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9th C

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?

other techniques to preserve food are: refrigeration, fermentation, irradiation, Vacuum Packing and Canning 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	as it is	deep	So deep	Too deep
Appearance	Well	moisture	Pitched	Flabby
Smell	Good	not so good	Bad	Stinky
Ketchup/Chip/Bread or chapati				
Colour	as it is	as it is	So dark	Too Dark
Appearance	Well	moisture	lightweight ^{water}	Strange
Smell	chapati Bad	Bad	too Bad	Extreme 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 get spoiled first, then potato get spoiled
Because of there appearance I know they are spoiled

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

Tomato get spoil first Because there is fluid underneath it, So then it gone bad

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

Potato chip are still fresh at end because of they Packed in Plastic and nitrogen gas is filled 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 are naturally grow in fields by this they are fresh and healthy for body.	Ketchup/chutney are manufactured in factories their advertisement that they made with help of tomato but many chemical are mix in it which is not healthy to our body.
Potato slice are the underground grown vegetable due to it grows under soil it get all nutrition from soil and also healthy.	Potato chip are made in factory. They are packed, by packing they left many days in packet in nitrogen gas which is not so good for our health.
Wheat flour are the crop grown in various places they are naturally formed wheat is healthy for our requirement.	Bread/Chapati are also homemade by grinding of wheat it convert into flour by adding water we make do it and make chapati at home daily.

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 is in the form of Powder and it doesn't soged but tomato and Potato slice are Pitted by the 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?

tomato Ketchup or Potato chip are stay fresh because they are packed in glass bottle or packets which fill with nitrogen and chemicals which help them to stay longer to 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 or other packed food Which is your favourite packed food?

Chips and 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

I like chips and chocolate because they are flavoured and crispy and some are spicy. Chocolates are sweet in taste.

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?

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 information does it provide are: Ingredients, Allergen Alert, Manufactured by, Marketed by, e-mail, Packed date, expire date, weight, Nutrition etc.

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

energy, protein, Carbohydrate → total sugar, added sugar, Total fat → Saturated fat, trans fat, Cholesterol, Sodium, Vitamin D, Calcium, Iron, Potassium etc and MRP etc.

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

you may be surprised at how little difference there is b/w food that say they're 'light' or 'reduced' and those that do not.

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

I prefer food that can help stay healthy that is good for my health that is well cooked that is sweet that looks nice that smells good that tastes good.

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

Nutrition information labels, Ingredients labeling, Packed date and expire date etc.

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

The legal name of the food, expect of products that come from a single ingredient and safety warnings

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

No, there is ~~any~~ nothing that I would like to label.
