

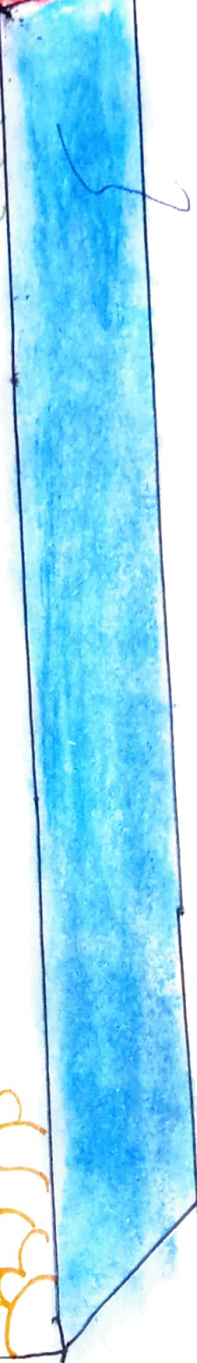
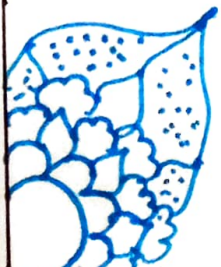


Name - *Pisurajet Sethy*

Class - *Fth(A)*

Roll - *41*

Sub - *My food, My choice*



Material needed

- 1) 1 slice of wheat tomato
- 2) 1 slice of cooked potato
- 3) 1 spoon full of tomato ketchup
- 4) 1 potato chip
- 5) 1 spoonful of wheat flour
- 6) 1 piece of bread
- 7) Petri dishes or watch glass

What have to do

Keep all the food items in plates or watching glasses, separate and label them.

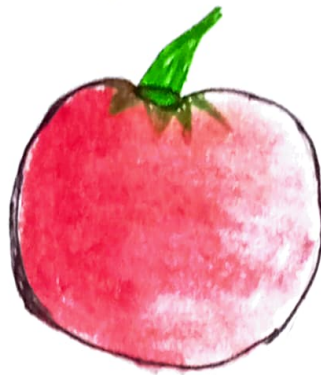
Make sure you cover the plates with the lid. Observe them everyday for more than 2 weeks or more.

Report it for 3-4 days.

Table

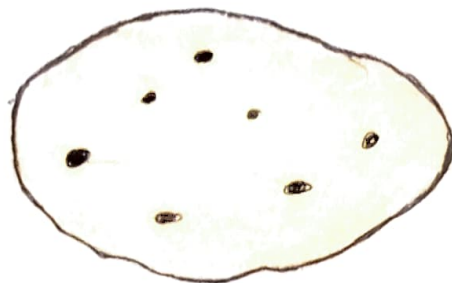
Tomato	DAY-1	DAY-2	DAY-3	DAY-4
Colour	Red	Red	S. parts brown	dark brown
Appearance	spherical	spherical	leathery	leathery
Smell	spicy odor	spicy odor	sour	sour

Tomato



Potato	DAY-1	DAY-2	DAY-3	DAY-34
Colour	slightly brown	S. Brown	S. Brown	black patches
Appearance	oval	oval	S. foul odor	foul odor
Smell	nutty	nutty	S. moldy odor	moldy odor

Potato



wheat	DAY-1	DAY-2	DAY-3	DAY-4
Colour	pale	pale	pale	brown
Appearance	spike type	spike type	spike type	glassy spike
Smell	no odor	no odor	no odor	smild

wheat



Ketchup	DAY-1	DAY-2	DAY-3	DAY-4
Colour	Red	Red	Red	Red becomes greyish
Appearance	Glossy	glossy	S. not glossy	becomes thick
Smell	stinky tomato smell	tomato smell	tomato smell	Sour

Ketchup



Chip	DAY-1	DAY-2	DAY-3	DAY-4
Colour	Light Brown	L. Brown	L. Brown	Slightly Brown
Appearance	Burnt Aspect	Burnt Aspect	Burnt Aspect	Burnt Aspect
Smell	Foul	Foul	Foul	Slightly ammonia



Bread	DAY 1	DAY 2	DAY 3	DAY 4
Colour	Slightly brown	S. Brown	Slightly Brown S. deep Brown	deep Brown
Appearance	Tender	More Tender	S. Black Tender	Black acetone colour
Smell	Yeastly ammonia	Yeastly ammonia	Ammonia	acetone



Which all foods have spoiled? How do you know they are spoiled.

- > change in colour
- > change in texture
- > change in taste
- > change in smell

Have you ever seen some food that has gone spoiled?

