

# Food Processing

## Activity 1

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



## 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

### 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.

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