



FOOD \$ENSE

Fantabulous Fruits

Grapefruit

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Brought to you by the Food \$ense Program



Objectives

Participant will:

1. Explain a health benefit provided by grapefruit
2. Describe cost- and time-effective strategies for incorporating grapefruit into family meals
3. Explain how to select grapefruit
4. Describe preparation and storage techniques for grapefruit, including cleaning, trimming, cooking, and storing
5. Prepare and taste food that includes grapefruit

Required Materials:

- Recipe ingredients and utensils for demonstration (see pg. 5)
- Oven or toaster oven with broiler element
- Lesson handout (see pg. 5)
- Required paperwork for program

Optional Supplemental Materials:

Preparation Required:

- Prepare grapefruit and lettuce in advance for grapefruit and avocado recipe.

LESSON PLAN

Introduction:

Time: 5 minutes

- Welcome the class and thank them for making time to come.
- Briefly introduce yourself and the program.

- One of the very best things about winter is that citrus fruits are at their best, and that includes big, luscious, ripe grapefruits.
- Grapefruits are one of the largest members of the citrus family and can get as big as 5 or 6 inches around.
- They have a thick, yellow or pink-tinged yellow, glossy skin. Once cut open you will find flesh that ranges in color from white to pink to deep red.
- Some sources believe that grapefruits originated in China over 4,000 years ago. Some say that they came from the island of Barbados.
- Now, 90 percent of the world's grapefruit is grown in the U.S., primarily in Florida, Texas, California, and Arizona.
- Although grapefruit was once known to be somewhat sour and bitter, it has been cultivated so that it is now sweet and delicious. If you haven't tried grapefruit for a long time, it's time to give it another chance!
- **Ask the class:** Do you use grapefruit at home? If not, why?
 - Never tried grapefruit.
 - Don't like it or my family doesn't like it.
 - Not sure how to prepare it.
 - Don't know what to serve it with.
- Today, we will talk about how to buy grapefruit, how to store it, and how to use it. Hopefully after this lesson, if you didn't eat grapefruit before, you will want to eat it now!

Objective 1: Explain a health benefit provided by grapefruit.

Time: 2-3 minutes

- **Ask the class:** Does anyone know some of the health benefits of eating grapefruit?
 - Lycopene – an antioxidant that may help prevent some cancers (found in the pink and red varieties).
 - Vitamin C – aids in iron absorption, is good for your skin, gums, and eyes, and protects against cardiovascular disease and immune system deficiencies.

Objective 2: Describe cost- and time-effective strategies for incorporating grapefruit into family meals.

Time: 3-5 minutes

- During the winter months, choosing and eating grapefruit is an economical way to get fresh fruit in your diet.
- **Ask the class:** What ways can you think of to include grapefruit into your daily menus?
 - Cut a grapefruit in half for a quick and simple breakfast or snack.
 - Peel and section it and eat it like you would an orange.
 - Cut the grapefruit into sections to be used in fruit salads or with green salads.
 - For a tasty and healthy dessert or brunch item cut the grapefruit in half and broil it with brown sugar.

Objective 3: Explain how to select grapefruit.

Time: 2-3 minutes

- **Ask the class:** Does anyone have any tips on how to pick a ripe grapefruit?
 - Grapefruit is in season during the winter months.
 - The fruit should be heavy for its size. Pick up a few grapefruits of about the same size and see which ones are heavier. These are the ones that have more juice and more flavor.
 - Good fruits are free of squishy, brown spots and the skins are smooth.

- The poles of the fruit (where the stem and bud are) should be flat. With an old fruit, the stem will start to sink into the fruit.
- Grapefruit can have red, pink or white flesh. The darker the flesh the more antioxidants in the grapefruit.

Objective 4: Describe preparation and storage techniques for grapefruit, including cleaning, trimming, cooking, and storing.

