

Assignment #6

Plant-based foods

Cul 500-5035

Bobbi Jo Garcia

Mount San Jacinto College

Vegetables are grouped into several different categories that distinguish their flavors, textures, and nutrient values. It is also crucial to understand the different cooking methods to provide the most flavorful and nutrient valued meals. Another important factor to vegetables is proper storage and preparations. Quality indicators are also important to make sure vegetables do not spoil and go bad, or worse make someone sick. Due to the global health crisis, ethical concerns, and sustainability, plant-based diets are being incorporated into modern diets.

Vegetables are grouped into several categories, including cabbages, fruit vegetables, gourds and squashes, greens, mushroom and truffles, onion, pods and seeds. Roots and tubers, and stalk vegetables. Most of the time this is based on the portion being eaten and each category's nutritional benefit. Cabbage includes broccoli and cauliflower. They are known for cancer-fighting qualities. Fruit vegetables include tomatoes, peppers, and cucumbers forming from the flower part of the plant. They contain seeds that add acidity or sweetness to meals. Gourds and squashes include butternut squash, pumpkins, and zucchini. These vegetables help to support vision and immune functions. These vegetables also contain potassium, which aids in nerve and muscle functions. Leafy green vegetables include spinach and lettuce. They are known for containing vitamins A and C. Mushrooms and truffles are rich in several nutrients including selenium, potassium, antioxidants and dietary fiber. Mushrooms are also known for being low in calories. Truffles are known for their

micronutrients, but are used more sparingly. Onions are low in calories but have a high amount of vitamin C. Onions help to protect cells and reduce inflammation. Pods and seeds include lentils, beans, and peas. They are known for being high in protein and fiber. This helps to maintain blood sugar and digestion. Roots and tubers include carrots and sweet potatoes. These vegetables are high in starch content, which is great for making energy. They also have a lot of dietary fiber which helps support digestion. Stalk vegetables include asparagus and celery. These vegetables have a high amount of water, which makes them refreshing and low in calories. These vegetables also aid in digestion and muscle function.

There are many ways to prepare vegetables when cooking. You can steam, boil, stir-fry, saute, roast, grill, and blanching. The most important thing to remember when preparing vegetables is to keep the most nutrients in the vegetable. This means you need to understand each vegetable and the best cooking method to retain the texture and nutrients. Some vegetables can stand up to one cooking method while others do not. I personally prefer a crispier vegetable, so I prefer to grill and stir-fry. My children prefer softer vegetables, which I boil or roast. A lot of understanding has to go into cooking vegetables for the best results. When cooking vegetables you need to consider how it will affect the look and taste of them. It makes them easier to digest and can enhance flavors. When cooking some vegetables it can bring out a more sweet flavor or a richer flavor. These are relevant to how you want your dish to taste and look.

Plant-based diets are becoming more incorporated into many peoples diets. This is being caused by the growing health crisis, environmental, and ethical concerns. Research has shown that this diet can support better health by reducing the risk of type 2 diabetes, support heart health, and promote overall health by a properly balanced diet. There is also a new awareness about the environmental impact of animal agriculture. This can include resource usage and gas emissions. There is also new food innovations that closely imitate the taste and textures of meat, making it easier for consumers to transfer to this diet. Many restaurants and grocery stores offer more options for the public. This helps to show the growing demand for a healthier diet and lifestyle. It also enforces a more sustainable food solution.

When talking about proper storage, preparation, and quality indicators we need to maintain the freshness, safety, and nutritional value. For storage, vegetables should be kept in a cool, dry place, or refrigerated, depending on the vegetable itself. Proper storage helps to slow down any spoilage that could occur and helps to keep the texture and flavor of the vegetable. When preparing vegetables, they need to be washed thoroughly to remove bacteria, dirt, and pesticides. Vegetables should always be prepared right before use to prevent nutrient loss. Quality indicators determine if vegetables are suitable for use. Fresh vegetables have bright colors, firm texture, and no signs of mold or wilting. They should also have a fresh smell. Understanding all of these things will ensure no one gets sick and the meals taste the best.

Vegetables can be divided into several key categories. Understanding each category and what vegetables are included allow us to create a well balanced diet and a variety of meals. These meals help to support our health. While different cooking methods help to enhance the taste, texture, and the nutrients available in each vegetable, this makes them more versatile and enjoyable to consume. A plant-based diet can make a more dietary variety, support long term health, and also encourage more sustainable food sources.

References

<https://www.bing.com/ck/a?!&&p=4ff582b3f84077677ee8eae955a7ea148c50ba7839434a2e6c3b28266b303f55JmItdHM9MTc3NzI0ODAwMA&p=3&ver=2&hsh=4&fclid=3124af70-333e-69c2-39a9-bc4e325468a0&psq=what+are+plant+based+foods&u=a1aHR0cHM6Ly93d3cuaGVhbHRoLmhhcnZhcmQuZWR1L2Jsb2cvd2hhdC1pcy1hLXBsYW50LWJhc2VklWRpZXQtYW5kLXdoeS1zaG91bGQteW91LXRyeS1pdC0yMDE4MDkyNjE3MDA>

<https://www.bing.com/ck/a?!&&p=6896e1ef5738975aa11fb5becc73b8133efb654e962a70be665a28a30c48645cJmItdHM9MTc3NzI0ODAwMA&p=3&ver=2&hsh=4&fclid=3124af70-333e-69c2-39a9-bc4e325468a0&psq=what+are+plant+based+foods&u=a1aHR0cHM6Ly93d3cuaGVhcnQub3JnL2VuL2hiYWx0aHktbGl2aW5nL2hiYWx0aHktZWFOaW5nL2VhdC1zbWFydC9udXRyaXRpb24tYmFzaWNzL2hvdY1kb2VzLXBsYW50LWZvcndhcmQtZWFOaW5nLWJlbnVmaXQteW91ci1oZWFSdGg>

<https://www.bing.com/ck/a?!&&p=163b6896712689e73359f8b6c6055a513f6002ae23a12383250234e166309e81JmItdHM9MTc3NzI0ODAwMA&p=3&ver=2&hsh=4&fclid=3124af70-333e-69c2-39a9-bc4e325468a0&psq=plant+based+foods+association&u=a1aHR0cHM6Ly9wbGFudGJhc2VkZm9vZHMub3JnLw>

<https://www.bing.com/ck/a?!&&p=cd71dcdf69f9c52871d06b5c4a131153189c947f0f56ec278763d791233e556aJmItdHM9MTc3NzI0ODAwMA&p=3&ver=2&hsh=4&fclid=3124af70-333e-69c2-39a9-bc4e325468a0&psq=plant+based+foods+industry+association&u=a1aHR0cHM6Ly9wYmZpYS5vcmcv>

<https://www.bing.com/ck/a?!&&p=9d7ed7bcae6836de4551811804d490cb4aaec0306c12780a81d26af65471a192JmItdHM9MTc3NzI0ODAwMA&p=3&ver=2&hsh=4&fclid=3124af70-333e-69c2-39a9-bc4e325468a0&psq=plant+based+foods+news&u=a1aHR0cHM6Ly9wbGFudGJhc2VkbmV3cy5vcmcv>