

# Fruit or Vegetable Power Point Project

The Project:

You need to intensely research a fruit or vegetable that is uncommon to you (something you don't eat everyday). This project will be due on \_\_\_\_\_. This is what needs to be included in your project.

1. A picture of the fruit or vegetable - can be drawn, cut out of a magazine, or printed of the computer.
2. A description of the vegetable - color, size, shape, etc.
3. Nutritional information - calories, fat, vitamins A, B, C, fiber, and any other nutritional information you can find.
4. Facts - where and how it is grown, when it is in season, and other interesting information.
5. How it would be classified - bulb, drupe, flower, citrus, stem, etc.
6. How to choose this fruit/vegetable raw (what to look for when purchasing fresh) and how to store it properly.
7. How it can be cooked - length of time and quality of fruit/vegetable product for each.
8. How it come in the grocery store - think of ALL the forms.
9. Prices for all of the forms of the fruit/vegetable.
10. Find a recipe that calls for the fruit or vegetable.
11. Include a bibliography of where all of your information was found.

Examples of Possible Fruit or Vegetables to Research:

Parsnips	Okra	Kohlrabi	Garlic
Alfalfa Sprouts	Turnip	Cabbage	Squash
Brussels Sprouts	Rutabaga	Watercress	Spinach
Pumpkin	Mushrooms	Beets	Sweet Potatoes
Asparagus	Artichoke	Eggplant	Leeks
Red Currant	Cranberry	Apricot	Quince
Alkekengi	Prune	Nectarine	Date
Loguat	Pomelo	Mandarin	Humquat
Plantain	Citron	Carambola	Jackfruit

## Fruit/Vegetable Project Evaluation

1.	Picture	1	2	3		
2.	Description	1	2	3	4	
3.	Nutritional information	1	2	3	4	5
4.	Facts	1	2	3	4	5
5.	Classification	1	2	3	4	5
6.	How to choose it	1	2	3	4	5
7.	How to store it	1	2	3	4	5
8.	How it can be cooked	1	2	3	4	5
9.	Forms it is found in	1	2	3	4	5
10.	Prices	1	2	3	4	5
11.	Recipe	1	2	3	4	5
12.	Bibliography	1	2	3		
13.	Presentation format	1	2	3	4	5
14.	Time Management	1	2	3	4	5
	/Worked on in class	6	7	8	9	10

TOTAL \_\_\_\_\_/70