

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?

(i) By Refrigerator (ii) By vacuum Packaging (iii) Adding oil (pickles)
(iv) Adding Preservatives

Task 1: What spoils first?

Material needed

A slice 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	Red	Pale Red	Pale Red	White patches on red surface
Appearance	Fresh	Moisture appears on surface	Water appears on the surface	Shrunked and wet
Smell	Fresh	Slightly foul	Foul Smell	foul Smell
✓ Ketchup/Chip/Bread or chapati				
Colour	Deep Red	No change	No Change	Thick Red
Appearance	Fresh	Fresh	Fresh	Normal
Smell	Flavoured	No Change	No change	Slightly changed

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 is spoiled.

By observing its color, appearance and smell.

2. Which food was the first one to spoil and how did you know it was spoiled?

Tomato was first spoiled.

Due to white patches on its red surface, shrunk and wet.

3. Which foods are still fresh and why have they not spoiled?

Ketchups are still fresh.

Due to less water as compared to tomato.

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 It is a raw and fresh vegetable	Ketchup/chutney It is made from tomato and having some preservatives.
Potato slice 	Potato chip
Wheat flour 	Bread/Chapati