

Topic: **Food processing**

Subject: **Home Economics**

Class: **j ss 2**

**INTRODUCTION:** Every human being needs food to stay alive, healthy and active. Food supplies the body with essential nutrients for growth and strength. Food therefore should be processed and preserved in the most careful and healthy ways to conserve nutrients and make them stay longer for future use.

### **Meaning of food processing**

Food processing is the act of changing or transforming raw food ingredients from their natural state to other forms.

The act of changing or transforming is known as **processing**. Foods such as corn, rice, beans, wheat, yams can be processed into corn flour, rice flour, bean flour, wheat flour, yam flour, etc.

Tomatoes, pepper and fruits can be processed into tomato puree/paste, fruit juice, etc. while cassava can be processed into garri, fufu or cassava flour, etc.

### **Methods of food processing**

1. **Drying method:** drying is the method of removing moisture or water content of food completely to prevent the growth of mould and yeast. Bacteria grow much less in dried food than moist food. Examples of food processed with this method are seeds, grains, meat, fish, fruit, nuts, etc.
2. **Milling method:** milling is a method of removing the coarse fibrous bran or seed coat of a grain and grinding the food into powdery form. Examples include grains like corn, rice, wheat, beans, millet etc.
3. **Fermentation method:** fermentation is used to convert or change sugars in food into acids, gases or alcohols through decomposition. Fermentation keeps food to stay long eg. wine, beer, spirits such as whiskey, brandy, etc. In fermentation process, food is allowed to stay for weeks or years in the case of wine. Other foods that are fermented are pap and garri. When they are fermented, they resulting quality is of high quality and last longer.

### **Perishable and Non-perishable foods**

Foods are classified according to their shelf life as perishable and non-perishable foods:

- a. **Perishable foods:** perishable foods are those foods substances with high moisture or water content. Perishable foods do not last long because of their high water content. They decay easily, get spoiled and are wasted. Perishable foods need to be properly preserved to lengthen their stay and usefulness. They are best preserved or stored in the refrigerator or freezer. Example fresh tomatoes, pepper, vegetables, fruit, meat, fish, etc.

- b. **Non-Perishable foods:** Non-perishable foods are those food substances with low moisture or water content. They do not spoil easily because of their low moisture content. They can keep for a long time if stored properly. Example are beans, yam, rice, legumes, flour, palm oil, dried maize, sugar etc

#### **HOME WORK**

1. Define food processing.
2. State the three methods of food processing
3. What are perishable foods?
4. Give two examples of non-perishable foods.