Introduction to Food Dehydration and Drying

Assignment 1 - 2010

Once you have finished reviewing Chapter 1, you should complete the following assignment and submit your answers for marking. This assignment is designed to increase your awareness of the dehydrated foods that are around you. The first three questions are taken from the “General Questions” section at the end of Chapter 1. (Total marks = 36)

1. Prepare a list of dried or dehydrated foods found in your local food store or market. Try to find at least ten. (10 marks total: 1 mark for each item listed)

2. If you are employed in the food industry, prepare a list of dehydrated products which your industry uses as ingredients in further food processing steps. If you are not employed in the food industry, prepare a list of dehydrated products that you use in your home as ingredients for preparing various meals. Try to find at least five items. (5 marks total: 1 mark for each item listed)

3. Prepare a list of products in your region (or country) which are suitable for dehydration or drying. They may not be dried at the present time, but they could be quite suitable for drying. Just to get you started, tomatoes or sliced apples would be two examples. List at least five (not counting the tomatoes or apples). (5 marks total: 1 mark for each item listed)

4. If you work in the food industry, describe the storage conditions used to store dried or dehydrated food products. Do you feel that these storage conditions are adequate, or is there room for improvement? If you believe the conditions are adequate, explain why you feel that way. If you feel there is room for improvement, explain what might be done to improve the storage conditions. If you do not work in an industry that stores dried food products, visit a local food store or market and examine how their dried food products are stored and comment on the conditions. (5 marks)

5. Visit a local food store or market and find three examples of food products that have a spherical shape; three that are cylindrical; and three that are shaped like flat plates or slabs. Try to find examples that are different than those listed in the course manual. (6 marks total: 2 marks for each basic shape)

6. If possible, find a food product that is available in both fresh and dried form. Compare the properties of the dried and fresh material. (5 marks)