



From Fresh to Processed: Fruit and Vegetable

Transformation

OBJECTIVE

Understand how **fruits and vegetables** can be transformed in different ways and understand how the **degree of transformation** influences nutritional quality, taste and impact on health.

YOUR MISSION

Choose **a fruit or a vegetable** and compare its **fresh** form with one or more **processed forms**.

Step 1 — Choose the food

- Chosen food: _____
- Type: ☐ Vegetable ☐ Fruit ☐

Step 2 — Identify the forms of consumption

Check the versions you know or consume:

- ☐ Fresh
- ☐ Frozen
- ☐ canned
- ☐ Dry/dehydrated
- ☐ in juice / puree
- ☐ Other:



Step 3 - Compare the transformations

Form of Consumption	What has changed? (texture, flavour, ingredients)	Little or a lot transformed?
Fresh		
Transformed 1		
Transformed 2		

Step 4 – Health impact

Reflect and answer:

- Which way keeps the **original food** the most?
- Is there **added sugar, salt or fat** in the processed versions?
- In what situation can the transformed version be useful?

REFLECTION:

FINAL REFLECTION

If you had to choose on a daily basis, **which version would you choose most often and why?**

FOODWISELAB TIP

Fresh or frozen fruits and vegetables without added sugar or salt are generally less processed and closer to the original food.