



Pathfinder's Name

Food - Drying

- 1. List at least three different ways to dry foods.
 - 1. _____
 - 2. _____
 - 3. _____
- 2. Why and how do you sulphur fruits?
Why _____

How _____

- 3. How is dried fruit stored and protected from insects?

- 4. How are dried foods reconstituted?

- 5. What is important in selecting fruit to be used in making fruit leather?

- 6. How are dried nuts stored?

- 7. Dry the following and provide samples for testing:
 - a. Bread. Make crumbs and use in a recipe for sampling.
 - b. Fruit leather
 - c. Vegetable leather
 - d. Fruit slices
 - e. Vegetable slices (such as carrots) or pieces (such as peas)
 - f. Vegetarian jerky
 - g. Parsley or some other herb

- 8. Reconstitute a vegetable and cook for sampling.

Date completed _____

Instructor's Signature _____