



# PRESERVING FOODS

## ACTIVITY - FROZEN FOODS



**Frozen  
Vegies**

Lots of foods are preserved through a canning or freezing process. Did you know canned or frozen foods can be Superhero Foods?  
We want to choose Superhero Foods for a healthy body and strong mind.

Your task:

1. Cut out the pictures on the following page
2. Glue the pictures onto this sheet in the correct order
3. Number each step or draw arrows to show the order



**Snap  
Frozen**



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