

Products in the food industry

VOCABULARY

LEVEL
Lower-intermediate

NUMBER
EN_BE_2244V

LANGUAGE
English

lingoda

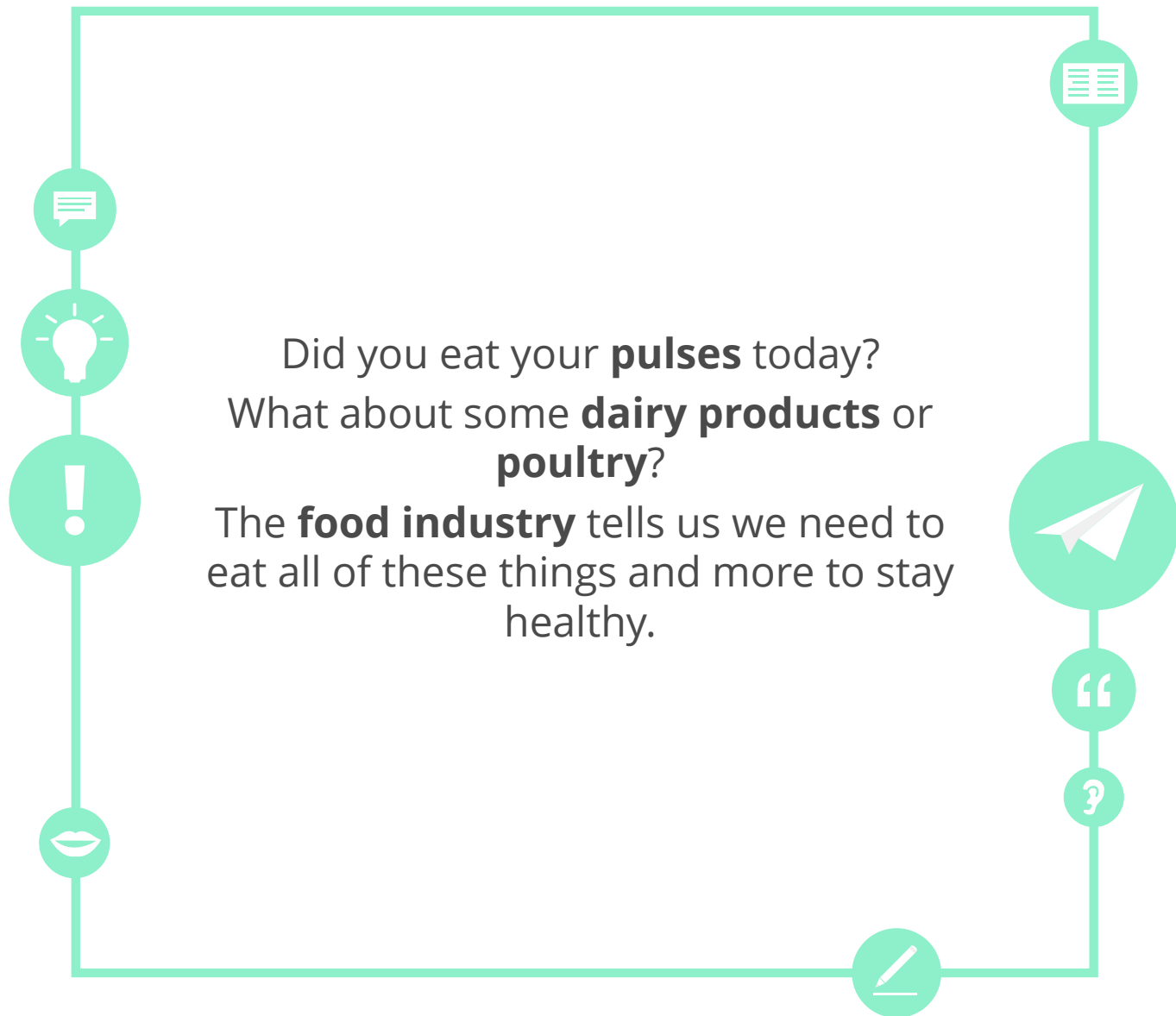




Goals

- Can identify and describe products in the food industry.
- Can talk about how food is preserved and processed.





Did you eat your **pulses** today?
What about some **dairy products** or
poultry?

The **food industry** tells us we need to
eat all of these things and more to stay
healthy.



Preview and warm-up

In this lesson you are going to learn about different **food products**. You are going to learn how to talk about **preserving** and **handling food**.



This food is **pickled**.



New words

vegetables

Vegetables are foods like carrots and potatoes.



pulses

Pulses are foods such as lentils and peas.



grains

Grains are in foods like bread, cereal and pasta.



fruit



Fruit is a healthy snack.



