

# Selection and Packaging of frozen foods

## Detail Introduction :

To go to regular supermarkets and stores, buy products produced by qualified enterprises; pay attention to check the production date, shelf life, and QS mark of the products; the product packaging must be sealed completely; the surface of the product is shiny, and there are no large amount of frost crystals remaining; the surface of the product is hard to touch, and there is no softening phenomenon; meat and poultry products should not have a large amount of blood and ice residues.

Opaque packaging materials have good light-blocking properties, preventing ultraviolet rays from affecting food quality. They have good airtightness, which is not easy to leak and can effectively prevent food from being oxidized, but the cost is higher than that of packaging materials with good transparency. Which packaging material to use depends on the characteristics of different products.

After frozen foods are frozen, they are "coated" with a thin layer of ice, also known as "ice coat," before they are packaged. The main function of the ice coat is to prevent the loss of moisture in the food during storage and reduce the oxidation of the surface of the food due to contact with the air.

To ensure the quality of frozen food, it is very important to maintain the frozen state, and the following should be paid attention to when visiting the supermarket, buy frozen food last; put it in a cold bag, and if possible, put dry ice (solid carbon dioxide); wrap it in a newspaper or wrapping paper 2~3 layers, to prevent heat absorption, the food can be placed in the center of the shopping bag. In summer, this method can keep food frozen for 1 hour; after shopping, go home and put it in the refrigerator's freezer.