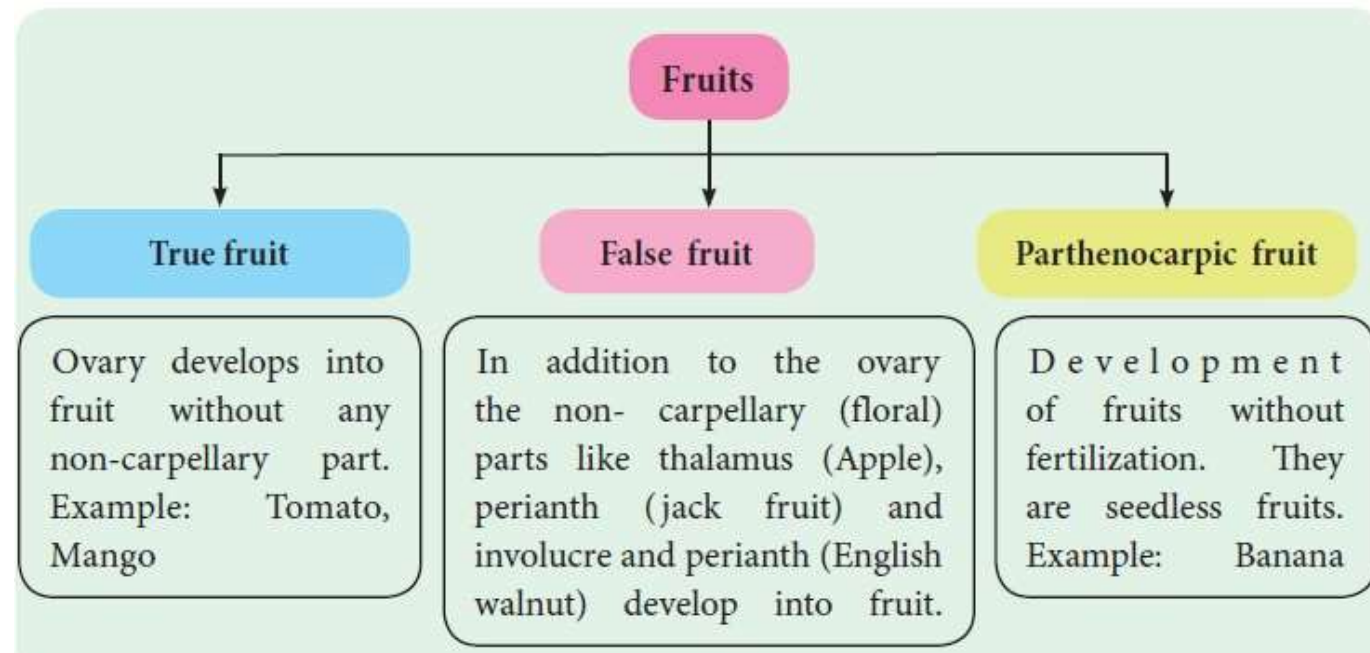


Fruit



# Structure

- The outer, often edible layer, is the *pericarp*, formed from the ovary and surrounding the seeds, although in some species other tissues contribute to or form the edible portion. The pericarp may be described in three layers from outer to inner, the *epicarp*, *mesocarp* and *endocarp*.
- Fruit that bears a prominent pointed terminal projection is said to be *beaked*.



# Composition

- The **fruits** contain a wide variety of compositions, such as vitamins/ascorbic acid, carotenoids, volatiles, sugars, amino acids, organic acids, minerals, fibers, polyphenols, flavonoids, anthocyanins, triterpenes, and other nutrients.



# Classification

- Flowering plants come in three basic types:
- **annuals** grow in a single season or year and die after they flower. They only flower once.
- **biennials** grow for two seasons, and flower and die the second year. They only flower once.
- **perennials** grow for many years and can flower repeatedly.
- Flowers may be single, or grouped together to form an **inflorescence**. The main types of inflorescences are:
- catkins - hang down with flowers close together.
- umbels - have several flowers all attached to the same point in a semi-circle.
- spike - has flowers joined directly to a tall stem
- raceme - has flowers on stalks alternating up the stem
- corymb - has flowers that form a flat surface, yet are attached to different points of the stem.

## CLASSIFICATION OF FRUITS

• Citrus fruits:



• Tropical fruits:



• Berries:



• Nuts/dried fruits:



# Selection

- Fresh fruit is an important part of any diet. However, [fruits](#) are only tasty when they're ripe. Below are some tips for selecting ripe fruits.
- Check the color. Color is often an important indicator of ripeness. Strawberries should be deep red, bananas should be yellow and oranges should be orange.
- Squeeze the fruit. Some fruits, like apples should be firm, while others, like peaches, shouldn't be as firm.
- Check the stems. Some fruits, like pears and cantaloupes, should be a bit softer around the stem.
- Smell the fruit. The fragrance of a ripe fruit should be quite noticeable when you pick it up.
- Look for the luster. Some fruits, like apples and cherries, should have a waxy, shiny appearance.