New words

meat and poultry

Meat comes from animals and **poultry** comes from birds; pork is **meat** and **chicken** is poultry.



fish

Fish comes from the sea.



dairy products

Dairy products contain milk.



Yoghurts are **dairy products**.

eggs

nuts

Eggs come from chickens.
Nuts come from the trees or the ground.



There are lots of different kinds of **nuts**.



Label the foods

1. pulses

2. nuts

3. grains

4. meat

5. poultry

6. fish

7. dairy products

8. eggs





Examples of products

Add some examples of each type of food to the lists below.
Ask your teacher for help with any vocabulary.



beef



cheese



pulses

grains

meat

poultry

dairy
products

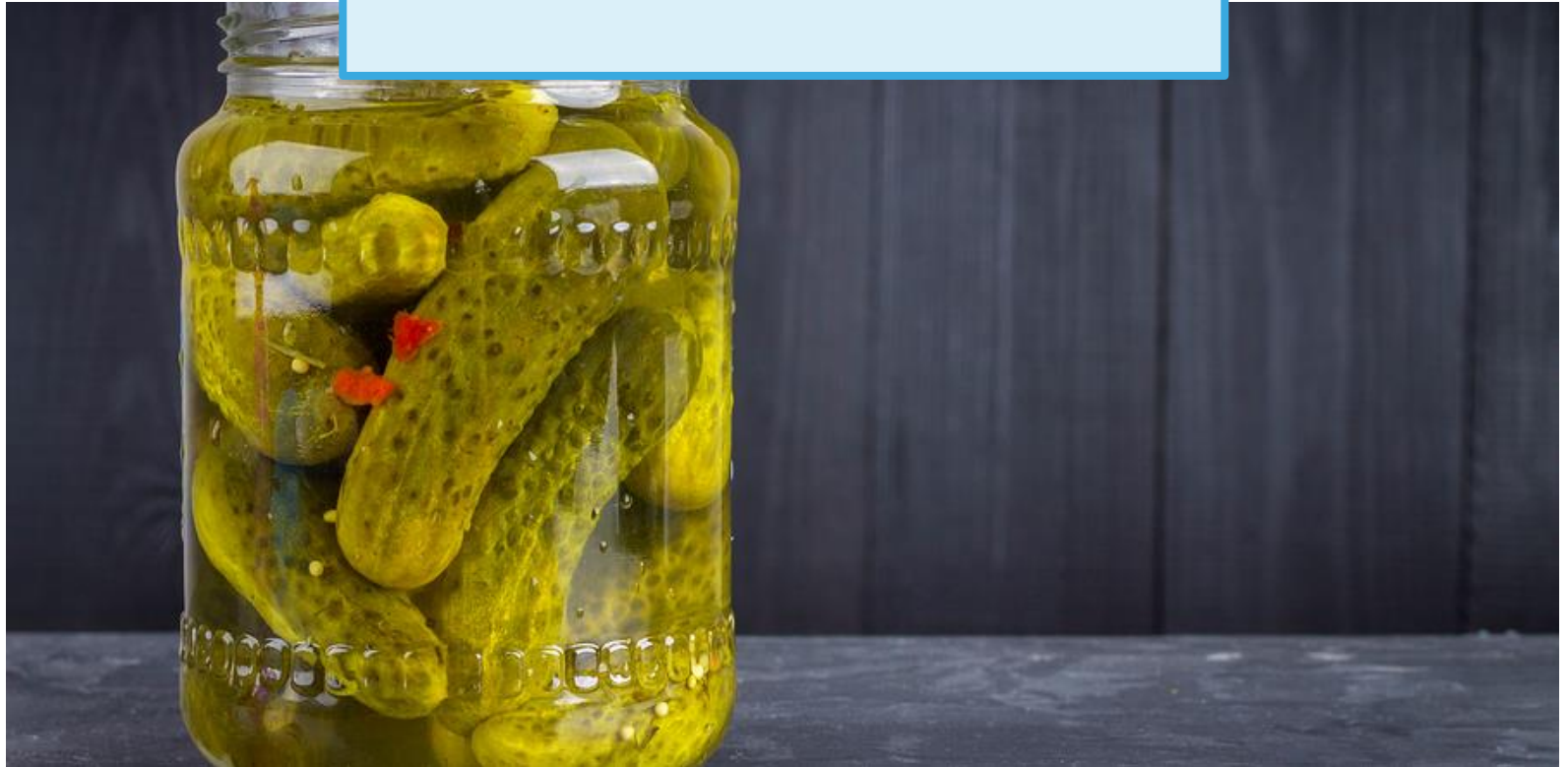


A healthy diet

What does a healthy diet look like?
How much of each food group is good to eat in a day?



preserving food



Preserving food is how we process food to make it last longer.



