

Food Preservation Methods

Chapter 3: The Mystery of Food · Topic 2

Key Concept

Drying removes moisture from food, like sun-dried fruits or grains, preventing the growth of bacteria and mould that need moisture to survive.

Refrigeration and freezing slow down the growth of bacteria by keeping food cold, helping perishable items like milk and meat stay fresh longer.

Pickling uses salt, vinegar, or oil to preserve food, like pickled vegetables, creating an environment where harmful bacteria cannot easily grow.

Understanding food preservation helps reduce food waste and ensures we have safe food available, even when fresh food isn't immediately accessible.

Quick Revision Notes

- Drying removes moisture to preserve food.
- Dried fruits and grains use this method.
- Refrigeration and freezing slow bacteria growth.
- Cold storage helps milk and meat stay fresh longer.
- Pickling uses salt, vinegar or oil to preserve food.
- Pickled vegetables are preserved using this method.
- Preservation reduces food waste.
- Preservation ensures safe food is available longer.

Practice Questions

- 1 Find an example of dried, refrigerated and pickled food at home.
- 2 Discuss why your family refrigerates certain foods.
- 3 Research how pickling preserves vegetables.
- 4 Explain why drying food prevents spoilage.
- 5 Discuss why food preservation reduces waste.
- 6 Try (with permission) a simple food preservation method at home.