

# **FOOD PROCESSING**

## **DEFINITION**

- Transforming raw ingredients to presentable cooked food
- Right from transport from harvest site till packaging into the final product
- Involves application of scientific principles to slow down food decay through heat, moisture etc thereby involves preservation of food

## **OBJECTIVES OF FOOD PROCESSING**

- Removal of unwanted matter from the food done through appropriate gadgets and scientific techniques
- Making food safe for consumption of consumers which include removal of toxins either by eyesight, chemical means or heat application
- Increasing digestibility through proper cooking techniques
- Enhance flavour, colour and taste
- Improve texture and consistency
- Minimising nutrient loss through controlled cooking
- Extending shelf life through various processes

## **TYPES OF TREATMENTS USED IN FOOD PROCESSING**

- Low temperature (refrigeration, freezing)
- High temperature (blanching, pasteurisation)
- Dehydration (sun drying)
- Preservatives (class 1 / class 2 (chemicals))
- Fermentation (beer, curd)
- Radiation (uv rays)
- Atmospheric control