New words

canning

Canning means putting food into cans or tins.



pickling

Pickling means preserving food in vinegar or brine.



drying

Drying means taking all of the water out of food.



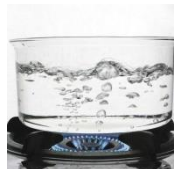
curing

Curing means adding salt to food.



boiling

Boiling means heating food in water at a temperature of 100 degrees Celsius.





Sentences



We often use **canning** for fruits such as tomatoes.

We use **pickling** for vegetables like cucumbers and onions.



Curing preserves ham or bacon.

Drying fruit is a popular way to preserve it.





Fill in the gaps

Fill in the gap with the correct word.

boil

pickling

curing

canning

drying

1. _____ is adding salt to food like ham to preserve it.
2. _____ means adding vinegar to foods such as cabbage and cucumbers.
3. We can _____ vegetables by heating them to a high temperature.
4. _____ dates and apricots has been popular in the Middle East for centuries.
5. An easy way to preserve fruits such as tomatoes is _____.





Food preservation

What are the most popular methods of **food preservation** in your country?

How can we preserve some of the foods in the picture?





Food preservation

Which method of food preservation do you think is the healthiest?



Which method of food preservation do you think is cheapest?

handling

Handling food is about how food is touched and processed by humans.



Correct **handling** is important to make sure food is safe to eat.

storage

contamination

Storage is about how we keep food before we eat it.
Contamination happens when bacteria get into food and make it bad.



Correct food **storage** is important to avoid **contamination**.



New words

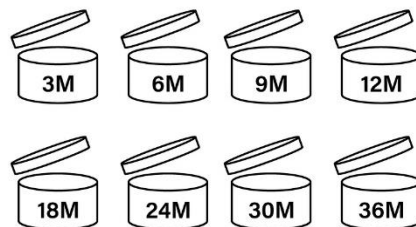
sell-by date

The **sell-by date** is the date before which a shop has to sell a product.



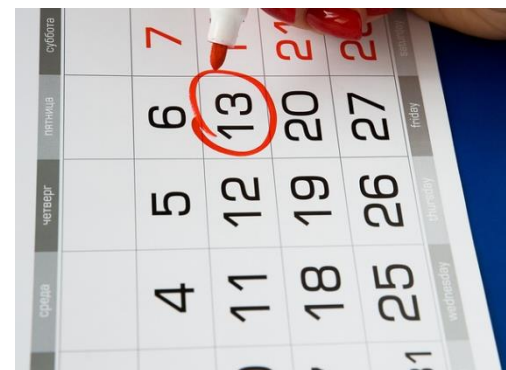
use-by date

The **use-by date** is the date before which a product should be eaten, or how long you have to use a product.



best before date

The **best before date** is a suggestion for when to eat the food by.



shelf life



The **shelf life** of a product is how long it is good for; products like rice have a very long **shelf life**.



The quality of our food

Correct food **handling** is very important so people do not get ill from the food they eat. There are strict laws about food handling in most countries.

Good food handling means that people should wear gloves and wash their hands often if they are preparing or preserving food. It also means that food like raw meat should not touch any other food. This helps to avoid **contamination**.





The quality of our food

Good food **storage** in fridges and freezers is also important. Keep meat low in the fridge, and vegetables high. And make sure you cover everything correctly.

We also need to think about temperature control. Food safety organisations say that the fridge needs to be at a temperature of 0 - 4 degrees Celcius and the freezer at -18.





Food handling

Do you know any laws or pieces of advice for food handling?



contamination

storage



Food handling

Do you think the rules and laws for correct food storage and handling are the same in restaurants, supermarkets and in the home?
What differences are there?





Dates

Do you remember the difference between these three dates? Write a sentence in your own words for each.

sell-by

use-by

best before



How long?



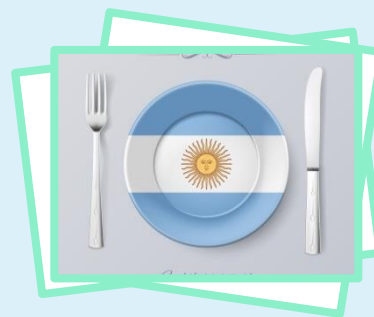
Which products have a long **shelf life**? And a short shelf life?

Which products have long and short **use-by dates**?



Game

- What type of foods do you think people in these countries eat the most? Give reasons for your answers





Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

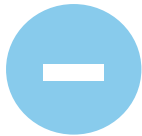
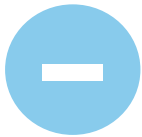
no





Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?



