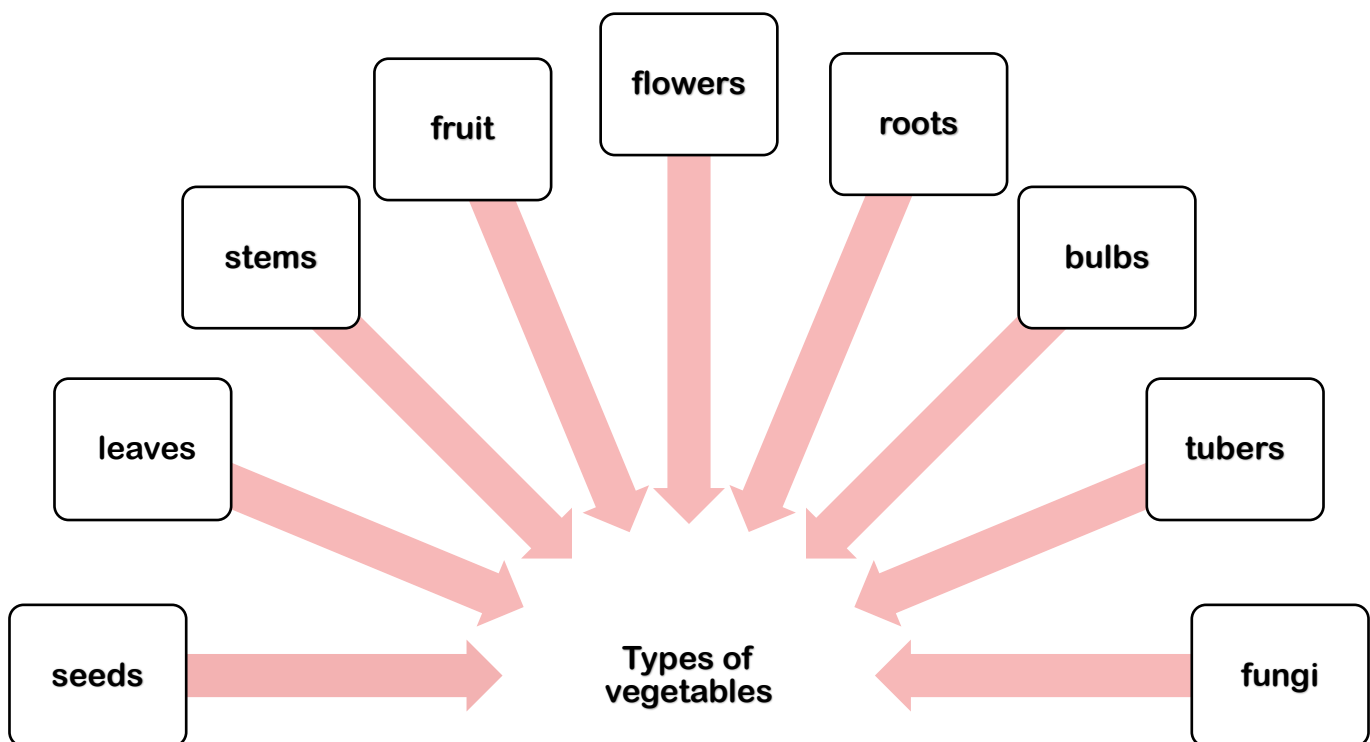




VEGETABLES AND FRUITS

1) TYPES OF VEGETABLES

Vegetables are classified according to which part of the plant is eaten. Some vegetables fit into more than one category when several different parts of the plant are edible, e.g. both the roots and leaves of beetroot; pods and seeds of green beans and snap peas can be eaten. Think and reflect: Can you name some examples from each of these categories?



