
UNIT 18 SELECTION OF FRUITS AND THEIR NUTRITIVE VALUE

Fruits are enjoyed by all age groups. They are rich in vitamins and minerals and have a pleasant flavour. In this unit, you are going to learn about their nutritive value and how to purchase and store them.

Structure

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18.0 OBJECTIVES

After studying this unit, you will be able to:

- list the importance of fruits in our diet;
- state the nutritive value of various fruits;
- select good fruits from the market;
- store the fruits in proper manner;
- cook some selected fruits; and
- state the different forms in which the fruits can be consumed besides eating them raw.

18.1 INTRODUCTION

You might have eaten some delicious apples of Kashmir, lichis of Dehradun, Langra and Dussehri mangoes of UP. and oranges of Nagpur. Our country has in addition to the above a variety of fruits like apricots, grapes, pineapples, peaches, strawberries, plums, pears, guavas papayas, banana, jack fruit and melons. Let us now see what fruits are. Fruits are the seed bearing parts of the plants consisting of edible tissue surrounding the seeds. The edible part is juicy, pulpy, fleshy, sweet or sweet-sour in taste. Most fruits have a ripened seed or seeds enclosed in them. Unlike vegetables most fruits

can be eaten with minimum nutrient losses.

Fruits are a great gift of nature to mankind. They are delicious, nutritious, ready-to-eat foods. They have a nice flavour and texture. Fresh fruits have an attractive colour. Think, for example, about the colour of ripe yellow mangoes or rosy red apples.

Children may sometimes be averse to milk and other nutritious foods. But they relish fruits very much. People of all age groups enjoy fruits as an appetiser, snack or a dessert. Fruits are rich in vitamins and minerals. They protect us against many deficiency diseases. They provide roughage or fibre which prevents constipation.

EAT MORE FRUITS. THEY PROTECT US FROM DEFICIENCY DISEASES.

Vegetables and fruits are best at the peak of their season. Their flavour and nutrient content is high and prices are competitive.

Check Your Progress Exercise 1

- 1) There are different fruits in different seasons. List fruits of summer and winter season in your region.

Summer fruits	Winter fruits
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18.2 CLASSIFICATION AND NUTRITIVE VALUE OF FRUITS

Fruits are generally rich sources of vitamin C and vitamin A. They also give us energy as they have a lot of carbohydrates in them. Fruits have both edible and non-edible portions. Generally seeds and peels are non-edible parts. In some of the fruits, however, the outer covering is also eaten, e.g. apricots, peaches, pears, raspberry and apple, etc. The peels and seeds of fruits provide roughage which is essential for normal bowel movement. We can group fruits according to their nutritive value as follows :

Yellow fruits: Fruits like mangoes, apricots, gooseberries, papayas belong to this group. These fruits are rich in beta-carotene, a precursor of vitamin A. They protect the eyes against night blindness and other vitamin A deficiency conditions.

EAT MANGOES, APRICOTS, PEACHES, FOR VITAMIN A. THEY PROVIDE PROTECTION AGAINST NIGHT BLINDNESS

Vitamin C rich fruits: This group includes citrus fruits like oranges, grapefruit, sweet lime and fruits like amlas, guavas, pineapples, strawberries,

etc. They are rich in vitamin C. As you have studied in Unit 4, vitamin C provides resistance against infections, prevents bleeding of gums and helps in speedy recovery of wounds.

GUAVAS, AMLAS AND CITRUS FRUITS ARE RICH IN VITAMIN C. THEY GIVE PROTECTION AGAINST INFECTION.

Other Fruits: Fruits like apples, bananas, melons and grapes which are not mentioned above are included in this group. They provide good health by providing vitamins and minerals to the body. Some of them also add bulk to the diet as they have a lot of fibre. This helps to prevent constipation by maintaining normal movement of the gastrointestinal tract.

Fruits also have a small amount of B vitamins, i.e. thiamin, riboflavin and niacin.

Some fruits like raspberries, strawberries, dried apricots, prunes, dates and figs are good sources of iron. Oranges, grapefruits and figs have a fair amount of calcium. The protein and fat content of fruits is low. The main energy constituent is carbohydrate which is present mainly as sugars.

Fruits are commonly used for making jams, jellies, and marmalades. A good jam or jelly is firm and well set. Have you ever thought why this is so? This is due to a substance called pectin which is a carbohydrate present in fruits which helps in the formation of a gel.

On the whole fruits have protective nutrients such as vitamins and minerals. Their vitamin and mineral content depends upon the variety, climate, sunlight and stage of maturity.

