

# RD Exam 2024: Jean Inman Study Guide

## Domain 1, Part 1

Fruits and veggies: what is crispness due to? osmotic pressure of water-filled vacuoles

What accelerates the ripening of fruits during storage? ethylene gas

chlorophyll + acid/heat = pheophytin

Chlorophyll + alkaline = chlorophyllin

T/F: lycopene is considered an antioxidant and a phytochemical true

alkaline and acidic solutions have \_\_\_\_\_ effect on fruits and veggies with a yellow or orange pigments little

when should berries and mushrooms be washed? JUST before serving

how much juice would 12 oranges yield? 1 quart of juice

why do frozen fruits and veggies have a shorter cooking time? because blanching and freezing have made them tender.

what is blanching? immersion in boiling water for a short time.

how do you cook cauliflower? short time, covered

how do you cook cabbage to minimize the development of a strong flavor? (3 steps) cook for a short time  
keep lid off initially to let acids escape  
cook in large amount of water

#10 can = \_\_\_ cups 13

how many cans per case associated with #10 can 6

#10 can = \_\_\_ to \_\_\_ servings 20-25 servings

#10 can = \_\_\_ lbs \_\_\_ oz 6lbs 9oz.

Which organization "grades" fruits and veggies USDA

When the USDA grades fruits and veggies, what do they base it on? (6) quality  
firmness

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**June R. Payne-Palacio, Deborah D.  
Canter**



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