Fresh Food, Good Food

Food decay

Food decays over time because of microorganisms, such as bacteria and fungi. These can be transferred onto foods from the air or by handling. They feed on the food and break it down. Eating decaying foods can cause food poisoning and make us ill.

Preserving food

Food preservation is a practice that prevents microorganism growth and allows food to stay fresh for longer. There are many methods of preserving food.

drying

salting

pickling

canning

refrigerating

freezing

pasteurising

packaging

Use by dates

Food manufacturers print a 'use by' date on packaging to show the date by which the food **must** be eaten. After this date, the food will become unfit to eat and might cause illness.

Best before dates

'Best before' dates on food packaging show the date up to which the food **should** be eaten. After this date, the food should still be safe to eat, but the flavour or texture might not be as good.

Food packaging

Food packaging:

- protects food
- makes food last longer
- makes food easier to transport
- makes food look appealing
- provides information about the food

Food has been packaged for thousands of years. Over time, new types of packaging have been invented, such as tin cans, paper bags and milk bottles.

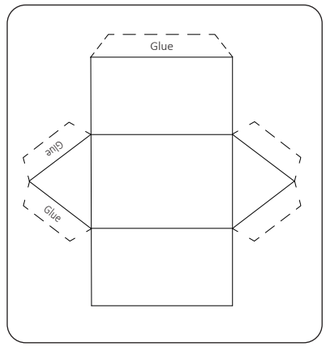
Cardboard cereal boxes, plastic bottles and aluminium drinks cans were all invented in the 20th century.

Sustainable packaging

Some modern food packaging cannot be recycled and can end up in a landfill or polluting our rivers and seas. Many companies are now trying to reduce the amount of packaging they use or use recyclable materials, such as cardboard.

Cardboard packaging

Some cardboard packaging is made by cutting out a net and then scoring and folding it to make the packaging. Packaging can be strengthened by adding more layers of cardboard, using triangular shapes and adding triangular cardboard corners.



packaging net

Healthy snacks

Healthy snacks can be eaten between meals but contain less fat, sugar and salt than convenience shop-bought snacks, such as crisps, biscuits and chocolate. Healthy snacks include fresh or dried fruit and vegetables, nuts and seeds, rice cakes with low-fat cream cheese or chopped vegetables with hummus.

Glossary

microorganism	A living thing that is too small to be seen without a microscope.
net	A 2-D shape that can be cut out and folded to make a 3-D shape.

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