Student name:

Date:

Think about some of the reasons why food is processed and write them in the first column. In the second column, write down the processing techniques and foods that that are good examples of each reason. In the third column, list the benefit of each technique.

Reasons foods are processed	Examples of techniques and foods	Benefits
To make them last longer before they spoil	Pasteurised milk	Consumers can keep food longer

Why are processed food sometime fortified?

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What are functional foods?

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