

Food Processing Cards



Preservation allows businesses to transport foods over greater distances.

Preservation allows stores to stock foods for longer periods of time.

Freezing and canning allow people to enjoy foods out of season, and they preserve some nutrients.

Pasteurization destroys pathogens (disease-causing organisms) that may contaminate food.

Large processing plants often handle large volumes of products from many different sources, which can lead to cross-contamination.

Processing can enhance the texture, flavor, and appearance of food.

Processed foods can be high in refined sugars and unhealthy fats.

Fortification allows processed foods to have higher levels of certain nutrients.

Food packaging accounts for roughly two-thirds (by volume) of total U.S. packaging waste.

Some processed food packaging contains BPA, a chemical that has been linked to cardiovascular disease, certain cancers, and changes to immune system function.

Many processed foods are designed to be eaten virtually anywhere, at any time, with little or no preparation.

In addition to producing a variety of flavors and textures, fermentation can promote gut health, preserve foods, improve nutritional quality, and reduce cooking times.

Food Processing Handout

You will explore the pros and cons of processing food. Read each statement and choose whether it reflects a pro, con, or both. Analyze each statement from the following perspectives:

- Manufacturing company
- Food chain worker
- Retailer (e.g., grocer)
- Citizens

Record your responses below, along with your reasons for each choice. The first statement has been completed as an example.

1. Preservation allows businesses to transport foods over greater distances.

Pro: Gives citizens access to a greater variety of foods; gives manufacturers a wider range of products to sell.

Con: Long-distance transport can use more fuel, particularly when food is transported by air, which creates more pollution, a threat to citizens' health.

2. Preservation allows stores to stock foods for longer periods of time.

3. Freezing or canning allows people to enjoy foods for a greater part of the year with more nutrients intact.

4. Pasteurization destroys pathogens (disease-causing organisms) that may contaminate food.

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