How did you know that it is spoiled? which food spoiled first.

Yes, I have seen foods that have gone spoiled. when a food spoils, it smells bad and its colour also changed. Tomato ~~was~~ spoiled first.

> Which foods are still fresh and why they not spoiled?

The Ketchup, chip ~~are~~ are still fresh. Because they contains preservatives which helps them to stay with out spoiling.

Table Difference

Tomato	> It is a natural thing	Tomato Ketchup	> It is an artificial thing. > It is unhealthy and preservative
Tomato	> It is healthy and non ^{the} preservative	Potato chip	> It is an artificial thing. > It contains preservative
Potato slice	> It is a natural thing	Bread or chapatti	> It is an artificial thing. > It contains preservative.
Wheat flour	> It is a natural thing. > It doesn't contains preservatives		

4) Look at the table ab and answer the questions. Now tomato ketchup, chip, bread are made from tomato potato and wheat respectively. wheat flour stay fresh for longer compared to a tomato or potato slice? why?

wheat flour stay fresh for longer time compared to a tomato or potato slice because it contains low fat than potato and tomato.

5) Do you think tomato ketchup 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 preserved foods?

Preserved food contains chemicals like sugar, salt, nitrates, butylated hydroxy anisole, butylated hydroxy toluene, tert butylhydroquinone, vinegar, citric acid and calcium propionate. Tomato ketchup and potato chips contain these chemicals thus they become preservatives and stay long.

I crave....
we all crave that one delicious packed food. It may be a crisp or biscuits, chocolate, a drink or namkeen or other packet food which is your favourite packed food.

Bikaji Ealu Bhujia

what -

What makes you buy that food? Tick whichever is applicable.

I like its taste ☒

My friends like it ☒

It comes with a gift ☐

It is advertised by my favourite star / sports man ☐

Any other reason ☐

8K-3

Have you ever carefully seen the back side of the packets of chips or biscuits? Take a look at the back side of the packet that you brought on your teacher gives you.

^{Free} What information does it provide?

It provides the contains information about the packets, such as its origin and destination / address.

> Which nutrients are present in the food label you explored?

Calories ~~141~~ 141

Total fat - 13g (20%)

Saturated fat - 3.7g (18.5%)

Trans fat - 0 (0%)

Sodium 274mg (11.4%)

Cholesterol 0mg (0%)

Total carbohydrate 19.3g 4%

Dietary Fiber - 4% (approx 1g)

Sugar - 0.7g

Protein - 2g

After reading the food labels is there anything surprise you.
Yes, there is very much sodium.

which food would you prefer out of the ones displayed? why?
chips, because I like the taste.

> when you go out for buying packed food how will you make a choice, now that you can explore a food label?

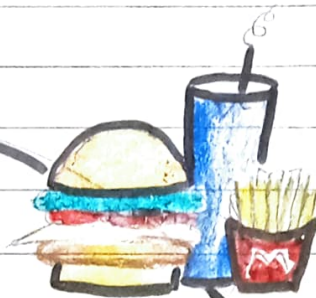
I will see the food label and I will ask him about its taste and then buy it. Yes I can explore a food label.

> Any other ^{information} ~~information~~ on the label that you consider equally important?

No, All important information has given.

7> Any other information which is not on the label but you think it should be added to the label?

No, I don't think it should be added to the label.



NAME :- ISHIKA SAHU

CLASS :- VII 'B'

**TOPIC :- MY FOOD,
MY CHOICE**

GUIDED BY :- S.N DAS SIR



-: MY FOOD , MY CHOICE :-

Task - 1 : What spoils first?

AIM :- To find whether the natural or the artificial food spoils first.

MATERIALS REQUIRED :- A slice of tomato , a slice of cooked potato , a spoonful of wheat flour , a piece of bread or chapati , a spoonful of ketchup and a potato chip , petri dishes or watch glass.

PROCEDURE :-

- i) Keep all the food items in plates or watch glasses and label them.
- ii) Make sure you cover the plates with a lid or a beaker (in case of watch glass).
- iii) Observe them everyday for a change (if any) in colour, appearance or smell.
- iv) Repeat this for 3-4 days

OBSERVATION:

Tomato	DAY 1	DAY 2	DAY 3	DAY 4
Colour	Almost no change	Little darker	More darker	Brown / Black
Appearance	Slight soft	Softer and rotten	Flies germinate	Very soft and mould
Smell	Almost no change	Little foul	More foul	Extremely foul
Potato	DAY 1	DAY 2	DAY 3	DAY 4
Colour	Almost no change	Little darker	More darker	Brown / Black
Appearance	No change	Little sticky	More sticky	Rotten
Smell	No smell	Little smell	More foulness	Very foul smell
Wheat	DAY 1	DAY 2	DAY 3	DAY 4
Colour	No change	No change	No change	No change
Appearance	No change	No change	No change	No change
Smell	No change	No change	No change	No change

Experiment Name :

Page No.

