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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 are: freezing, Sweeting, Jamming,
by putting vinegar and oils, pasteurization 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	light Red or Dark	little dark	dark	very dark
Appearance	shrinked	getting small	fungus	rotten
Smell	normal	bad smell	bad smell	bad smell
Ketchup/Chip/Bread or chapati	Day 1	Day 2	Day 3	Day 4
Colour	Same	Same	little dark	little dull
Appearance	Same	changed	changed	changed completely
Smell	Same	changed	little bit change	completely change

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, Tomato, Chappati. •

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

Tomato spoils first because a layer of fungus comes. (because it comes with contact with moisture).

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

Ketchup, chips because they are not natural food they are man-made.

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 very fast	Ketchup/chutney takes time to Spoil
Potato slice Spoils fast (It comes contact with moisture)	Potato chip Man-made so doesn't Spoil fast
Wheat flour Spoils late	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 , wheat flour doesn't get spoil fast when it comes in contact of moisture and tomato and potato get fungus on them because it comes in contact of moisture.

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 have preservatives . ketchup have special kind of preservatives in it and potato have special kind of oils in it . which protect them from spoiling .

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?

a drink and chips .

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 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?

Yes, The food shown on advertisement are not really healthy in reality . They are not same as they shown in ads . In term of texture apperence .

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?

- ① Date of manufacturing and Date of expiring.
② Composition of that food.

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

fat carbohydrate, ~~carb~~ protein, vitamins etc.

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

I am surprised that the food contains lots of unhealthy items that were not shown in ads.

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

Tomato because it has a lot of nutrients like vitamins and minerals.

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

First is by checking it is expired or not and second by checking its composition.

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

by where it is manufactured whether it have ~~from~~ ISI mark.

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

by In which country it is manufactured and its ~~bad~~ side effects.
