

Processing fruit

Vocabulary

Ex. 1. Match the words with their definitions.

1. fast food	a. quick and convenient food that is usually served at restaurants with minimal table service.
2. confectionery item	b. a place where you can buy and eat meals prepared by others.
3. vegetable oil	c. to eat or drink something.
4. restaurant	d. candies, chocolates, and other sugary treats.
5. sunflower	e. a sweet food made with sugar, such as candy or pastries.
6. advantage	f. a type of oil derived from plants, used for cooking and frying.
7. addition	g. the presence of water or liquid in something.
8. sugar sweets	h. the act of putting something into another thing to increase its size or value.
9. raw sugar	i. unrefined sugar that has not been processed or bleached.
10. sucrose	j. a type of sugar found in many sweet foods and drinks.
11. consume	k. a benefit or positive aspect of a situation.
12. moisture	l. a tall plant with large yellow flowers that produce edible seeds.

Ex. 2. Complete the sentences with the given words.

confectionery items, equipment, vending machine, animal fat, corn germ, cuisines, remove, candies, sliced, Preservation

Sarah carefully _____ (1) the onions for the stir-fry dish she was preparing at her cook job.

The chef had to _____ (2) the burned crust from the bottom of the pan before adding more ingredients.

The children were excited to receive _____ (3) as a treat after finishing their meal.

The bakery specialized in creating unique _____ (4) for

special occasions.

_____ (5) of food is essential in the restaurant industry to prevent waste.

The recipe called for using _____ (6) oil to sauté the vegetables for the vegetarian dish.

Some traditional recipes call for the use of _____ (7) to enhance the flavor of the dish.

The _____ (8) on the breakroom floor offers a variety of snacks and drinks.

The chefs invested in new kitchen _____ (9) to improve efficiency in their workspace.

Learning about different _____ (10) around the world is an important part of being a chef.

Reading

Ex. 1. Read the text.

Processing fruit to preserve its freshness and flavor involves several steps. First, select ripe, unblemished fruit, ensuring it's free from pesticides by washing it thoroughly. Next, peel the skin if necessary, and remove any seeds or pits. Slice the fruit into evenly-sized pieces to ensure uniform processing.

For drying, spread the fruit on a tray and place it in a food dehydrator or a low-temperature oven. Ensure good air circulation to prevent mold growth. For freezing, lay the sliced fruit on a baking sheet and freeze it individually before transferring it to airtight containers. This prevents clumping and maintains texture.

Canning requires sterilizing jars and lids, then submerging the fruit in a syrup or juice. Seal the jars and submerge them in boiling water to create a vacuum seal, which extends shelf life.

Juicing involves crushing the fruit and straining the liquid through a fine mesh to remove pulp and seeds. Store the juice in sterilized containers to maintain freshness.

Lastly, always label and date your processed fruit to keep track of its shelf life. Proper processing ensures your fruit remains delicious and ready for use in various recipes.

Ex. 2. Answer the questions.

1. What are the steps involved in processing fruit to preserve its

freshness and flavor?

2. How can you ensure that the fruit is free from pesticides before processing?
3. What is the importance of slicing the fruit into evenly-sized pieces for uniform processing?
4. What precautions should be taken to prevent mold growth during the drying process?
5. Why is it recommended to freeze sliced fruit individually before transferring it to airtight containers?
6. Describe the process of canning fruit for preservation.
7. Why is it important to label and date processed fruit?

Communication

Ex. 1. *Make sentences using the following words.*

1. Wash/cutting/them
2. Peel/carrots/pieces
3. Boil/potatoes/soft
4. Steam/broccoli/cook
5. Mix/tomatoes/onions
6. Saute/bell/olive
7. Roast/squash/tender
8. Season/green/pepper
9. Grate/zucchini/stir-fry
10. Blend/spinach/smoothie