# Selection

- Selected fruits
- **Watermelon** Look for a cut [watermelon](#) that's deep red. When buying a whole watermelon, look for one that's firm. Slap it and see if it sounds hollow. Make sure it has a yellow area on one side. If there's no yellow area, it may have been harvested too early.
- **Cantaloupe** Your [cantaloupe](#) should smell sweet. However if it smells too sweet, it may be over ripe.
- **Pineapple** A ripe [pineapple](#) should have a sweet smell, especially near the stem. Make sure the pineapple doesn't have any dark spots.
- **Bananas** Ripe [bananas](#) are yellow. If you don't plan to eat them for a few days, you can buy green bananas and let them ripen at home. Remember not to put green bananas in the refrigerator, because it will stop the ripening process.
- **Plums** Squeeze your [plums](#) before buying them. Plums are ripe when they give a little when squeezed and have a deep color. If they're a bit hard they will ripen at home. However, very hard plums may not ripen.





# Fruits Storage

- In A Cool, Dry Place. Keep bananas, tomatoes, potatoes, lemons, and limes in a cool, dry area, not in the fridge.
- In The Fridge. Store your apples in the fridge.
- In The Freezer. Freezing **fruits** at home is a fast and convenient way to preserve produce at their peak maturity and nutritional quality.
- At Room Temperature.



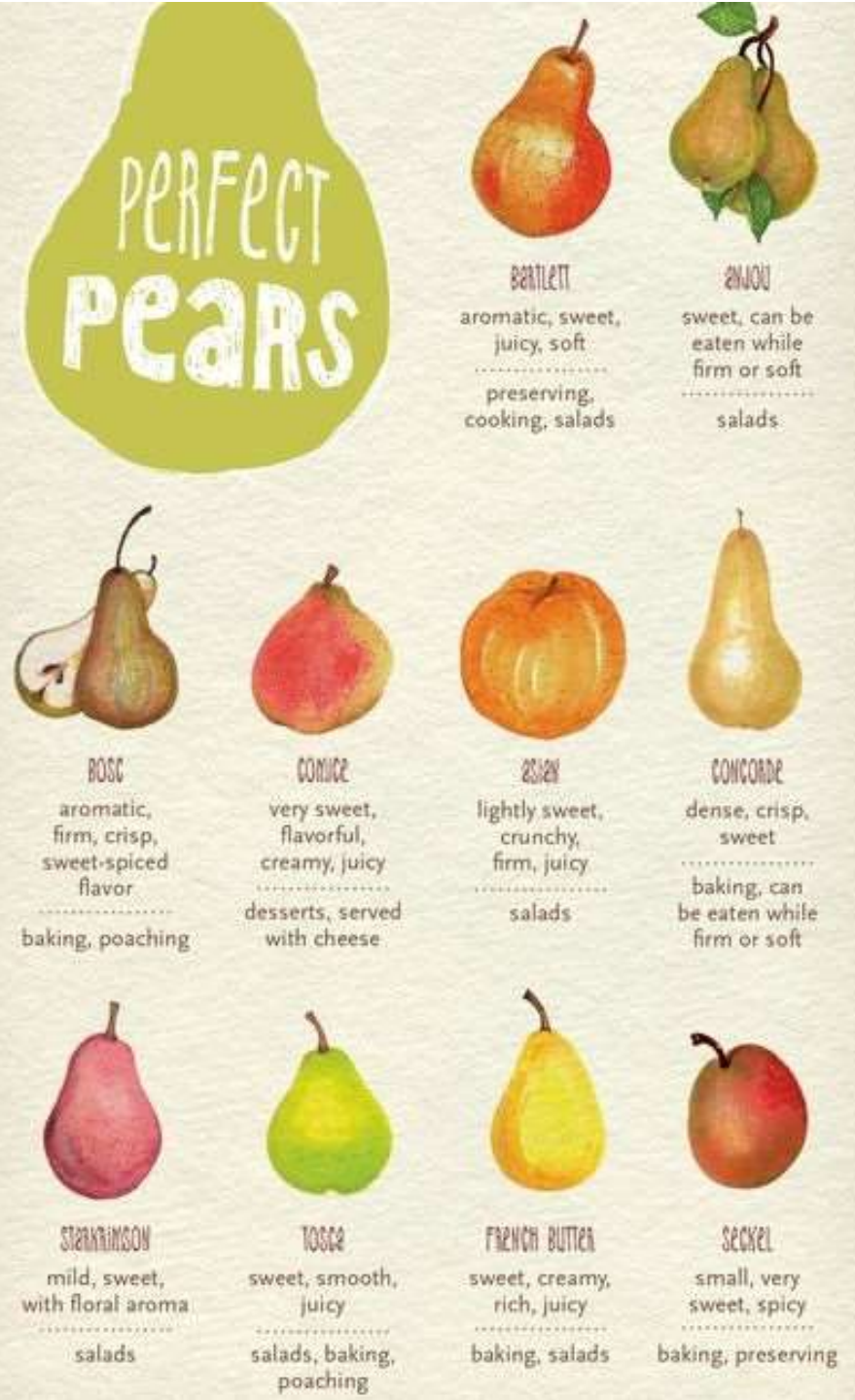
# Anti Nutritional Factors Of Fruits

- These **anti-nutritional factors** are known to interfere with metabolic processes such that growth and bioavailability of **nutrients** are negatively influenced. Examples of **anti-nutritional factors** present in most **fruits** are alkaloids, tannins, phytate, trypsin inhibitor, cyanide, saponins, and oxalates.



# Uses In Cookery Of Fruits

- Cooked **fruits** can be served as side dishes, desserts, sauces, compotes or main dish components. **Fruit** can be cooked using moist- or dry-heat methods. Poaching, stewing and other moist-heat methods are wonderful for dressing up plain **fruit**. Sauces and compotes are usually made using moist-heat **cooking**.





THANK YOU