

670 Canning and Freezing Interview Questions

Use two or three of these or similar standard questions as *part* of the interview judging process.

1. Name two food preservation methods?
Answers can include canning, drying, freezing, refrigerating, pickling, and smoking. (page 10)
2. What pH values do low-acid foods have? High-acid foods?
Low-acid foods have a pH of 4.6 or above; high-acid foods have a pH of 4.5 or lower. (page 11)
3. What is the temperature range where bacteria, yeast, and molds grow rapidly?
40°F-140°F. (page 16)
4. What is an example of unsafe home food preservation practice?
Using mayonnaise or plastic jars, using freezer bags improperly (not flat and not stacked), and using open-kettle method. (page 20)
5. What is an advantage to buying locally grown produce?
Locally grown produce is often fresher, more nutritious, and does not have added transportation costs. (page 23)
6. What is blanching?
Immersing, usually vegetables or fruit, briefly into boiling water to inactivate enzymes, loosen skin, or remove excess salt. (pages 24 and 35)
7. What is ascorbic acid used for?
To prevent fruits from turning brown. (page 26)
8. What are some time-saving tips for water bath canning?
Pre-heat the water, set a timer, have produce ready to go so you don't waste time preparing it. (page 29)
9. What are some safety tips to keep in mind when water bath canning?
Watch for air bubbles trapped in the jar, make sure processing times match the size of the jar, boiling can lid can damage rubber on the lids (follow manufacturer's directions), and label every container, bag, and jar you prepare. (page 29)

