

Środa – 25 marca

KUCHARZE (klasa I A BS i I B BS)

Temat: **Food storage methods. Metody przechowywania żywności.**

Proszę zapoznać się z przesłanym materiałem i spróbować wykonać zadania 1, 2 i 3.

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Metody przechowywania żywności *Food storage methods*

KEY TERMS – WAŻNE POJĘCIA


canning puszkowanie	pantry spiżarnia
cure wędzić	preserve zakonserwować, zachowywać, zabezpieczyć
drying suszenie, wysuszanie	seal uszczelniać
famine głód (klęska żywiołowa)	storage przechowywanie, składowanie
freeze zamrażać	store przechowywać, składować, magazyn (rzecz)
kitchen waste odpady kuchenne	uneaten niezjedzony

ZADANIE 1.

Popatrz na ilustrację, a następnie odpowiedz na poniższe pytanie.
Look at the picture and answer the question.

Why do people store food?

1. _____
2. _____
3. _____



ZADANIE 2.

Przeczytaj poniższy tekst i uzupełnij luki podanymi wyrazami.
Read the text and fill in the gaps with the words below.

rice • balanced • pantry • uneaten • famine • animals • preserve • flour

Food storage is not only a useful domestic skill but it is important industrially. Food is stored by people and many _____. Stored food enables a better _____ diet throughout the year. Food storage reduces kitchen waste as one can _____ unused or _____ food for later use. Pantry food, such as spices or dry ingredients like _____ or _____, can be stored for eventual use. In periods of _____ or other emergencies stored food seems indispensable. A good _____ will preserve your food from animals or theft.

ZADANIE 3.

Przeczytaj opisy metod przechowywania żywności i przyporządkuj im odpowiednie nazwy.

Read the descriptions of the food storage methods and match them to their names

drying • canning • freezing • sealing • curing

_____ is the most universally effective method for food storage. Most foods can be stored in the freezer for a long time. Freezer ziplock bags and freezer-safe locking containers are the best for freezer storage.

_____ is a traditional method of food storage and preservation. It was originally used for the storage of fruit and vegetables during the winter months when fresh items were not available. Among items preserved in this way are jams, pickled cucumbers, beets, green beans, onions, etc. It is done by using pressure or boiling to remove the air from inside the jar and to seal the lid.

_____ is used for storing foods for extended periods of time. Preserved in this way, salted fish can last for months without any refrigeration, along with some vegetables and fruit, including chili peppers and tomatoes. It can be done by using the sun or a dehydrator machine.

_____ is a process that allows meat to be stored at room temperature. These kinds of meat are generally preserved with salts, nitrates and nitrites and then left for a period of time in a dry, climate-controlled area.

_____ enables, for example, marshmallows, dry noodles, rice, etc. to stay fresh for many months if put in a proper container or a bag. Plastic ziplock bags, locking containers and screw-top jars are great short-term storage devices for items consumed within one to two weeks like fruit and vegetables.

