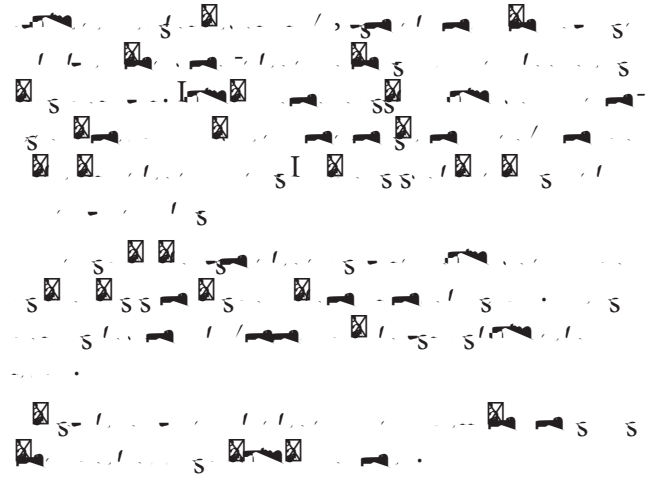
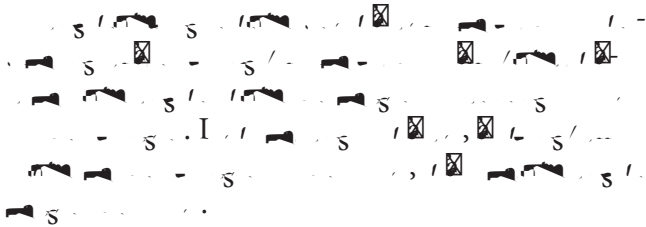


Drying Fruits & Vegetables

Drying



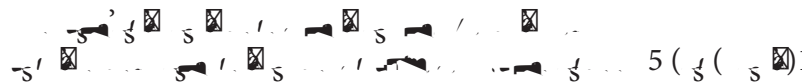
Procedure



Foods



Solar Drying

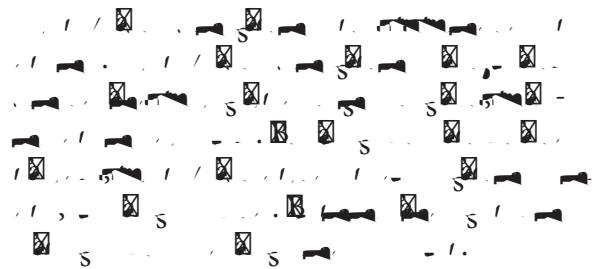


Sun Drying



Table For Drying Fruits and Vegetables

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Packaging

1. The first step in packaging is to select the appropriate material for the product. This is determined by the product's characteristics, such as its moisture content, acidity, and susceptibility to oxidation. Common packaging materials include polyethylene, polypropylene, and aluminum foil.

2. The next step is to design the package to protect the product from physical damage, moisture, and light. This involves determining the package size, shape, and strength, as well as the type of closure used.

3. The final step is to ensure that the package is properly sealed and labeled. This involves checking for leaks, ensuring that the package is properly sealed, and labeling it with the product name, weight, and expiration date.

Keeping Quality

Use of Dried Foods

1. Dried foods are a convenient and nutritious source of food. They are easy to store and transport, and they have a long shelf life. Dried foods are also a good source of fiber and antioxidants.

2. However, dried foods can lose their quality over time if they are not stored properly. This is because they are susceptible to moisture, light, and oxygen. To maintain their quality, dried foods should be stored in a cool, dry, and dark place.

3. There are several ways to use dried foods. They can be eaten as is, or they can be rehydrated and used in soups, stews, and casseroles. They can also be used as a snack or added to trail mix.

References

E P
D F

