

Lesson Number	Title of the Lesson	Skills	Activity
9	Food Preservation	Creative thinking Decision Making	Write down simple recipes to preserve tomatoes, potatoes and mangoes when they are in excess during their harvest
		Problem solving Critical Thinking	

Summary:

Food Preservation is a method to prevent food from getting spoilt and thus increase its shelf life. Preserved food not only adds variety to the meals served but also helps in utilizing excess produce at harvest time. Food preservation is basically treating the food in ways so that it can be kept in good condition for a long time. Simple method like boiling milk is a preservation technique to increase the shelf life of milk for a short duration. So, preservation is processing of food to prevent it from getting spoilt and making it possible to store it for future use in fit conditions. Preservation can be done in many ways both at household level and industrial level.

Principal Points

Need for Preservation

- To increase the shelf life of Food
- Transportation & storage of preserved food is easy and takes less space
- Excess of food stuffs can be utilized effectively
- New products are prepared to add variety and to be enjoyed all year through

Build your understanding

Principles of Food Preservation

By Killing Micro organisms <ul style="list-style-type: none"> • Boiling • Pasteurizing • Canning 	Preventing or delaying the action of micro-organism <ul style="list-style-type: none"> • Protective covering • Raising the temperature • Lowering the temperature • Adding chemicals 	By stopping the action of enzyme <ul style="list-style-type: none"> • Blanching • Canning • Freezing
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What is Important to Know

Methods of Household Preservation

- Dehydration
- Pickling with salt and oil
- Using sugar to make jams, jellies, murabbas
- Bottling of fruit juices and squashes
- Freezing

Did you know

Methods of Household Preservation

1. **Drying:** Preservation by removing moisture
Examples:
Papad
Amchur
Potato/Banana/Tapioca chips
Badiayan/Vadis
Vegetables(peas,cauliflower,ginger etc.)
2. **Pickling:** Preservation by using salt, spices, and oil
Lemon
Mango
Amla
Carrot
Cauliflower
Ginger
3. **Jam/Jellies/Murabba:** Preservation by using sugar
Guava
Pineapple
Orange
4. **Squashes:** Preservation by using sugar
Lemon
Orange
Mango
Grapes
Pineapple
5. **Freezing:** Preservation by lowering the temperature
Peas
Beans
Carrots
Corn

Extend your Horizon

Some Facts About Food Preservation

- Microorganisms need water and air for growth. Removing air and moisture from food prevents microbial growth.
- Frozen foods have a long shelf life because microorganisms cannot act at low temperature
- In pickling salt draws out water from the foods and oil prevents the exposure to air
- Sterilized bottles essential for storing preserved foods. Bottles can be sterilized by boiling in water for 20 min

Evaluate yourself

- How does sun-drying help in preserving food ?
- How does low temperature help in controlling microorganisms?

Maximize your marks:

- Attempt all the exercises given in the lesson
- Write the recipe of cauliflower pickle. Why is salt and oil added to it?