

## Investigation 2: Making dried fruit snacks

### Getting the fruit ready:

#### Apples

- Gently wash in cold water
- Peel and core
- Cut into slices about 7 mm thick
- Dip in fruit acid for 10 mins

#### Strawberries

- Gently wash in cold water
- Remove stem and leaves
- Cut in half
- Dry skin-side down

#### Cherries

- Remove stalks
- Gently wash in cold water
- Cut in half and remove stone
- Dry skin-side down

#### Bananas

- Peel
- Cut into slices about 7 mm thick
- Dip in fruit acid for 5 mins

### Drying the fruit:

- Put a sheet of greaseproof paper on an oven tray;
- Spread the fruit over the paper in a single layer;
- Put the oven tray in an oven at 55 to 65°C with the door slightly ajar; and
- The fruit should be dried after 6-15 hours.

### The science explained:

Fresh food goes off because microbes in the food cause decay. Microbes need warmth, moisture and nutrients to grow and multiply. A good way to stop microbes from growing and multiplying is by removing the moisture by drying the food. Naturally dry foods such as sugar, flour, raw rice and raw pasta do not go off quickly because there is no moisture for microbes. Drying fruit and vegetables allow us to keep them for a long time without them spoiling.

