**Preserving Fruits and Vegetables Quiz**

1. Freezing is just one way of preserving produce.

True False

1. Freezing produce can preserve the nutrition and taste of the food.

True False

1. A lot of expensive equipment is needed to freeze foods successfully.

True False

1. Don’t bother to label and date your freezer bags. You will be able to tell what it is just by looking at it.

True False

1. Dehydrating and canning are other ways to preserve fruits and vegetables.

True False

