

Freezing and thawing

1. Match the words with their definitions.

| A | B |
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| 1. freezing | A. are very small organisms that are found everywhere. |
| 2. thawing | B. refers to the ability of a material to withstand the absorption and transmission of water. |
| 3. bacteria | C. is the process in which something that is frozen becomes softer and warmer or changes into liquid. |
| 4. multiplying | D. means to put more than it either should or can contain. |
| 5. airtight | E. means to increase in number or to make something to do this. |
| 6. overfilling | F. is the process in which something changes from liquid to solid as the temperature becomes lower. |
| 7. moisture-resistant | G. means completely closed so that no air can get in or out. |

2. Read and put the lines into correct order. Then listen and check.



- For safety, the biggest rule is cool before you freeze and thaw safety in the fridge. Never put hot food straight in, and never thaw it out on the kitchen counter, as that encourages rapid bacterial growth.
- No, that's a myth! Freezing preserves most nutrients very effectively. The main loss happens when food is exposed to heat or water. For example, when you blanch vegetables before freezing, you lose some water-soluble B and C vitamins, but it stops bigger loss later.
- Got it: fridge for both cooking and thawing. Now for nutrition: does freezing ruin all the vitamins?
- Perfect. So, rapid freezing, slow fridge thawing, and the nutrients stay locked in! Thanks, Sam.
- Okay. And what about when I thaw meat and see liquid at the bottom of the container?
- I'm freezing a big batch of soup today. What are the two most important things I need to remember, one about safety and one about nutrition?
- That liquid is called drip loss, and it contains water-soluble nutrients. The slower you freeze and the faster you thaw, for example on the counter, the more cell damage and drip loss you'll see. Thawing slowly and safely in the refrigerator minimizes this loss and keeps the nutrient-rich liquid inside the food.