

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 Packing (iii) Adding Oil (Pickles)
(iv) By cold storage

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	Light Yellow	slightly deep yellow	slightly deep yellow	Deep Yellow, soft
Appearance	Fresh	Wet and small Patches	Wet, small brown Patches	big Patches, Shrinked, Brown Patches
Smell	Fresh	Slightly foul smell	Foul Smell	Foul smell
Ketchup/Chip/Bread or chapati				
Colour	Whitish Yellow	Whitish Yellow	Whitish Yellow	Slightly change in colour
Appearance	Fresh	Fresh	Fresh	Slightly fungus on its surface
Smell	Salty smell	Salty smell	Salty Smell	Salty smell

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?

Potato is spoiled.

By observing its colour and smell.

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

Potato is first spoiled.

Due to big brown patches on its surface and change in colour.

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

Chips are still fresh.

Due to less water as compare to potato.

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
Potato slice It is a raw and Fresh vegetable.	Potato chip It is made from potato and having some preservative.
Wheat flour	Bread/Chapati