

## Foodcomp workshop

### Module 1 – Activity 3

Subject	Freezing and Vacuum Packaging Techniques for Stocked Food Preservation
Duration	90 minutes
Students' ages	10+
Type of activities (educational, entertainment, practical, other)	educational and practical
Objectives	To explore freezing and vacuum packaging techniques as effective methods for preserving stocked food, preventing waste, and maintaining quality.
Methods (presentation, discussion, film screening, brainstorming, teaching games)	<ul style="list-style-type: none"> <li>• <b>Presentation Method:</b> The facilitator uses this method to demonstrate the proper techniques for freezing different types of food, including fruits, vegetables, and prepared meals. This involves explaining the steps and methods visually and verbally to the participants.</li> <li>• <b>Hands-on Method:</b> The activity encourages participants to actively engage in the freezing process. Participants work in small groups and practice freezing or vacuum packing their assigned food items using the demonstrated techniques.</li> <li>• <b>Instruction Method:</b> The facilitator provides instructions on the proper packaging methods, such as blanching vegetables or cooling cooked meals before freezing. The participants receive guidance on how to effectively package and store different types of food for freezing.</li> <li>• <b>Demonstration Method:</b> The facilitator demonstrates the use of vacuum sealers for removing air from packages and maintaining food quality. Participants observe how to use the equipment correctly for optimal food preservation.</li> <li>• <b>Group Work Method:</b> Participants are divided into small groups, and each group is assigned a different food item to freeze or vacuum pack. This promotes teamwork and knowledge-sharing among participants as they work together on their assigned tasks.</li> <li>• <b>Discussion Method:</b> Throughout the activity, discussions are encouraged, especially during the hands-on freezing process. Participants can ask questions, share their experiences, and seek guidance from the facilitator or other group members.</li> <li>• <b>Brainstorming Method:</b> Participants engage in brainstorming sessions to discuss creative ways to utilize frozen foods or how to incorporate freezing techniques into their meal planning and food preservation strategies.</li> <li>• <b>Film Screening:</b> Educational film or video on the benefits of freezing food and proper freezing techniques can supplement the presentation and hands-on learning.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Teaching Games:</b> Teaching games or quizzes reinforce key concepts and tips related to freezing food and maintaining food quality.</li> </ul>
Forms of work (individual, group, other)	Work in groups.
Materials needed	Lesson journal, blackboard, PPT presentation, computer, projector, heat-resistant gloves or mitts, freezer-friendly containers, freezer bags, vacuum sealing equipment, sanitizing equipment, first aid kit, fruits, vegetables, prepared meals, cutting boards, knives, vacuum sealer, workstations, instructional materials, labeling materials, storage and refrigeration, handwashing station, cleaning supplies, evaluation sheets, frozen and vacuum-packed food samples, plates, utensils, flipchart, whiteboard, markers, list of discussion prompts or questions to guide the group discussion, note-taking materials, feedback form

## Lesson scenario

Duration	Description	Materials used
1 min	<p><b>Welcome and Introduction:</b></p> <ul style="list-style-type: none"> <li>• Checking the attendance list</li> <li>• Presentation of the purpose of the lesson</li> </ul>	Lesson journal, blackboard
15 min	<p><b>Recapitulation:</b></p> <ul style="list-style-type: none"> <li>• Recap the lecture on available technologies for secondary processing of stocked food, with a focus on freezing and vacuum packaging techniques.</li> <li>• Discuss the benefits of freezing and vacuum packaging, such as long-term storage, preservation of texture and flavor, and prevention of freezer burn.</li> </ul>	PPT presentation, computer, projector
5 min	<p><b>Health and Safety Instructions:</b></p> <p>Before conducting the Demonstration and Hands-on Activity on freezing food, it is essential to provide occupational health and safety instructions to ensure the safety and well-being of all participants. Here are some occupational health and safety instructions to consider:</p> <ul style="list-style-type: none"> <li>• Remind participants to be cautious while handling frozen food and equipment to prevent injuries or accidents.</li> </ul>	PPT presentation, computer, projector, heat-resistant gloves or mitts, freezer-friendly containers, freezer bags, vacuum sealing equipment, sanitizing

	<ul style="list-style-type: none"> <li>• Provide appropriate PPE, such as heat-resistant gloves or mitts, to protect participants' hands from frozen items.</li> <li>• Instruct participants to wash their hands thoroughly before and after handling food items to prevent contamination.</li> <li>• Demonstrate the proper use of freezer-friendly containers, freezer bags, and vacuum sealing equipment.</li> <li>• Emphasize the importance of using clean and sanitized equipment and containers for freezing food.</li> <li>• Before assigning food items for freezing, inquire about any food allergies or dietary restrictions among the participants to ensure safe choices.</li> <li>• Have a first aid kit readily available in case of minor injuries or accidents.</li> </ul>	<p>equipment, first aid kit</p>
<p>45 min</p>	<p><b>Demonstration and Hands-on Activity:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the proper techniques for freezing different types of food, including fruits, vegetables, and prepared meals.</li> <li>• Provide participants with freezer-friendly containers, freezer bags, or vacuum sealing equipment.</li> <li>• Divide participants into small groups and assign each group a different food item to freeze or vacuum pack.</li> <li>• Instruct participants on the proper packaging methods, such as blanching vegetables or cooling cooked meals before freezing.</li> <li>• Demonstrate the use of vacuum sealers for removing air from packages and maintaining food quality.</li> </ul>	<p>freezer-friendly containers, freezer bags, vacuum sealing equipment, fruits, vegetables, prepared meals, cutting boards, knives, vacuum sealer, workstations, instructional materials, labeling materials, storage and refrigeration, handwashing station, cleaning supplies</p>
<p>20 min</p>	<p><b>Evaluation and Discussion</b></p> <ul style="list-style-type: none"> <li>• Evaluate the frozen or vacuum-packed food items for texture, color, and taste.</li> <li>• Facilitate a group discussion on the advantages and limitations of freezing and vacuum packaging techniques.</li> <li>• Discuss the potential applications of frozen or vacuum-packed products and how participants can integrate these techniques into their own contexts to prevent food waste.</li> <li>• Encourage participants to share their experiences and insights, promoting collaboration and learning from one another.</li> </ul>	<p>evaluation sheets, frozen and vacuum-packed food samples, plates, utensils, flipchart, whiteboard, markers, list of discussion prompts or questions to guide the group discussion, note-taking materials</p>

4 min	<b>Summary of the lesson, impressions about the work done, conclusions.</b>	feedback form
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