Check Your Progress Exercise 2

- 1) List any four fruits rich in vitamin A:
 - a)
 - b)
 - c)
 - d)
- 2) List any four fruits rich in vitamin C:
 - a)
 - b)
 - c)
 - d)
- 3) How are vitamin C rich fruits good for health? Give any three reasons.
 - a)
 - b)
 - c)

A few useful tips on nutritional benefits and your choice of fruits:

- 1) A costly fruit is not always the best fruit nutritionally. For example, guavas are cheaper and have better food value than apples.
- 2) Amla is a very cheap but rich source of vitamin C which is not destroyed even during storage, cooking and preservation.

Do you know that the vitamin C content of one amla is equal to vitamin C in 6 kgs. of apples or grapes?

- 3) Papaya is a cheap vitamin A rich fruit. It is available throughout the year. It can be easily grown in the backyard. Still, it is not a popular fruit. There are certain wrong notions and beliefs about it. Some people think it causes heat and irritation, but in fact papaya is one of the richest sources of vitamin A which is important for the eyes. All persons including pregnant women and children can safely eat papaya.
- 4) Fruits like kharbuja, water-melons have low energy value. Therefore, they are suitable for the obese and diabetics.

**MELONS HAVE LESS CALORIES. THEY ARE GOOD FOR THE
OBESE PERSONS.**

- 5) Fruits like apples, pears and guavas are firm, crunchy and fibrous. They are beneficial for dental health. They give exercise to the teeth and help to keep them clean. Children should be encouraged to eat raw whole fruits.

**EAT APPLES, PEARS, GUAVAS —THEY GIVE EXERCISE TO
TEETH. THEY KEEP THE TEETH CLEAN AND STRONG.**

- 6) Lemons in season are cheap. They provide fair amount of vitamin C. Lemons if taken with a full glass of cold water in the morning and before going to bed prevent constipation.

18.3 SELECTION OF SOME COMMON FRUITS

A few hints for the wise selection of fruits from the market:

Apples: Good quality apples are firm, crisp, deep coloured and heavy. Different varieties are available like Delicious of Kashmir, Golden of Shimla and Red of Kulu.

Bananas: Bananas are available throughout the year. Purchase slightly hard bananas free from bruises. They can ripen at room temperature. Fully ripe bananas get bruised easily as one carries them home from the market. They are best for eating when completely yellow in colour with dark flecks on the skin.

Grapes: They should be plump, properly coloured, and firmly attached to the stem.

Varieties

- i) Green seedless, small.

- ii) Green big with seeds.
- iii) Black big with seeds.

Citrus fruits: These are fruits such as oranges, lemons, grapefruits; Select firm and ripe fruits which are thin skinned and heavy in relation to size. They should be free from bruises, blemishes and soft spots.

Melons: Selection of melons is more difficult than that of other fruits. Ripeness heaviness in relation to size, colour, and flavour are the criteria for their selection.

Pineapples: Yellow colour, heaviness, a good shape and a fragrant aroma are tips for selection of pineapples. Leaves at the top pull out easily when the fruit is ripe.

18.4 STORAGE OF FRUITS

Fruits perish fast and require careful storage. In winter, fruits can be stored even at room temperature, but in summer careful storage is required. The following are the tips for storage:

- 1) Sort out fruits to discard any spoiled ones. Over-ripe fruits should be consumed immediately.
- 2) Wash fruits before storage.
- 3) Store fruits in a cool place.
- 4) Most fruits keep better when refrigerated except bananas, papayas, and pineapples. They undergo undesirable changes at refrigeration temperature. They are best stored at room temperature.
- 5) Use plastic bags for storage of fruits in a refrigerator. This prevents shrivelling and drying.

18.5 COOKING OF FRUITS

Cooking is sometimes desirable because some fruits are more palatable if cooked, e.g. green apples and pears. Cooking adds variety. For small children fruit stews are very good. Fruits are sometimes cooked in sugar syrup. On cooking, the fruit becomes soft. However, cooking reduces the flavour of fruit. It also reduces the vitamin content of fruits.

18.6 PLACE OF FRUITS IN OUR DAILY DIET

We know well that fruits are eaten raw. Fruits can be consumed in other forms also. Here are a few examples :

- 1) *Fruit juices and punches:* You can prepare fruit juices from fruits like oranges, pineapples, mausambi, etc. Adding a little lemon juice, sugar and seasoning will improve its taste. Fruit punch is a mixture of lemon or orange juice, other fruit juices, sugar syrup and tea water.
- 2) *Fruit salads:* Attractive and tasty fruit salads can be prepared from a

mixture of fruits like apples, bananas, pineapples, pears, papayas and grapes. You must have observed that fruits like bananas, apples, pears become brown and unattractive on cutting. Sprinkling of lemon, pineapple juice and sugar syrup prevents browning of cut fruits.

SPRINKLE LEMON JUICE ON CUT APPLES, BANANAS TO PREVENT BROWNING.