Time: 5 minutes

- If you don't plan on using your grapefruit right away it can be stored for up to one week at room temperature, and for up to three or four weeks in the fridge.
- Before peeling or cutting a grapefruit make sure to wash it well with soap and water to remove bacteria that could be spread to the flesh of the grapefruit.
- The white part of the grapefruit between the flesh and skin is called the pith. This can be bitter so it is best to remove as much as you can before serving or eating.
- Grapefruit is arranged in segments like an orange. The membranes that hold the segments are usually more bitter and tough than those of an orange so it is best to cut around them when eating a grapefruit half or to remove them when using the grapefruit segments in a recipe.
- Grapefruit is usually eaten fresh but today we will taste a recipe that calls for cooked grapefruit.

Objective 5: Prepare and taste food that includes grapefruit.

Time: 20 minutes

- **Ask the class:** What foods can you think of that pair really well with grapefruit?
 - Seafood
 - Avocado
 - Fruit or vegetable salads
- One of the dishes we will make today is a classic grapefruit and avocado salad.
- *Demonstrate how to make grapefruit and avocado salad. Explain each step as you do it (see page 5 for recipe). Prepare grapefruit segments and lettuce before class to save time, however, leave one half of grapefruit to demonstrate how to separate fruit segments from membranes and peel.*
- A really simple but elegant way to prepare grapefruit is to broil it. By adding just a touch of brown sugar and cinnamon you get warm and syrupy deliciousness!
- *Demonstrate how to broil grapefruit. Explain each step as you do it (see page 5 for recipe).*

Conclusion: Summary and Regroup

Time: 5 minutes

- Grapefruit is a luscious, sweet, economical way to eat fruit in the wintertime. Winter is when we want to get extra vitamin C in our diets and grapefruit provides plenty of it.
- Hopefully, if you have been hesitant to use grapefruit before, you will be excited to use it now. If you already use grapefruit, I hope this lesson gave you some fresh ideas on ways to use it.
- **Ask the class:** What did you learn today that encourages you to use grapefruit in your meal planning?
- **Ask the class:** Are there any questions?
- Thank you for attending.
- *Serve samples.*

References:

Bittman M. How to Cook Everything Vegetarian. Hoboken, NJ. Double B Publishing, Inc. 2007.

Parsons R. How to Pick a Peach. New York, NY. Houghton Mifflin Company. 2007.

Mayo Clinic, University of California, Dole Foods, Inc. Encyclopedia of Foods. A Guide to Healthy Nutrition. Academic Press. San Diego, CA. 2002.

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If it's big, round, heavy, yellow, and luscious smelling, it *must* be



Grapefruit!

*High in
Vitamin C and
antioxidants!*

Choose grapefruit that is smooth, blemish free, and heavy for its size. Store at room temp for a week or in the fridge for 3-4 weeks. Serve as is, in salads, with seafood, or broiled for a delicious dessert.

Broiled Grapefruit

1 grapefruit
2 teaspoons brown sugar
Dash of cinnamon

- Put oven rack 4 inches from broiler unit and turn oven to broil.
- Line a baking sheet with tin foil.
- Wash the outside of the grapefruit with soap and water.
- Cut the washed grapefruit in half.
- Run a sharp, serrated knife between the fruit and peel and then between each segment to loosen the fruit from its peel and membranes. Leave the segments in the shells.
- Place the grapefruit halves, cut side up, on the baking sheet.
- Sprinkle each half with brown sugar and cinnamon.
- Place the pan in the oven.
- Broil the grapefruit until the tips of the peel are brown, and the sugar is bubbly (about 2-3 minutes).

Yield: 2 servings. Best served while warm!

Grapefruit and Avocado Salad

2 pink or red grapefruit
1 tablespoon juice from grapefruit
4 cups romaine lettuce
1 avocado, sliced thin
¼ small red onion, thinly sliced
1 tablespoon olive oil
1 tablespoon red wine vinegar
1 teaspoon sugar
Salt and pepper to taste

- Cut skin and membrane away from grapefruit. Reserve 1 tablespoon juice from fruit. Place fruit in large bowl.
- Add lettuce, avocado, and onion to bowl. Toss gently.
- Mix grapefruit juice, olive oil, vinegar, and sugar together. Drizzle over salad.

Season with salt and pepper as desired.