

## 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?

Here are some ways that humans preserve food:-  
adding salt or sugar or oil and vinegar, airtight packaging and adding some chemical 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	almost same	Slight white	Black and white	Black and white
Appearance	Same	Slight fungi	Fungus	White and Black fungus
Smell	Changed	Bad smell	Worse smell	Worst smell
<b>Ketchup/Chip/Bread or chapati</b>				
Colour	Same	Blackish	little more Blackish	Little Blackish
Appearance	Same	Moist	Hard and soft	Tight and soft
Smell	Same	Almost same	No smell	No bad smell

### 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?

It shows us the Nutritional information, Branding, address, MRP, MFD and expiry date, Allergen advice, Registration trademark, etc.

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

There were some nutrients like, Protein, Sodium, Carbohydrate, Sugar, Fats, etc.

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

It surprised me because there were many unhealthy substance added in it.

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

I prefer the more healthy option because it doesn't harm our health.

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

I used to make choices by seeing the packaging and price. But now I will pick the food by after seeing how healthy it is.

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

The Allergen advice is very helpful for many people and the Expiry date is also equally important.

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

I think they should add a hygiene meter, which tells us that how hygienic the manufacturing area and manufacturer were.

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Vigyan Pratibha Learning Unit

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By Salting the food, By adding a lot of sugar and adding lemon we can preserve food.

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**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	Same	Tomato colour in brown/dark	Potato colour in now dark brown	Potato become Brown-Tomato-Dark red
Appearance	Fungi / wheat bread is good	Tomato is not moist it is dry	Tomato shrink and Potato has fungi	Tomato become dry Potato has white fungi
Smell	Tomato, Potato	Potato start smelling	Tomato and Potato has bad smell	Potato and Tomato smell so bad
Ketchup/Chip/Bread or chapati				
Colour	Dark Red Ketchup	Dark Red Colour of Ketchup	Ketchup colour is dark red	Ketchup colour is dark red
Appearance	Bread became hard	As the same bread is hard	As the same bread is hard	Bread is Hard, chip is soft
Smell	Ketchup smell bad	Ketchup smell bad	Ketchup smell As the trash	Ketchup smells so bad

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 and bread spoiled, because the smell of these things are so bad and Appearance is also not same, as that in the first day.

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

The first one to spoil is tomato because its smell, Appearance, colour is change and white patches is spread in it.

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

The wheat flour, chip and Ketchup are still fresh because these are packet food and chip and Ketchup has a lot of salt and sugar in it.

**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?

<b>Tomato</b> Tomato is just a vegetable. It was a primary ingredient of Ketchup. Tomatoes have a variety of flavors.	<b>Ketchup/chutney</b> Ketchup is made up from tomatoes, sugar, vinegar, with seasonings and spices. Ketchup has a sweet and tangy flavor.
<b>Potato slice</b> Texture - Described as sloughy. <b>Ingredients</b> - It was just a piece of potato. <b>Digestion</b> - It maintain their cellular structure during digestion.	<b>Potato chip</b> Texture - Described as crunchy and Crispy. <b>Ingredients</b> - It contain potato, spices, oil, salt. <b>Digestion</b> - It breaks down quickly.
<b>Wheat flour</b> is a powder made from grinding of wheat.	<b>Bread/Chapati</b> it is a cooked or baked form of flour.