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Vehicle Factory, JBP Class - 9th C

Vigyan Pratibha Learning Unit

Roll. No. - 22

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?

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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-whitish	yellow-w	brownish	black-brown	Black Black white
Appearance	as it is	fungus	fungus	fungus
Smell	little spoil	Soil-dirty	dirty spoiled	like dirty smell
Ketchup/Chip/Bread or *chapati*				
Colour - R-	little yellow	as it is-brown	brownish	Red/Black dirty
Appearance	as it is -soft-spoil	spoil	Spoil	Dirty
Smell -	change curd spoil	dirty	dirty	like dirty 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?

the Bread, Tomato, Potato, Ketchup and almost all food was spoiled by fungus on it

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

spoiled potato was spoil first because it got fungus very early.

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

wheat flour was still fresh

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 was spoiled and get fungus more then Ketchup	**Ketchup/chutney** it was spoiled but don't get fungus
Potato slice it was earlier spoil and get fungus and very dirty smell comes from it	**Potato chip** it was get very soft and spoiled but don't get fungus
Wheat flour it was seems to be like as it is, no change in colour and also in smell	**Bread/Chapati** it was get very hard and spoiled but don't get fungus

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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 flour stay fresh for longer compared to a tomato or potato slice because it have very low fat content.

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 preserved foods?

tomato ketchup will stay fresh for longer because it preservate sodium benzoate to stay fresh.

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?

Chips is my 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 ☑

Please state your reason

I like its taste and also my friends like it because it is very spicy and very delicious.

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?

when I compared ad and advertisement, I was surprised that it was surprised that it was completely different from ad and it softened quickly but this was not mentioned in ad.

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Task 3: Explore the labels

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

1. What all information does it provide?

The all information does it provide is that the food or chips will stay fresh as more longer. it has high fat and protein

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

fat, carbohydrates and proteins

3. After reading the food labels, is there anything that surprised you?

they also use cheese powder and sugar and also anticoking agent

4. Which food would you prefer out of the ones displayed? Why?

even one of this displayed food i will not prefer any of the food because it is spoiled

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

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

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

NO....

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