Reading_7 form II term

1. Read the text.

Preserving Food

For thousands of years, people have tried to find ways to keep food for longer. In the past, this was important as people needed to save fresh food for times when it was hard to find, such as the winter. Today there are still many places without electricity and people living in these places need to preserve food in ways that don't use fridges. They need to make food last as long as possible.

Why doesn't food last?

The problem is that all food can grow bacteria and bacteria spoils food. To preserve food you have to destroy the bacteria or slow down their growth. There are different ways to do this.

1 Drying



Drying is the oldest type of food preservation. If water is removed from food, the bacteria can't grow. In ancient times in hot countries, people simply left fruit and meat outside to dry in the sun and the wind until all its natural water was gone. This made the fruit last a very long time. Drying fruit sometimes results in a completely new product. For example, grapes turn into raisins and plums turn into prunes.

Drying food in the sun does not work in cooler or wetter climates, but people have other methods to preserve food in cold places.

2 Salting

Salting food, especially meat and fish, is another very old way to preserve food. Bacteria cannot grow in a very salty environment, so salted food lasts a long time. In many countries, salt fish or meat has become a traditional food and people still eat it today. For example, in Portugal the national dish is salt cod fish, and although people could buy fresh fish and refrigerate it, they prefer to eat the preserved fish.

LIVEWORKSHEETS

3 Canning

A more modern way to preserve food was discovered in 1809 by an inventor called Nicolas Appert. He found that if food is heated at high temperatures and then sealed in a container, the food lasts for months. This is because the bacteria are killed when they are heated and cannot grow again without air. Vegetables and fizzy drinks in cans, and jam and juice in bottles are preserved using this method.



4 Freezing

Another newer method of food preservation is freezing. In the 1900s a scientist called Clarence Birdseye went to the Arctic. He noticed that when fish was caught it froze quickly in the icy conditions. He realised that freezing food slowed down the growth of bacteria. Back home, he invented a way of fast-freezing food. Frozen food was first sold in 1930 and was very popular, especially in North America. Today millions of people have freezers in their homes. All sorts of food, from vegetables to pizza, is frozen in factories before it is transported to supermarkets for us to buy.



LIVEWORKSHEETS

Vocabulary

3 Use the words from the text to complete the sentences.

1 You can preserve plums if you dry them in hot, dry places.
2 Scientists found that freezing makes _____ grow much more slowly.
3 If you have electricity, you can _____ food to preserve it.
4 There are many different _____ for preserving food, like salting and drying.
5 Food is _____ by lorries from farms to supermarkets.
6 Bacteria _____ meat if it is not kept in the fridge.
7 When we dry something, the water is _____ from it.
8 Ice cream is a frozen _____.
9 In _____, people put vegetables into cans before they are taken to shops.
10 Scientists _____ different ways to preserve food a long time ago.
11 Although drying is a _____ method, people still use it today.
12 If food is completely sealed into a _____, no air can get in.

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Reading comprehension

4 Answer the questions. Write *D (drying)*, *S (salting)*, *F (freezing)* or *C (canning)*. Which method of food preservation …

1 takes the water out of the food? D
2 is the newest way to preserve food? _____
3 works because air can't reach the food? _____
4 only works in hot, sunny places? _____
5 was particularly popular in America? _____
6 is still a popular way to preserve fish in Portugal? _____
7 is the oldest? _____
8 was invented in a very cold place? _____

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5 Write *True* or *False*.

1 In ancient times, people preserved food to eat in winter. True
2 Bacteria can grow in all types of food. _____
3 Drying food works well in cold countries. _____
4 Raisins are dried plums. _____
5 Some people like salt fish more than fresh fish. _____
6 Heating food to high temperatures destroys bacteria. _____
7 Freezing food destroys bacteria. _____
8 Food needs to be frozen in a factory to be preserved. _____

6 Write *dried*, *canned* or *frozen* under each food.

1 
2 
3 
4 
5 
6 

canned _____ _____ _____ _____ _____

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