My food, My Choice

Did you know that humans started preserving food even before the discovery of fire? Humans would freeze food on ice in colder regions and dry foods in tropical regions. Today, other than freezing and drying, we use a lot of other techniques to preserve food. Can you list some of them?

Annual Marketing and Ma

Task	1:	What	spoils	first?

Material needed

A siice of tomato, a slice of cooked potato, a spoonful of tomato ketchup or *chutney*, a potato chip, a spoonful of wheat flour and a piece of bread or *chapati*, petri-dishes or watch glass

What you will do?

Keep all the food items in plates or watchglasses separately and label them. Make sure you cover the plates with a lid or a beaker (in case of watch glass). Observe them everyday for change (if any) in color, appearance or smell. You can record your observations in the table below. Repeat this for 3-4 days or until your teacher asks you to record.

Table: What changes do you see in the food samples you are observing? Record in the table below

Tomato/Potato/Wheat	.Day 1	Day 2	Day 3	Day 4
Colour				
Appearance				
Smell				
Ketchup/Chip/Bread or <i>chapati</i>				
Colour				
Appearance				
Smell				

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Now that you have completed 3-4 days of observation, you can answer the following questions:

1. Which all foods have spoiled? How do you know they are spoiled?
Tomato, Potato, Bread, Aloo Sev we can know that it spoiled by its syneargice and odown.
that it spoiled by its opplarance and odown.
2. Which food was the first one to spoil and how did you know it was spoiled?
Jonato was the first one to spoil and how did you know it was sponder to Spoil and I know it by its appearance and to growth spool by part
3. Which foods are still fresh and why have they not spoiled?
Ketchy is not spoiled because betchy can be bent out for I month to be months. Because betchy is high on acidity
kept out for month to a month. Because serry
is high on acidity
Table: What is the difference between a tomato and tomato ketchup; a potato slice and

Table: What is the difference between a tomato and tomato ketchup; a potato slice and potato chip; wheat flour and bread? What are the additional changes in a ketchup, a chip or bread?

Tomato	Ketchup/chutney		
It is Fresh	It is processed		
Potato slice	Potato chip		
It is a Fresh slie of potato.	It is a fried slice of potato		
Wheat flour	Bread/Chapati		
Wheat flows is the main ingredient to make seeads.	It is the product made from wheat flows.		

4. Look at the table ab and answer the questions. Now, tomato ketchup/chutney, potato chip and bread/chapati are made from tomato, potato and wheat, respectively. Wheat flour stay fresh for longer compared to a tomato or potato slice? Why? Wheat flow stays fresh for longer compared to a tomato or potato slice? Why? because it contains the grain's bran and the germ which is such fibre and other mitrients.
V
6. Do you think tomato ketchup/chutney or potato chip will stay fresh for longer? What is in
these foods that they don't spoil quickly? Can you find out what all is present in present or
Yes, tomato ketching on potato thin can stay frash for long time. Tom ketching has the airlety of tomatoes, vireyor and sugar. Nitrogen gas the chips bays, displaces oxygen. Without this step, the chips would spot fast.
I crave
We all crave that one delicious packed food. It may be a crisp like chips or biscuit, a chocolate, a drink, a namkeen on other packed foodWhich is your favourite packed food? What makes you buy that food? Tick whichever is applicable (You can tick more than one).
I like its taste My friends like it It comes with a special gift
It is advertised by my favourite star/sportsperson Any other reason
It is a healthy option and can be had with any food at any time.
It is highly likely that the packed food of your choiced is also advertised on the television. Now, your teacher will show you a video of a packed food/drink. You will then have a class discussion. After the discussion, watch the advertisement of your favourite food again. Is there anything that surprised you about the ad.of your favourite food? The part has benefits the injudient published and benefits the properties and benefits.

iask 3:	Explore		
Have	Piore	the	lahola

Have you ever CAREFULLY seen the backside of a packet of chips or namkeen or biscuit? Take a look at the backside of a Take a look at the backside of the packet that you have brought or your teacher gives

1. What all information
1. What all information does it provide? Ingulaints, Proprietary food, Nutritional information, Manufacturing details, + Ssai license, Batch no- & Best Sefor 2. Which putrisms
2. Which nutrients are present in the food label you explored? Colorgy, protein, (whohydrates) fat, Bodium.
3. After reading the food labels, is there anything that surprised you?
les row I know that my all the spack contains
Do many nutrients and energy.
4. Which food would you prefer out of the ones displayed? Why? I would prefer the freshest of the lot and also consider health point of tills.
5. When you go out for buying packed food, how will you make a choice, now that you can explore a food label? I have learnt the particularities of the label so 9 will where best before use and profess healthy food.
6. Any other information on the label that you consider equally important? The symbol of vely (grees dot) and the fissai Standard Their is also a feed back no for complaints Very important is the mention of the Allerges advice.
7. Any other information which is NOT on the label but you think it should be added to the label? 1. If the racked food is not suitable for infants. 2. They must show the real time protes.

