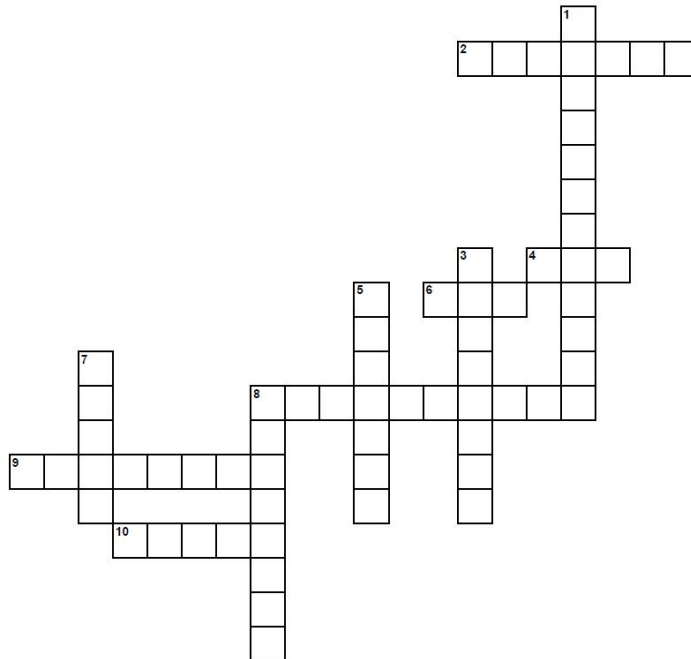


## PROCESSING OF FRUIT AND VEGETABLES

### 9.1. Vocabulary

*Ex. 1. Solve the crossword puzzle.*



#### Across

[2] If things are in ..., they have been put in a safe place until they are needed

[4] to put food or drink into metal containers in a factory

[6] to put something with something else

[8] ways of stopping something happening or stopping someone doing something

[9] very small drops of water in the air or on a surface

[10] to put something somewhere and not use it until you need it

#### Down

[1] keeping something the same or preventing it from being damaged or destroyed

[3] a new or extra thing that is added to something

[5] to stop something happening or to stop someone doing something

[7] to stop something from being enjoyable or successful

[8] to keep something the same or prevent it from being damaged or destroyed

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

**prevention, preserved, moisture, addition, preservation, adding, store, canning, preserve**

It's important to \_\_\_\_\_(1) fruits and vegetables properly to maintain freshness.

\_\_\_\_\_ (2) sugar can help prevent moisture in canned fruits.

The \_\_\_\_\_(3) of vinegar can help preserve pickled vegetables.

Canning requires a specific process to ensure the food is properly \_\_\_\_\_(4).

\_\_\_\_\_ (5) of mold is crucial when storing fruits long-term.

Before \_\_\_\_\_(6), make sure to remove excess \_\_\_\_\_(7) from the fruits and vegetables.

\_\_\_\_\_ (8) is a popular way to \_\_\_\_\_(9) fruits and vegetables.

## **9.2. Grammar**

*Ex. 1. Put the words in the correct order.*

1. 180 ago bottling done about first the years was
2. flavour food not important process of is preservation fruit this does very and fresh food vegetables of natural canning the seriously the as injure
3. machine are and lids sealed heating by 5 after 12 cans a to during minutes the with closing hermetically supplied
4. sterilization 90°F cans of the temperature cooled down are after about a to
5. for are then sterilizing ready they

## **9.3. Reading**

*Ex. 1. Read the text.*

Processing fruit and vegetables is an essential part of food production that helps to preserve them and make them ready for consumption. This process involves several steps, starting with the harvesting of crops at

their peak ripeness. Once harvested, fruits and vegetables are cleaned thoroughly to remove dirt and any chemical residues.

After cleaning, the next step is often peeling and cutting. Many fruits and vegetables have skins that are not edible or desired in the final product, so they are removed. The produce may then be sliced, diced, or chopped into various sizes depending on their intended use.

Blanching is another common practice, where the produce is briefly boiled and then plunged into cold water. This step helps in preserving the color, texture, and nutritional value. The blanched fruits or vegetables can then be canned, frozen, or dried.

Canning involves placing the produce in jars or cans and heating them to a temperature that destroys microorganisms. Freezing, on the other hand, slows down the activity of harmful microbes. Drying removes water, inhibiting the growth of bacteria and mold.

Each of these methods has its advantages and helps extend the shelf life of fruits and vegetables, ensuring they can be enjoyed long after the harvest season.

***Ex. 2. Answer the questions.***

1. What are the steps involved in processing fruits and vegetables for consumption?
2. Why is it important to clean fruits and vegetables thoroughly before processing them?
3. How does blanching help preserve the color, texture, and nutritional value of produce?
4. What are the different methods used to preserve processed fruits and vegetables?
5. How does canning help extend the shelf life of produce?
6. Why is freezing considered an effective method for preserving fruits and vegetables?
7. What is the purpose of drying fruits and vegetables during the processing stage?