Contents

	Unit	Warming Up	Practical Reading	Intensive Reading
1 2	Food industry overview	Traditional festival food	A circular economy diagram of the food industry	Three major challenges in the food industry
2	Food processing and technology	Different food processing methods	A flow chart of food processing	The food processing industry
3	Food storage and logistics	Common ways to preserve food	Food storage instructions	Three practices for shipping produce
4 38	Food safety	Threats on food safety	Food recall	What makes food unsafe?
50	Food nutrition	Food nutrients	A nutrition facts label	What is nutrition and why does it matter?
	Food nutrition Consumer trend and future food	Food nutrients Future food	A nutrition facts label A food company overview	

Extensive Reading	Fun Reading	Reading Plus
How to cook rice	Sink or float?	Yuan Longping
The brief history of canning food	Make a candy rainbow	Chinese tea
The principles of drying in food preservation	Keep apples from turning brown	Laba Garlic and honey
Prevention of pests in food establishments	Turn milk into plastic!	SC code
Big challenge ahead	Make a potato-powered light	How can food help you stay healthy?
3D food printing for beginners	Make a red cabbage pH indicator	Space-based mutation breeding