



ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, Ballygunge Circular Rd, Kolkata- 700019



Term: First

Date: 13.08.20

Subject: Science

Class: 4

Lesson: Eating for Life - Food

Topic: Food Preservation

ANSWER WORKSHEET – 9

Answer the following questions in detail:-

1. What are the methods of food preservation?

Ans: The methods of food preservation are-

- **Pickling and Salting**- Food preserved in vinegar. The acetic acid in vinegar prevents meat, vegetables, fish etc. from microbial growth on them. Salt draws out moisture and prevents the growth of microbes. Salting is also used to preserve meat and fish.
- **Dehydration**- The process of removal of water from food. This is the simplest and cheapest method. This prevents microbial growth due to taking out water.
- **Canning and Bottling**- It is a method of preserving food in which the food contents are processed and then sealed in air-tight containers or air tight bottles at high temperature.
- **Refrigeration / Freezing**- Food kept in a refrigerator remains fresh for some days. Germs do not grow easily in cool places. We preserve food items like milk, fruits, vegetables, fish, meat etc. and cooked food by keeping them in a refrigerator.
- **Sugaring**- Excess sugar in food also acts as preservative. We store food for a long time in the form of jam, jellies etc. by adding sugar.

2. What is the importance of food preservation?

Ans: Food production and supply does not always tally with the demand or needs of the people. In some places, there is surplus (extra or more) production of food product, whereas in some places, there is inadequate (not enough) supply. Even foods are perishable (that will go bad quickly) and semi-perishable (food that do not require immediate refrigeration) like the fruits and vegetables. It is therefore important to improve and expand facilities for storage and preservation of food. Food preservation helps in-

- Increasing the self-life of foods, thus increasing the supply. So many perishable foods can be preserved for a long time.
- Making the seasonal food available throughout the year.
- Adding variety to the diet.
- Decreasing wastage of food by preventing decay or spoilage of food.
- Improving the nutrition of the population. Preserved foods help people to bring a variety in the diet, thereby decreasing nutritional inadequacies.

3. What are the causes of food spoilage?

Ans: If food items are kept for a long period of time and not stored properly, they get spoilt and such food items are bad for health. This happens because germs start growing on them. The spoilt food should not be eaten, as it is not good for health. The various factors which are responsible for food spoilage are bacteria, temperature, moisture and warmth etc.

Bacteria are the most abundant micro-organisms found on the earth. They are tiny in size and vary in shape. Some bacteria are useful also. They help to convert milk into curd. Temperature is one of the major factors which is responsible for food spoilage. Moisture and warmth cause germs to grow on food, causing it to decay. Food is important for us to stay alive, so we should neither waste it nor allow it to get spoilt.

4. How to preserve food in the refrigerator?

Ans:

- Keep meat uncut and wrapped until ready to eat. This will keep the meat fresher and avoid spoiling other food items. Once opened, place it on a plate and cover with plastic wrap or in an airtight container.
- Keep fruits and vegetables separate because they give off different smell that can cause the other items to deteriorate.
- Evenly place food items on shelves and do not over fill the refrigerator. This will allow the airflow to reach all items and keep the temperature consistent throughout the refrigerator.
- Avoid washing fresh items before storing in your refrigerator. The dampness can increase mould growth.
- Hot food items should be cooled first. Storing hot foods increases the temperature in the unit and the risk of food spoilage. Ensure all cooked food is covered or wrapped properly or placed in airtight container.
- Freeze small quantities of food at a time for best freezing in order to freeze them quickly.

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