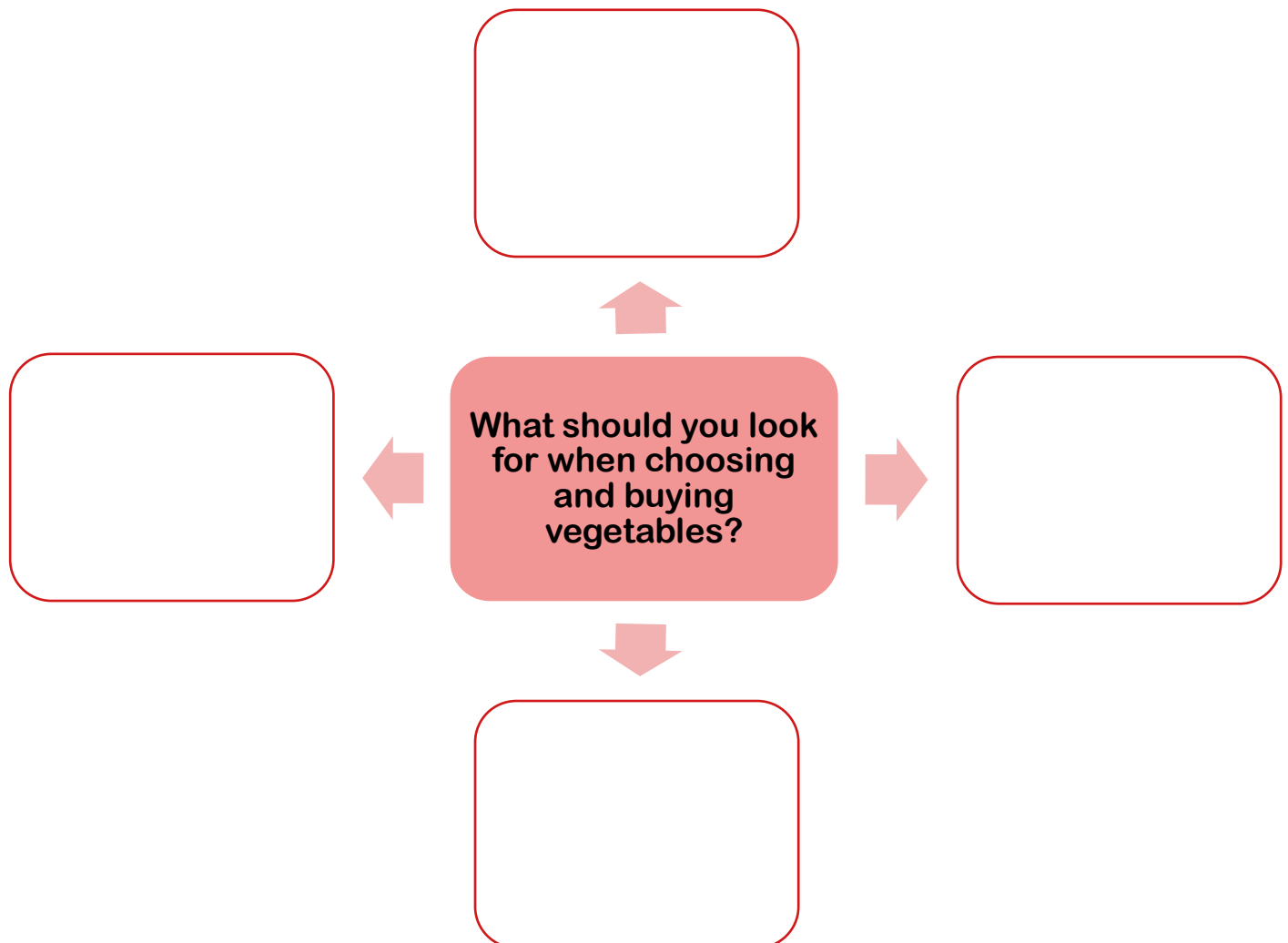
2) NUTRITIONAL VALUE OF VEGETABLES

- Have a high-water content and are low in calories.
- Low in fat.
- Rich sources of vitamins and minerals such as Vitamin A (beta-carotene), C and K, folate and calcium.
- Yellow, red and orange vegetables are a good source of Vitamin A (beta-carotene).
- Rich in anti-oxidants and phytochemicals.
- Good sources of dietary fibre.



3) POINTS TO KEEP IN MIND WHEN CHOOSING, BUYING, STORING, PREPARING AND COOKING VEGETABLES

a) The food provider in your household has asked for your advice. He / she would like to know what to look for when choosing and buying vegetables. What would you tell him / her? Fill in the diagram below.



b) A member of your household has purchased a list of local vegetables online and this has just been delivered at your home. Can you name three tips that could be followed to help retain the nutrients when storing, preparing and cooking vegetables?

