



Student name:



Date:

Food processing

Answer the questions and fill in the missing words.

1. What does the term food fortification mean?

2. Give an example of a food which is fortified to restore nutrients lost in processing.

3. What are the benefits of fortifying food?

4. Which nutrients are easily destroyed when exposed to heat, air and water?

5. How can the loss of nutrients be minimised when preparing and cooking ingredients?

6. What does the term functional food mean?



7. Fill in the missing words.

When vegetables are prepared e.g. chopping the cell _____ are broken. An enzyme called _____ escapes, mixes with and then destroys the vitamin C. The enzyme can be destroyed by _____. When preparing vegetables use a _____ knife keeping any chopping and shredding to a _____. Prepare the vegetables just before use and do not store them in _____. Cook the vegetables in a _____ amount of water and serve _____.