Food Processing

Activity 1

Label each of the following food products and say what they derive from.

A ..... B ..... C ..... D ..... E ..... F .....



Activity 2

Match the word to the definition

1	Raw ingredients	A	The distinctive taste of a food or drink
2	Micro-biological safety	B	has been cooked or partly cooked so that it can be heated and eaten at a later time
3	Artificial sweeteners	C	any food that enters into the composition of a mixture in a natural, crude, uncooked state
4	Self-cooking meals	D	Group of people who order or use purchased goods, products, or services primarily for personal, family, household and similar needs.
5	Flavour	E	What ensures that diseases and harmful organisms are contained in a secure way
6	Consumers	F	It is a method of packaging that removes air from the package prior to sealing.
7	Vacuum bottle packing	G	They are the substances used as substitutes for natural sugar

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Activity 3

Fill in the blanks with the missing words – choose from the boxes below

WHAT IS IT?

Food processing is the set of methods and techniques employed to transform _____ ingredients into _____ for human consumption. Food processing is a very ancient technique when it mainly involved methods like _____, different types of cooking, fermenting, sun drying and preserving with salt.

INNOVATIONS

During the 19th and 20th centuries new food processing techniques were developed like the _____ **bottling process, tinning** and **canning. Pasteurization** ensured the _____ of food. In the 20th century, food processing techniques improved thanks to spray drying, freeze drying and the introduction of _____ _____ and preservatives such as sodium benzoate and saccharine. Products such as instant soups and _____ meals were also developed.

ADVANTAGES AND DISADVANTAGES

Food processing methods have many advantages:

1. remove toxins and microorganisms
2. preserve foods
3. improve their _____
4. increase their consistency and seasonal availability of many foods
5. enable transportation of delicate perishable foods across long distances.
6. improve the quality of life for people suffering from allergies, _____ disease and diabetes.

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However, food processing also has some _____ points because preservatives added or created during processing such as nitrites or sulfites may cause bad _____ effects on some _____.

Negative

microbiological safety

flavour

Celiac

food

artificial sweeteners

raw

slaughtering

self-cooking

health

consumers

vacuum

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