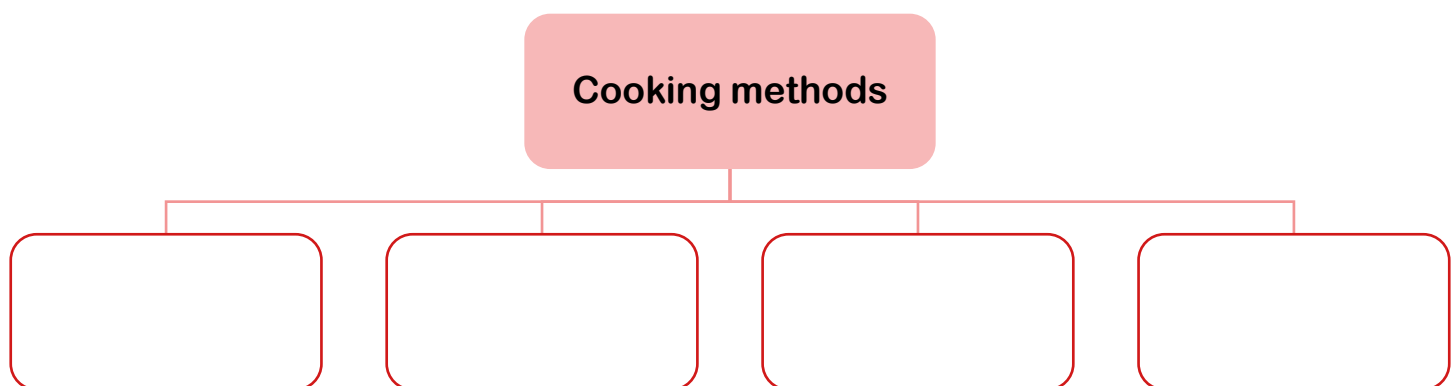
Tip 1:

Tip 2:

Tip 3:

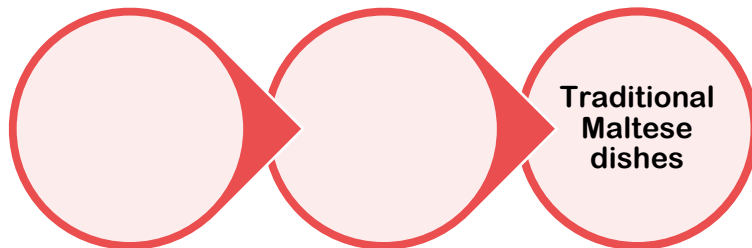
4) USING VEGETABLES

Vegetables can be found available as fresh, frozen, canned or dried. It is recommended to try and use fresh, local and seasonal vegetables. Vegetables can be either eaten raw or they can be cooked. Can you think of healthy cooking methods which are suitable to cook vegetables? Fill in the diagram below.



5) RECIPES USING VEGETABLES

Vegetables can be used in several interesting recipes. Ask your family members or look up online and try to name two traditional Maltese dishes / snacks using vegetables as a main ingredient. An example of such a traditional Maltese dish is stuffed marrows.

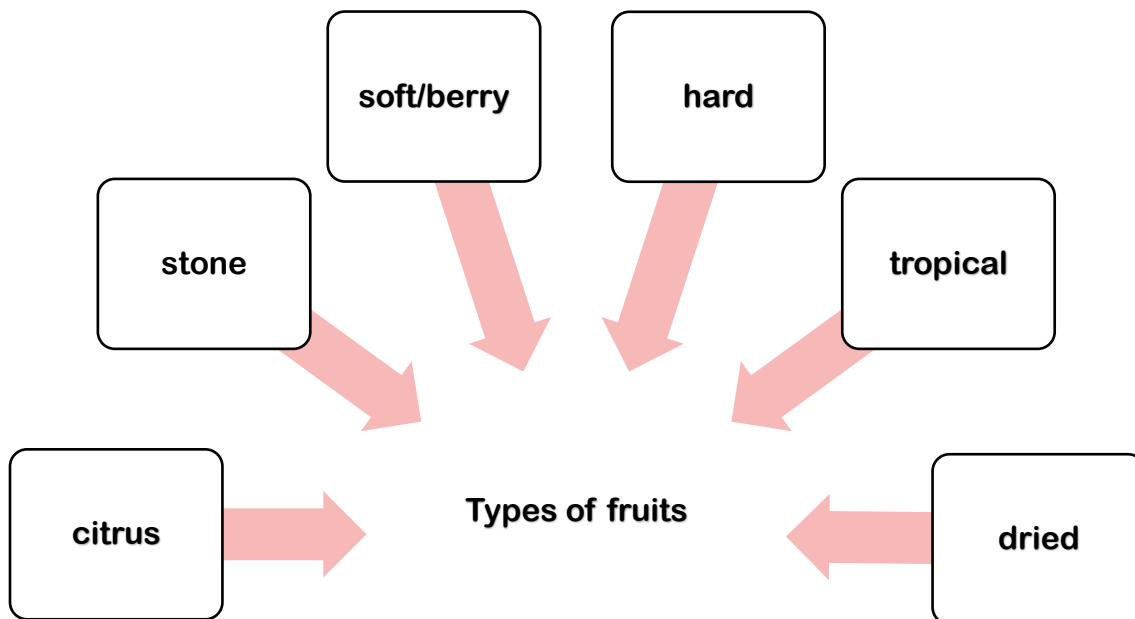


Vegetables may also be preserved such as pickled onions and pickled beetroot.

