

2025 Fruit Spreads Discussion Questions

These questions will be used during the group poll & follow up discussion in the fruit spreads class. You'll notice that the questions are listed, but not the answer choices. I want to see what you remember off the top of your head.

Acid

1. What's the purpose of acid in fruit spreads?
2. How does the ripeness of fruit impact its acidity?
3. What is weeping?
4. When is it ok to use fresh lemon juice in a fruit spread?

Sugar

1. What is the cosmetic purpose of sugar in fruit spreads?
2. What is the food safety purpose of sugar in fruit spreads?
3. What percentage of sugar in a fruit spread creates a good gel strength and texture?
4. Which types of sugar are recommended for jams & jellies?

Sugar Substitutes

1. What is the purpose of a sugar substitute in a low-sugar fruit spread?
2. The advantage of making a low/no-sugar fruit spread is that it can help reduce a person's sugar intake. What are some disadvantages?
3. Which sugar substitutes are recommended for use?

Pectin

1. What is pectin?
2. You can substitute liquid pectin for regular pectin.
3. What causes the chemical reaction that forms a gel when a high-methoxyl pectin is used in a jam recipe?
4. What causes the chemical reaction that forms a gel when a low-methoxyl pectin is used in a jam recipe?

Pectin: When do you add it?

1. Powdered pectin
2. Liquid pectin
3. Pomona's Pectin