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Class - 9th - D

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Vigyan Pratibha Learning Unit

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?

Some of the methods to preserve food are : Freezing, paste salting, by adding sugar and oil etc.

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	little bit dull	dull	dull and dark
Appearance	shrinked	shrinked	shrinked	lay of layer of fungus
Smell	normal	bad smell	bad smell	bad smell
Ketchup/Chip/Bread or chapati	Day 1	Day 2	Day 3	Day 4
Colour	Same	Same	dark	dark
Appearance	Same	changed	changed	changed
Smell	Same	changed	Changed	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~~, ~~Potato~~ Tomato, Potato

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

~~Tomato~~ ~~Tomato~~ Tomato was ~~the~~ spoiled first. A white layer ~~comes~~ appears on the top of tomato.

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

As I observed ~~tomato~~ potato chips are still fresh and contains a little bit of ~~moisture~~ moisture. As I thought they are fresh because preservative mixed 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?

Tomato Spoils fast	Ketchup/chutney Spoils late
Potato slice Spoils fast	Potato chip Spoils late
Wheat flour Spoils	Bread/Chapati Spoils slowly.

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?

Because it is dry whereas tomato and potato contains moisture in the form of water or moisture in the form of tomato juice or starch.

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?

Because they contain preservatives.

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 or other packed food. Which is your favourite packed food?

Potato Chocolate.

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

Nil

It is highly likely that the packed food of your choice 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?

Nil

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?

Items it is made from, It's ~~Mfg~~ Manufacturing Date, Its ~~expiry~~ expiry

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

Palm oil ~~and~~, onion, garlic and etc.

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

I observed that many packed food items are made up of Palm oil which is not good for our health.

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

Ketchup is made up of ~~now~~ many chemicals and less of tomatoes which. Hence it is harmful for 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?

The ~~food~~ food items that taste better I bought them.

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

~~No~~ Ingredient details, Nutritional facts, usage instructions, and safety warnings.

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

No.
