

Food Preservation: Freezing

1. Check yourselves. How much do you know about Freezing. Read the statements and decide if they are true (T) or false (F).

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| 1. Freezing is a food preservation method that slows down spoilage by increasing food temperature. | True / False |
| 2. Freezing slows down the growth of bacteria and other microorganisms that cause food to spoil. | True / False |
| 3. Rapid freezing is crucial because it creates smaller ice crystals, which are less likely to damage the food's cell structure. | True / False |
| 4. To keep track of content and freshness don't forget to label and date all frozen food. | True / False |
| 5. It doesn't matter if you are placing too many or few food frozen items in the freezer at once, because it can't impact on freezing process. | True / False |

2. Read the dialogue and put the lines into the right order.

Ben: That's a common concern! Actually, freezing is one of the best methods for preserving nutrients. Because it rapidly stops the degradation process, frozen produce often retains **more vitamins** than "fresh" produce that has been sitting on a shelf for days.

Ben: That's a classic problem! Have you tried **freezing** them? It's one of the easiest ways to prevent waste.

Alex: I've thought about it, but I worry about the texture. Also, does freezing damage the **nutritional value**?

Alex: That's good to know! So, if I freeze them correctly, I'm not really losing those healthy benefits?

Ben: Generally, no. For most fruits, you just need to **wash and dry them thoroughly**. Then, the *key* step is to flash-freeze them on a tray first, to prevent clumping.

Alex: Hi Ben! I'm struggling to keep my produce fresh. I bought too many berries last week, and some are starting to look a little soft.

Ben: Exactly! You're saving food and nutrients. Enjoy those berries later

Alex: Flash-freeze—right, that's spreading them in a single layer on a sheet for an hour or two.

Ben: Correct. And once they're hard, transfer them to a quality freezer bag. Make sure to **remove as much air as possible** and label it with the date. Proper packaging is crucial to prevent freezer burn, which *can* slightly degrade the quality over time.

Alex: Okay, so flash-freezing for texture, and proper packaging to lock in those vitamins and prevent freezer burn. Thanks, Ben!