6) TYPES OF FRUITS

Fruits usually contains the seed of the plant. They are usually broadly classified into: citrus, stone, soft/berry, hard, tropical and dried. Using the internet / books / leaflets / general knowledge to sort out the following fruits in the respective category:

strawberry	orange	water melon	plum	pineapple	sultanas
black mulberry	lemon	pomegranate	peach	coconut	raisins



7) NUTRITIONAL VALUE OF FRUITS

- Have a high-water content and are low in fat.
- Contain carbohydrates in the form of natural sugar – fructose and pectin.
- Supply a small amount of iron and calcium, plus some of the trace elements.
- Good source of dietary fibre which is mainly found in the skin of the fruits.
- Citrus fruits and blackcurrants are good sources of Vitamin C.



8) POINTS TO KEEP IN MIND WHEN CHOOSING, BUYING, STORING, PREPARING AND COOKING FRUITS

Practical tips



Choose fruits that are just ripe and have no bruising or blemishes.

Choose fresh, local and seasonal fruits and ideally these are consumed raw.

Wash the fruits carefully before they are consumed.

Store the fruits carefully, taking care not to crush them as this will cause bruising.

Fresh fruits should be stored in a cool ventilated place. Soft fruits are best kept in the fridge, as they deteriorate rapidly in warm weather.

When cooking fruits use the minimum amount of water.

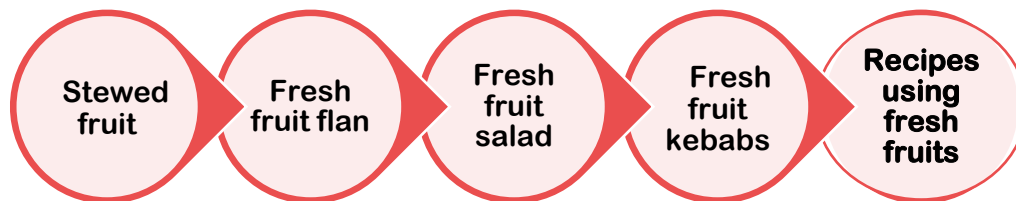
9) USING FRUITS

Fruits can be found available as fresh, frozen, canned or dried.

- Choose fresh or frozen fruits rather than canned varieties.
- Choose whole fresh fruits over juices, dried fruits or canned fruits. Dried fruits and fruit juices can damage your teeth. Only one portion is considered as one of the two recommended daily portions of fruits. If consumed, try to have them during mealtimes to reduce the damage to your teeth.

10) RECIPES USING FRUITS

Fruits can be used in several interesting recipes. Below you can find some recipes using fruits.



Can you think of other healthy recipes using fruits?



11) EFFECTS OF HEAT ON THE NUTRITIONAL VALUE OF VEGETABLES AND FRUITS

- Vitamins and minerals, particularly vitamin B and C are destroyed by heat, so vegetables should be prepared and cooked carefully to keep such losses to a minimum.

12) SEASONALITY OF VEGETABLES AND FRUITS

Local and seasonal vegetables and fruits are richer in flavour, more nutritionally dense, cheaper to buy, help protect the environment, support the local economy and contribute to less food waste. One may also opt to buy organic vegetables and fruits which are free from pesticides and artificial fertilisers.

Sort out the following local vegetables and fruits according to when they are in season:

broad beans globes artichokes olives peaches watermelons
tangerines melons oranges peas plums

Winter and / or Spring
produce

Summer and / or Autumn
produce

ADDITIONAL INFORMATION

Would you like to know how to prepare vegetables and fruit safely during the
COVID-19 pandemic safely?

Read the infographic below provided by the World Health Organisation.

How should I wash fruit
and vegetables in the
time of COVID-19?



17 April 2020

Wash them the same way you would in
any other circumstance.

Before handling them, wash your
hands with soap and water.

Then, wash fruit and vegetables
thoroughly with clean water,
especially if you eat them raw.

#Coronavirus

#COVID19

