

FOOD FOR GOOD HEALTH

Chapter -6

Day-2	Lecture -2	Date:09/05/2020
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2. Food preservation:

Food preservation is a process/method by which food is kept from spoilage after harvest. There are three ways of food preservation:

- a. By sun drying
- b. By cold storage.
- c. By using salt, sugar, vinegar and oil.

Ways of food preservation:

People have used scientific methods to preserve foods. There are three main ways to preserve food. They are:

a. By sun drying:

In this process food items are dried in the sun in order to prevent the growth of germs. Crops like rice, wheat, pulses can be stored in this way.

b. By cold storage:

Fish meat vegetables and fruits can keep in good condition for some days in refrigerator. Vegetables, fishes, meats can also be preserved in the cold storage in order to supply in the market throughout the year.

c. By using salt, sugar, vinegar and oil:

Fishes also can be preserved by using salt. We can also use sugar vinegar or oil to preserve olives, plums and mangoes etc.

Besides jam, jelly, pickles are processed from fruits and preserved in air tight pot.

Importance of food preservation:

- a. Food preservation can stop wastage and slow down spoilage of food.
- b. It helps prevent the growth of bacteria that causes spoilage.
- c. Food preservation makes the seasonal food available throughout the year.
- d. It makes easy to transport food to far place.
- e. Food preservation can add variety to the diet.

Related questions with this topic:

a) What is food preservation?

Answer:

Food preservation is a process/method by which food is kept from spoilage after harvest. There are three ways of food preservation.

b) Give 3 ways of food preservation.

Answer:

The ways of food preservation:

People have used scientific methods to preserve foods. There are three main ways to preserve food. They are:

a. By sun drying:

In this process food items are dried in the sun in order to prevent the growth of germs. Crops like rice, wheat, pulses can be stored in this way.

b. By cold storage:

Fish meat vegetables and fruits can keep in good condition for some days in refrigerator. Vegetables, fishes, meats can also be preserved in the cold storage in order to supply in the market throughout the year.

c. By using salt, sugar, vinegar and oil:

Fishes also can be preserved by using salt. We can also use sugar vinegar or oil to preserve olives, plums and mangoes etc.

Besides jam, jelly, pickles are processed from fruits and preserved in air tight pot.

c) Write the importance of food preservation.

Answer:

The importance of food preservation:

- a. Food preservation can stop wastage and slow down spoilage of food.
- b. It helps prevent the growth of bacteria that causes spoilage.
- c. Food preservation makes the seasonal food available throughout the year.
- d. It makes easy to transport food to far place.
- e. Food preservation can add variety to the diet.

d) Write the names of foods which are preserved in cold storage/ sun drying.

Answer:

Names of foods are preserved in cold storage/sun drying

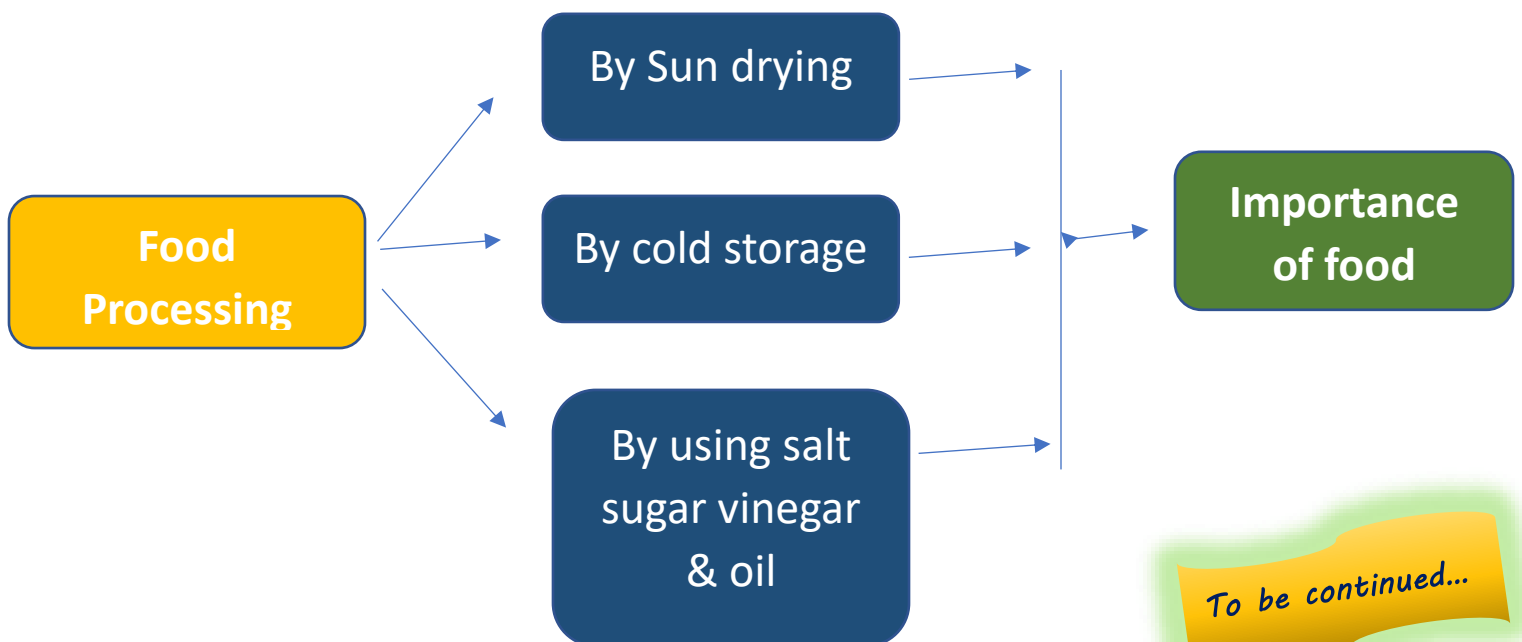
Cold storage	Sun drying
Fishes Meats Vegetables Fruits Eggs Dairy Products (such as cheese, butter etc.)	Rice Wheat Pulses Nuts Chilis etc.

e) Write five ways of food preservation.

Answer:

Five ways of food preservation:

- i. We can preserve foods by sun drying
- ii. Some foods can be preserved in refrigerator for short period.
- iii. Vegetable, meats, can be preserved in the cold storage.
- iv. Jam, jelly, pickles are processed from fruits and preserved in airtight pot.
- v. We can also use salt, sugar, vinegar, or oil to preserve fishes, olives, plums, mangoes etc.



To be continued...