

## **Summary:**

Freezing of food and food products is one of the oldest and most widely used methods of food preservation, which allows preservation of taste, texture, and nutritional value in foods better than any other method. The freezing process is a combination of the beneficial effects of low temperatures at which microorganisms cannot grow, chemical reactions are reduced, and cellular metabolic reactions are delayed.

Freezing preservation retains the quality of agricultural products over long storage periods. As a method of long-term preservation for fruits and vegetables, freezing is generally regarded as superior to canning and dehydration, with respect to retention in sensory attributes and nutritive properties. The safety and nutrition quality of frozen products are emphasized when high quality raw materials are used, good manufacturing practices are employed in the preservation process, and the products are kept in accordance with specified temperatures.