3) *Dishes from unripe fruits :*

- a) You can prepare vegetable dishes and koftas from unripe fruits like papayas and bananas.
- b) Unripe mangoes can be used for making tasty mango panna which is preventive against sunstroke.
- c) Chips and cutlets can be prepared from unripe fruits like bananas.

4) *Other items like desserts and beverages :*

- a) We can use fresh, cooked or canned fruits in desserts. For example, fruit custard, fruit cream, ice cream, stews, pies, etc.
- b) We can make nourishing milk based beverages e.g. mango milk shakes.

5) Prepare some fruit preserves:

Fruits in season are available in plenty and are cheap; like vegetables, fruits can also be preserved. A few examples of fruit preserves are:

- a) We can prepare jams, jellies, squashes, cordials, murabbas, etc. from fruits like apples, pineapples, guavas, mangoes, lemons, etc. They add variety, colour and taste to our food. Children are especially fond of jams, jellies, marmalades and squashes.
- b) A number of fruits can be canned like pineapples, mangoes, apples, cherries, pears, peaches. Canned fruit juices are also available.
- c) We can prepare pickles, chutneys out of fruits like unripe mangoes and limes.

PREPARE JAMS, JELLIES, MARMALADES, PICKLES, SQUASHES IN SEASON TO PRESERVE FRUITS.

Practical Activity 1

1) Peel and cut an apple into slices. Immediately treat some slices with lemon juice and leave the other slices as such. Observe the appearance of treated and untreated slices.

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Check Your Progress Exercises 3

- 1) We can prepare pickles from unripe mangoes. Name two other fruits for making pickles :
 - a)
 - b)
- 2) We can prepare nourishing mango shake. Name two other fruits that you can be used for making milk shakes at home:
 - a)
 - b)

18.7 DRIED FRUITS

Some fruits can be preserved by drying like grapes, apples, dates, pears, peaches. They provide variety. Besides the special taste and texture of the dried fruits, we increase the availability of fruits by drying them. Dried fruits have low water content. But, carbohydrate and mineral values are higher. The vitamin content of fruit changes depending upon the method of drying used.

18.8 LET US SUM UP

Fruits are important for us as they are a good source of essential nutrients like vitamins and minerals. These are essential for our health and protect us against deficiency diseases. They also provide roughage which prevents constipation. Fruits are enjoyed by all age groups and especially children love them.

18.9 GLOSSARY

Apples	:	Saeb
Apricots	:	Khoormani
Browning	:	Some fruits like apples and bananas when cut and left exposed to the air turn brown due to the presence of enzymes in them.
Goose Berries	:	Rasbari
Dates	:	Khajur
Figs	:	Anjeer
Grape-fruit	:	Chakotra
Grapes	:	Angoor
Peaches	:	Aarhoo
Pear	:	Nashpati
Sweet lime	:	Mausambi

18.10 ANSWERS TO CHECKYOUR PROGRESS EXERCISES

Selection of
Fruits and Their
Nutritive Value

Check Your Progress Exercise 1

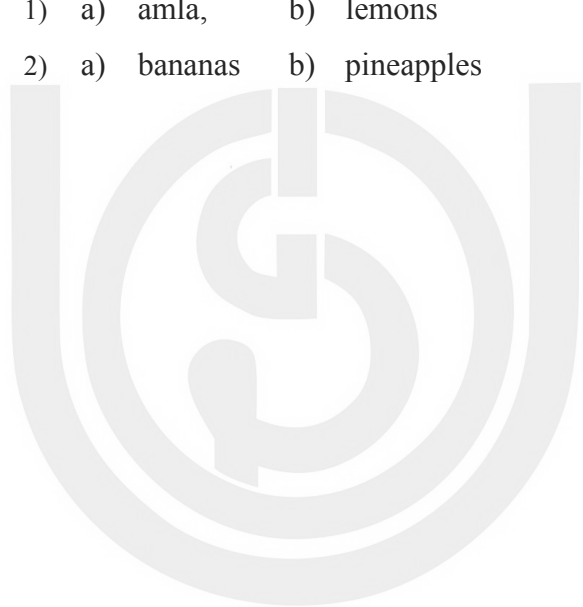
- 1) Summer: 1) Mangoes 2) Lichies 3) Peaches
Winter: 1) Oranges 2) Apples 3) Guavas

Check Your Progress Exercise 2

- 1) a) mangoes b) papayas c) peaches d) apricots
2) a) amlas b) guavas c) oranges d) pineapples
3) a) provide resistance against infection b) prevent bleeding of gums c) speedy recovery of wounds

Check Your Progress Exercise 3

- 1) a) amla, b) lemons
2) a) bananas b) pineapples



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