

## The process of transforming fresh vegetables

### Vocabulary

*Ex. 1. Match the words with their definitions.*

1. sugar sweets	a. a type of oil that is safe for consumption.
2. improvement	b. styles of cooking or preparing food characteristic of different regions or countries.
3. consumer	c. a person who buys goods or services for personal use.
4. canning	d. to keep something in its original state or condition.
5. tissue	e. the liquid that comes from fruits or vegetables.
6. edible oil	f. candies, chocolates, and other treats made with sugar.
7. juice	g. the act of making something better or more satisfactory.
8. preserve	h. a method of preserving food in jars or cans.
9. service	i. a group of cells that work together to perform a specific function in the body.
10. refine	j. soft and sticky desserts like gummy bears or taffy.
11. chewy confections	k. to make something better by making small changes or improvements.
12. cuisines	l. an activity done to help others or meet their needs.

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

**aerated confections, dishes, sunflower, consumer, vend, chewy confections, sugar beet, fast food, restaurant, service**

The chef used \_\_\_\_\_(1) to sweeten the dessert he is making.

I love \_\_\_\_\_(2) like gummy bears and toffee.

The bakery specializes in making \_\_\_\_\_(3) such as marshmallows.

In the kitchen, the chef uses \_\_\_\_\_(4) oil for cooking various dishes.

The \_\_\_\_\_(5) prides itself on rendering high-quality customer \_\_\_\_\_(6).

As a dedicated \_\_\_\_\_(7), I always read reviews before trying a new restaurant.

The food truck will \_\_\_\_\_(8)tacos and burritos at the festival.

The chef has created a new menu with innovative and flavorful \_\_\_\_\_(9).

Many people enjoy grabbing \_\_\_\_\_(10) when they are on-the-go.

## **Reading**

### ***Ex. 1. Read the text.***

The process of transforming fresh vegetables into ready-to-eat meals or ingredients may seem simple, but it involves several crucial steps to ensure both safety and quality. First, meticulous washing is essential to remove any residue of pesticides, soil, or bacteria. This step often requires more than just a quick rinse; scrubbing with a brush under running water is advisable for vegetables with tougher skins, like potatoes or carrots.

Peeling and trimming away any damaged or inedible parts is the next task. This helps not only in improving the aesthetic appeal but also in making the vegetables easier to cook and digest. Following this, cutting, chopping, or slicing into uniform pieces ensures even cooking, which is pivotal for achieving consistent texture and flavor in your dishes.

Blanching is a refining technique often used to halt the action of enzymes that can cause loss of flavor, color, and texture. This involves brief immersion in boiling water followed by quick cooling in ice water. For long-term storage, freezing or canning vegetables requires precise control of temperature and environment to retain their nutritional value.

Each step in vegetable processing contributes to creating dishes that are not only visually appealing but also nutritionally sound, ensuring you can enjoy the full benefits of these vital foods.

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

1. Why is meticulous washing of vegetables important before

preparing them for meals?

2. What is the purpose of peeling and trimming vegetables before cooking?

3. How does cutting vegetables into uniform pieces contribute to the quality of dishes?

4. What is blanching, and why is it used in vegetable processing?

5. What are some methods for long-term storage of vegetables mentioned in the text?

6. How do temperature and environment play a role in retaining the nutritional value of frozen or canned vegetables?

7. How do the steps in vegetable processing help create visually appealing and nutritionally sound dishes?

### **Communication**

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

1. Wash/cutting/fruit
2. Peel/skin/oranges
3. Slice/apples/pieces
4. Remove/seeds/watermelon
5. Blend/bananas/milk
6. Mix/berries/yogurt
7. Squeeze/lemon/juice
8. Stir/diced/pineapple
9. Chill/fruit/salad
10. Enjoy/fresh/healthy