

Practical lesson # 6. Переработка фруктов и овощей. (Processing of Fruit and Vegetables).

VOCABULARY

1. Запомните произношение и значение следующих слов и словосочетаний:

preserve prɪ'zɜ:v	сохранять, консервировать	can 'kæn	консервировать
preservation prezə'veɪʃ(ə)n	сохранение, консервирование	canning 'kæniŋ	консервирование
store stɔ:	запасать, хранить	prevent prɪ'vent	предохранять, препятствовать
storage 'stɔ:rɪdʒ	хранение	prevention prɪ'venʃn	предотвращение
spoil spɔɪl	портиться	moisture 'mɔɪstʃə	влажность, влага
add æd	добавлять	addition ə'dɪʃ(ə)n	прибавление, дополнение
slow down	замедлять	re-entry	Повторное проникновение
certain	определённый	sauerkraut	Квашеная капуста
pickle	Маринад	seriously injure	Серьёзный ущерб

PRE-READING TASKS

2. Составьте правильные утверждения из предлагаемых частей.

A. 1.Heating is used... 2.Heating the food we...	can destroy bacteria. (1) to destroy spoilage organisms. (2)
B. 1.Canning delicate fruit is... 2.Canning vegetables you...	done by hand. (1). must heat them for 30 minutes under pressure. (2).
C. 1. Making the syrup you must... 2. Making the syrup is... 3. The worker making the syrup...	an important stage in canning fruit. (1). dissolved sugar in water. (2). take the right proportion of sugar and water. (3).
D. 1. The workers preparing the raw materials... 2. Preparing the raw material is... 3. Preparing the raw material it...	is necessary to remove diseased fruit. (1). remove diseased fruit. (2). the first stage in canning.(3).

TEXT 1.

3. Прочтите и переведите текст:

Methods of fruit and vegetables preservation

Drying, salting, cold storage, freezing, bottling and canning are methods used to preserve vegetables and fruit. If foods are kept for a few days in the air, they spoil because of the action

of yeasts, bacteria and other types of microorganisms. Food preserving methods destroy these organisms or prevent their re-entry or slow down their growth.

As bacteria need moisture for their development, they cannot grow if foods are dried. Salting, like drying, reduces the moisture content of food, and, in addition, salt destroys certain organisms. Drying and salting have been practised for many centuries. Drying is still used commercially for preserving various fruit, such as grapes, apples, apricots, and vegetables, such as potatoes, onions, peppers and carrots. In some countries fruit, herbs and mushrooms are dried at home. Beans and sauerkraut are often salted, and salt and vinegar are combined in making pickles, such as cucumber pickles.

The first bottling was done about 180 years ago. In bottling and canning the food is heated to destroy spoilage organisms. In canning the container is sealed before it is heated; in bottling it is sealed afterwards. Bottling is cheaper because the bottles can be used again and again, but canned foods are more convenient for storage. At present bottling and canning are used for preserving a great variety of fruit and vegetables.

The canning of fruit and vegetables is very important as this food preservation process does not seriously injure the natural flavour of fresh food.

The first stage in the process consists of preparing the raw material by removing diseased fruit, and throwing away the waste portions such as stalks from plums, cherries or blackcurrants. Vegetables, carrots, potatoes are peeled and washed. Most of this work is done mechanically. Delicate fruits, such as strawberries and raspberries are prepared entirely by hand, and filled directly into the cans.

When fruits or vegetables are filled into the cans, brine is added to the cans of vegetables or syrup to the cans of fruit. The syrup is made by dissolving sugar in water, and sometimes a small amount of colouring matter is added.

The filled cans pass through a pre-heating process which removes any gases from the tissues of the fruit or vegetables. After heating during 5 to 12 minutes the cans are supplied with lids and hermetically sealed by a closing machine. They are then ready for sterilizing. Fruits, because of their high acidity, are easily sterilized in boiling water for 8 to 15 minutes. Vegetables, which have little acidity, cannot be sterilized at boiling point, and are heated for about 30 minutes under steam pressure at a temperature of 240°F. The sterilization is usually done in steel vessels holding about 1,000 cans.

After sterilization the cans are cooled down to a temperature of about 90°F. Then they are labelled by automatic machines which can label 150 cans a minute and are packed into fiberboard cases, either by hand or by automatic machinery (2500).

