Food - Freezing

1. Define the following terms:
   Blanching ____________________________________________________
   Quick freeze ________________________________________________
   Freezer burn ________________________________________________

2. What kinds of containers can be used for freezing foods?
   _____________________________________________________________
   _____________________________________________________________

3. What are the essential things to be considered when selecting vegetables or
   fruits for freezing?
   _____________________________________________________________
   _____________________________________________________________

4. How do you thaw frozen vegetables for the table?
   _____________________________________________________________
   How do you thaw frozen fruits for the table?
   _____________________________________________________________

5. Freeze two vegetables (corn and another of your choice), then prepare and
   serve for sampling.
   1st Vegetable ________________________________________________
   2nd Vegetable ________________________________________________

6. Quick freeze a vegetable for easy pouring.
   Vegetable ___________________________________________________
7. Why is salt not put in vegetables to be frozen?


8. Freeze some peaches in light syrup and also some in orange or pineapple juice.

What is the reason for using ascorbic acid in the syrup and not in the fruit juice?


Why is ascorbic acid used in freezing peaches?


9. Freeze one type of berry without added sweeteners.
Berry ________________________________

10. Make one kind of freezer jam.
Freezer jam ________________________________