

SANGAM SKM COLLEGE – NADI

YEAR 13

HOME ECONOMICS

WEEK 6 WORKSHEET

MODEL ANSWERS

FOOD COMMODITY FRUITS

1. State the importance of the following:
 - a. Removing natural wax coating from fruits and vegetables.
 - **The primary reasons for waxing are to prevent water loss (making up for the removal in washing of the natural waxes in fruits that have them, particularly citrus but also, for example, apples) and thus retard shrinkage and spoilage, and to improve appearance.**
 - b. Vegetables are stored under controlled atmospheric storage.
 - **To keep vegetables fresh for long**
 - **Avoid wilting**
2. Discuss the process of blanching.
 - **Blanching is a cooking process in which a food, usually a vegetable or fruit, is scalded in boiling water, removed after a brief, timed interval, and finally plunged into iced water or placed under cold running water (shocking or refreshing) to halt the cooking process**
3. Label the parts of a fruit by using the labels (epicarp, endocarp, seed, mesocarp).