If you have time, go over
the most difficult slides again

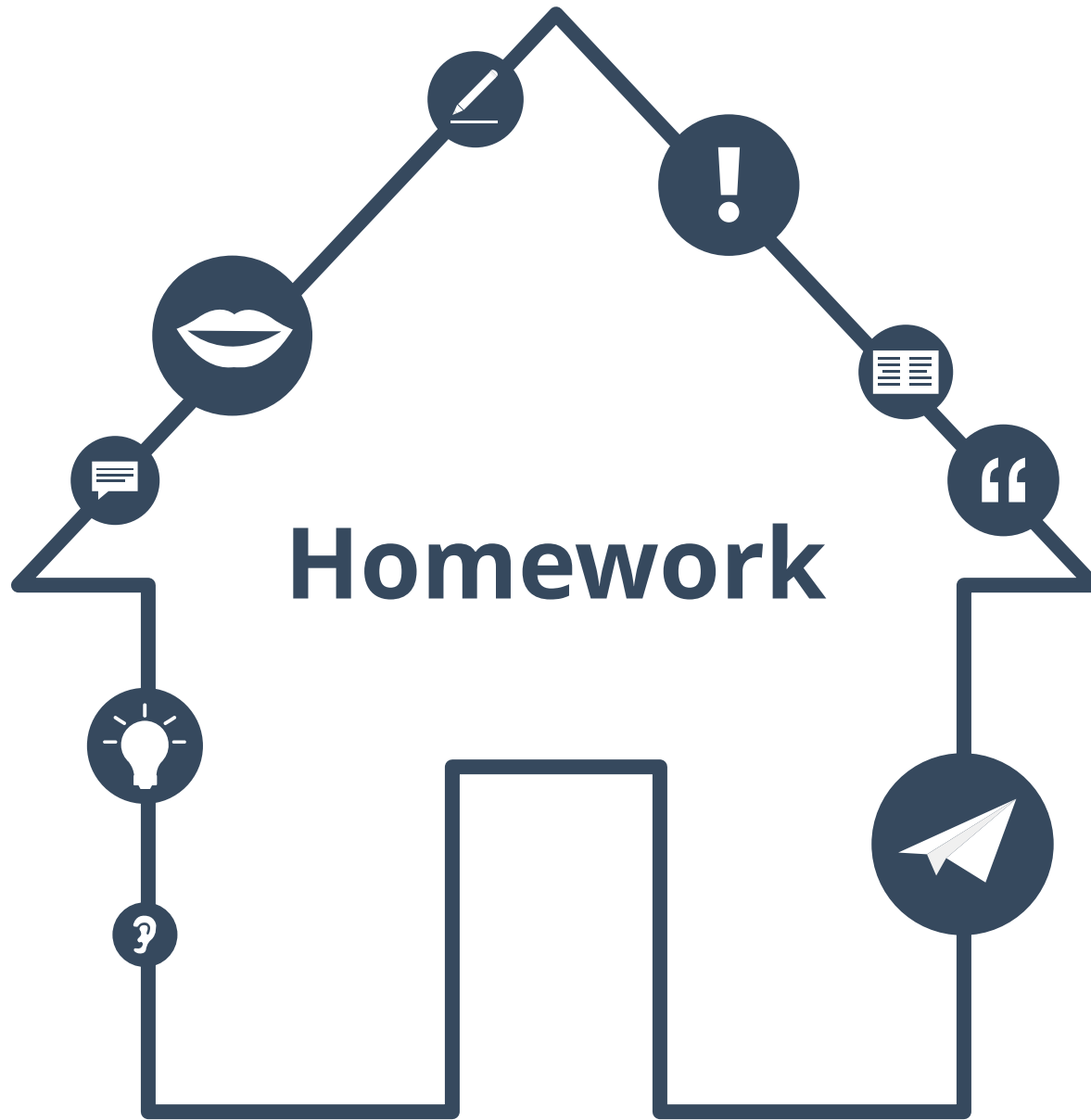


Answer key

Exercise p. 10
Check with teacher

Exercise p. 11
Students' own answers

Exercise p. 16
1. Curing, 2. Pickling, 3. boil, 4. Drying, 5. Canning





Categorise these foods into how we can preserve them. Some might go into more than one category

apricots	bacon	grapes	onions
ham	cabbage	cucumbers	salami
pork	bananas	tomatoes	jalapenos

Curing	Pickling	Drying
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A healthy diet

Think back to what you talked about on p. 12 of this lesson. What does a healthy diet look like? Write a description here using as many new words from the lesson as you can.

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Homework answer key

Exercise p. 34

(Other answers may be correct but usually:)
Curing: bacon, ham , salami, pork
Pickling: onions, cabbage, cucumbers, jalapenos
Drying: apricots, grapes, bananas, tomatoes



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