	- 1 mm	KEND	RIYA VIDYALAYA	O.N.G.C CHANE	DKHEDA AHMED	ABAD	
	PHYSICS EXPERIMENT MY FOOD, MY CHOICE BY SALLA TEJESH 9 B 40M						
L	ITEM 1 - TOMATO SLICE						
L	PARTICULARS	DAY 1 (14/9/22)	DAY 2 (15/9/22)	DAY 3 (16/9/22)	DAY 4 (17/9/22)	DAY 5 (18/9/22)	DAY 6 (19/9/22)
_	COLOUR	Orange Red	Orange Red	Orange Red	Orange Red	Orange Red	Orange Red
	APPEARANCE	Fleshy	Dry	White Cottony	Cottony, black spots	Shrink, Fungus	Shrink, Fungus
_3	SMELL	Earthy, spicy odor	Earthy	Earthy	Earthy	Earthy	Earthy
ITEM 2 - POTATO SLICE							
	PARTICULARS	DAY 1 (14/9/22)	DAY 2 (15/9/22)	DAY 3 (16/9/22)	DAY 4 (17/9/22)	DAY 5 (18/9/22)	DAY 6 (19/9/22)
_	COLOUR	Yellowish	Yellowish brown	Yellowish brown	Yellowish brown	Yellowish brown	Yellowish brown
	APPEARANCE	Firm	Firm	White particles	Shrinked, dry	Shrinked, dry	Shrinked, dry
_3	SMELL	Earthy	Earthy	Earthy	Earthy	Less Earthy Smell	Less Earthy Smell
ITEM 3 - WHEAT FLOUR							
	PARTICULARS	DAY 1 (14/9/22)	DAY 2 (15/9/22)	DAY 3 (16/9/22)	DAY 4 (17/9/22)	DAY 5 (18/9/22)	DAY 6 (19/9/22)
_	COLOUR	Off White	Off White	Off White	Off White	Off White	Off White
$\overline{}$	APPEARANCE	Powder, fresh	Powder	Powder	Powder, dry	Powder, dry	Powder, dry
_3	SMELL	No odour	No odour	No odour	No odour	No odour	No odour
			ITEM	4 - TOMATO KE	TCHUP		
	PARTICULARS	DAY 1 (14/9/22)	DAY 2 (15/9/22)	DAY 3 (16/9/22)	DAY 4 (17/9/22)	DAY 5 (18/9/22)	DAY 6 (19/9/22)
1	COLOUR	Shiny Red	Shiny Red	Dark	Darker	Darker	Even Darker
2	APPEARANCE	Moist	Thick, dry surface	Thicker	Thicker	Thicker	Thicker
3	SMELL	Stinky Tomato	Stinky Tomato	Tomato	Tomato	Less smell Tomato	Less smell Tomato
			ITEN	15 - ALOO SEV /	CHIPS	•	
	PARTICULARS	DAY 1 (14/9/22)	DAY 2 (15/9/22)	DAY 3 (16/9/22)	DAY 4 (17/9/22)	DAY 5 (18/9/22)	DAY 6 (19/9/22)
1	COLOUR	Yellowish brown	Yellowish brown	Yellowish brown	Yellowish brown	Yellowish brown	Yellowish brown
2	APPEARANCE	Crispy	Less Crispy	Whitish surface	Whitish surface	Whitish surface	Whitish surface
3	SMELL	Spicy smell	Spicy smell	Spicy smell	Less Spicy smell	Less Spicy smell	Less Spicy smell
			IT	EM 6 - BREAD S	LICE	•	
	PARTICULARS	DAY 1 (14/9/22)	DAY 2 (15/9/22)	DAY 3 (16/9/22)	DAY 4 (17/9/22)	DAY 5 (18/9/22)	DAY 6 (19/9/22)
1	COLOUR	White	White	Off White	Off White	Off White	Off White
2	APPEARANCE	Sponge like	Sponge like, dry	Sponge like	Sticky dry	Sticky dry	Sticky dry
_	SMELL	Sweetish	Sweetish	Less Sweet	bland	off	off

Master Salla Tejesh, 9-B, Kendriya Vidyalaya ONGC Chandkheda, Ahmedabad My Food, My Choice Experiment conducted by



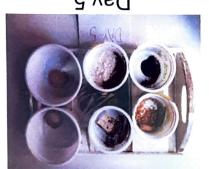
Date: 16/09/2022 Day 3



Date: 15/09/2022 Day 2



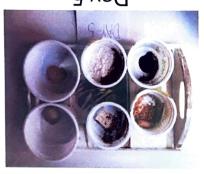
Date: 18/09/2022 Дау 5



Date: 17/09/2022

Date: 14/09/2022

Day 1



Day 4



Date: 19/09/2022 Дау 6