LEXICAL AND GRAMMAR EXERCISES

4. Составьте правильные утверждения:

Food preserving methods	are used	in making pickles.
Salting	reduces	the moisture content of foods.
Canning	is used	in making sauerkraut.
Drying	prevents	the re-entry of microorganisms.
Salt and vinegar		to destroy spoilage organisms.
		for preserving apples, grapes and apricots.

B. WHICH IS RIGHT?

1. Salting
2. Drying is one of the oldest methods of food preserving.
3. Canning

5. Скажите, какова последовательность этапов при консервировании фруктов:

1. The cans are cooled.
2. Fruits are filled into the cans.
3. Fruits are sterilized.
4. The cans are supplied with lids.
5. Colouring matter is added.
6. The syrup is added to the cans of fruit.
7. The cans are labelled.
8. Diseased fruit is removed and waste portions are thrown away.
9. The cans are hermetically sealed.

Part 2. Технология пищевых жиров. (Fats and Oils).

VOCABULARY

1. Запомните произношение и значение следующих слов и словосочетаний:

animal fat 'aɪnm(ə)l fæt	животный жир	Energy requirements	Энергетические потребности
vegetable oil 'vedʒtəb(ə)l oɪl	растительное масло	solid	твёрдый
edible oil 'edɪb(ə)l oɪl	съедобное масло	To serve	служить
sunflower 'sʌnflaʊə	подсолнечник	To increase	повышать
cotton 'kɒt(ə)n	хлопок	palatability	Вкусовые качества
corn germ kɔ:n dʒɜ:m	зародыш кукурузы	enhance	усиление
tissue 'tɪʃu:	ткань	The flavour	аромат
rendering 'rɛnd(ə)rɪŋ	вытопка	improves	улучшать
recover rɪ'kʌvə	получать	Fat-soluble	жирорастворимый
carriers	переносчики	solvents	растворители

PRE-READING TASKS

2. Назовите части речи, от которых образованы следующие слова:

requirement, principally, bakery, variety, importance, carrier, processing, pressing, extraction, combination, fatty, definition

TEXT 1.

3. Прочтите и переведите текст

Fats and oils

One of three major classes of food products are fats and oils. Along with carbohydrates and proteins, fats and oils supply the energy requirements of man and animals. Fats are usually defined as solid or plastic at ordinary temperatures. Oils are liquid at room temperatures. Fats and oils in the diet serve to increase palatability and enhance the flavour of foods. In a bakery product fat improves the texture.

The two major groups are animal fats and vegetable oils. Butter is a special animal-fat product from milk. The vegetable oils are pressed or extracted from a variety of plant seeds. Of primary importance as sources of edible oils are soybeans, sunflower, cotton seed, corn germ, olives, etc.

Fats and oils serve as carriers for the fat-soluble vitamins A and D and are the chief source of vitamin E.

Processing of oilseeds can be carried out by pressing, extraction with solvents or a combination of the two.

Animal fats can be recovered from fatty tissue of the meat by the process of rendering.

LEXICAL AND GRAMMAR EXERCISES

4. Закончите предложения, используя слова из списка ниже:

1. ... and ... are one of three major classes of food products. 2. ... are usually solid at the room temperature. 3. ... are usually liquid at room temperature. 4. Fats and oils enhance ... of

foods. 5. A special animal-fat product from milk is 6. Different plant seeds contain 7. Processing of oilseeds is carried out by ... or ... with solvent. 8. ... is used for recovering fat from fatty meat tissue.

1. rendering; 2. fats, oils; 3. the flavour; 4. oils; 5. fats; 6. butter; 7. pressing, extraction; 8. oil

5. Найдите английские эквиваленты следующим русским словам и словосочетаниям:

жиры и масла, снабжать (поставлять), потребности, вкусовые качества, вкус и аромат, разнообразие, съедобные масла и жиры, первостепенное значение, переносчики жирорастворимых витаминов, главный источник, переработка производится, процесс вытопки

6. Ответьте на следующие вопросы:

1. What is the difference between fats and oils? 2. What edible oils do you know? 3. What is the function of fats and oils in the diet? 4. How are oils produced? 5. How are fats produced? 6. What fat-soluble vitamins are mentioned in the text?