04

Ketchup

DAY1

DAY2

DAY3

DAY4

Colour

No change at all

No change

Slight dark

More darker

Appearance

No change

No change

Slight thick

More thicker

Smell

No change

No change

No change

Slight change

Chips

DAY1

DAY2

DAY3

DAY4

Colour

No change

No change

Little darker

More darker

Appearance

Slight soft

Slight moist

Little moist

More moist

Smell

No change

Slight change

Slight foul

More foul

Bread

DAY1

DAY2

DAY3

DAY 4

Colour

No change

Slight yellow

little yellow

Yellow Brown

Appearance

No change

slight hard

slight hard

More hard

Smell

No change

No change

No change

Slight Foul

Q1 Which all foods have spoiled? How do you know they are spoiled?

Ans All the foods were changed slightly but tomato, potato and wheat were spoiled. We found it by observing its colour, appearance and foul smell.

Q2 Which food was the first one to spoil and how did you know it spoiled?

Ans Tomato was spoiled at the very first. There was a drastic change in colour, it had become very soft and it had a very foul smell.

Q3 Which foods are still fresh and why have they got spoiled?

Ans Ketchup, potato chips and bread will still remain fresh because they have added preservatives in it.

Q4 Now, Tomato chutney, potato chip and bread are made from tomato, potato and wheat, respectively. Wheat flour stay for longer compared to a tomato or potato slice? Why?

Ans Ketchup, chips and bread stayed for a longer time because they have chemicals and preservatives which increases its shelf life.

Teacher's Signature & Date :

Ketchup	DAY 1	DAY 2	DAY 3	DAY 4
Colour	No change at all	No change	Slight dark	More darker
Appearance	No change	No change	Slight thick	More thicker
Smell	No change	No change	No change	Slight change

Chips	DAY 1	DAY 2	DAY 3	DAY 4
Colour	No change	No change	Little darker	More darker
Appearance	Slight soft	Slight moist	Little moist	More moist
Smell	No change	Slight change	Slight foul	More foul

Bread	DAY 1	DAY 2	DAY 3	DAY 4
Colour	No change	Slight yellow	little yellow	Yellow Brown
Appearance	No change	Slight hard	Slight hard	More hard
Smell	No change	No change	No change	Slight Foul

Q1. Which all foods have spoiled? How do you know they are spoiled?

Ans. All the foods were changed slightly but tomato, potato and wheat were spoiled. We found it by observing its colour, appearance and foul smell.

Q2. Which food was the first one to spoil and how did you know it spoiled?

Ans. Tomato was spoiled at the very first. There was a drastic change in colour, it had become very soft and it had a very foul smell.

Q3. Which foods are still fresh and why have they not got spoiled?

Ans. Ketchup, potato chips and bread will still remain fresh because they have added preservatives in it.

Q4. Now, Tomato chutney, potato chip and bread are made from tomato, potato and wheat, respectively. Wheat flour stays for longer compared to a tomato or potato slice? Why?

Ans. Ketchup, chips and bread stayed for a longer time because they have chemicals and preservatives which increase its shelf life.

I crave
we all crave for that one delicious food. It may
be crispy chips, a chocolate, a drink or anything.
Which is your favourite packed food?

my personal favourites are a lot. But I love maggi
the most.

What makes you buy that food? Tick whichever
is applicable.

I like it's taste ☒ My friend's like it ☐

It comes with a special gift ☐

Task 2 : Explore the Labels

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

What all information does it provide?

The backside of these packet foods have all details
regarding the company, nutritional value, added preservatives,
ingredients, price of the pack, etc.

Teacher's Signature & Date :

Q2. Which nutrients are present in the food label you explored?

Ans. Nutrients such as protein, carbohydrates, added sugars, saturated fats and trans fats, etc are present in it.

Q3. When you go out for buying packed food, how will you make a choice, now that you can explore a food label?

Ans. I will check the packed food's ingredients, amount of preservatives in it and the nutritional value before buying it.

Q4. Any other information on the label that you consider equally important?

Ans. According to me, I think that they should mention the added preservatives and other nutritional value in a better way for better understanding.

— x — x — x — x —