

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).

1. Freezing is a food preservation method that slows down spoilage by increasing food temperature.
2. Freezing slows down the growth of bacteria and other microorganisms that cause food to spoil.
3. Rapid freezing is crucial because it creates smaller ice crystals, which are less likely to damage the food's cell structure.
4. To keep track of content and freshness don't forget to label and date all frozen food.
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!