Guide to Good Food © 2012

Chapter 25: Preserving Foods

Tools:
- Printer
- 8.5” x 11” paper
- Scissors

Directions:
1. Print
2. Fold paper in half vertically
3. Cut along dashed lines
ascorbic acid

A food additive that prevents color and flavor loss and adds nutritive value; another name for vitamin C.

aseptic packaging

A commercial method of packaging food in which a food and its packaging material are sterilized separately and then the food is packed in the container in a sterile chamber.

botulism

Foodborne illness caused by eating foods containing the spore-forming bacteria *Clostridium botulinum*.

canning

A food preservation process that involves sealing food in airtight containers.
**enzyme**

Complex protein produced by living cells that causes specific chemical reactions.

**freeze-drying**

A method of commercial food preservation in which water vapor is removed from frozen food items.

**freezer burn**

Dry, tough areas that occur on food surfaces that have become dehydrated due to exposure to dry air in a freezer.

**headspace**

Space between the food and the closure of a food storage container.
<table>
<thead>
<tr>
<th>Word</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>hot pack</td>
<td>Process of packing vegetables or fruits that have been preheated in water, steam, syrup, or juices into canning jars and covering them with cooking liquid or boiling water.</td>
</tr>
<tr>
<td>irradiation</td>
<td>A commercial food preservation method that exposes food to low-level doses of gamma rays, electron beams, or X rays.</td>
</tr>
<tr>
<td>mold</td>
<td>Growth produced on damp or decaying organic matter or on living organisms.</td>
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<tr>
<td>pectin</td>
<td>Carbohydrate found naturally in fruits that makes fruit juices jell.</td>
</tr>
</tbody>
</table>
processing time

The amount of time canned goods remain under heat (or under heat and pressure) in a canner.

quick-freezing

Process of subjecting foods to extremely low temperatures for a short time and then maintaining them at a normal freezing temperature.

raw pack

Process of packing raw vegetables in canning jars and covering them with boiling water or syrup.

retort packaging

A commercial method of packaging food in which food is sealed in a foil pouch and then sterilized in a steam-pressure vessel known as a retort.
shelf life

The amount of time a food can be stored and remain wholesome.

sulfuring

Antidarkening treatment used on some fruits before they are dried.

yeast

Microscopic fungus that can cause fermentation in preserved foods resulting in spoilage.