

Apples
Creative Cuisine

A: Part of being in the culinary world is being descriptive. There's so many flavors, textures, spices, foods, blends, etc that can be combined to create a dish. However, you have to convince people to eat what you make. Think of the restaurants you have been to. The menus are overflowing with descriptive words to help you want that food. RIGHT.NOW!

- 1) Take a look at the list of descriptive words that are commonly used.
- 2) Individually look at the tray of apples. Using descriptive words describe each apple.

A: _____.

B: _____.

C: _____.

D: _____.

- 3) Send ONE person to wash their hands **and** the apples.
- 4) Using the cutting board and apple slicer cut ONE of each apple.
- 5) Using the descriptive words, sample the apple and write a description based on taste.

A: _____.

B: _____.

C: _____.

D: _____.

Which apple was your favorite? Explain.

Type	Where does it grow?	When is it harvested?	History

B: Apple research:

1. How many types of apples are there?
2. How many states grow apples?
3. How did apples come to America? And what was their purpose?
4. How many pounds of fresh apples do Americans eat each year?
5. What fruit replaced the apple as America's "favorite"?
6. What nutrients do apples provide?
7. How many calories are in the average apple?
8. Name five ways to enjoy apples (ex: pies--you can't use that one now :))
9. Name 4 types apples that are best used for baking:
10. Name 4 types of apples that are best fresh:
11. Name two types of apples that freeze well:
12. Define oxidation:
13. How do you prevent fruits from oxidizing?
14. How should apples be stored?
15. How long are apples good for (before going bad)?

