

Methods of Preserving Food

Chapter 13: Methods of Preserving Food · Topic 1

Key Concept

Drying removes moisture from food, preventing the growth of bacteria and mould, used for foods like fruits, grains, and fish.

Refrigeration and freezing slow down the growth of bacteria by keeping food at low temperatures, extending its shelf life.

Canning involves sealing food in airtight containers and heating it to kill bacteria, allowing food to be stored for a long time.

Salting and pickling use salt or vinegar to preserve food by creating an environment where harmful bacteria cannot grow easily.

Quick Revision Notes

- Drying removes moisture, prevents bacteria/mould.
- Used for fruits, grains, fish.
- Refrigeration/freezing slows bacteria growth.
- This extends shelf life.
- Canning: airtight sealing plus heating.
- This kills bacteria for long storage.
- Salting/pickling use salt or vinegar.
- This prevents harmful bacteria growth.

Practice Questions

- 1 Discuss how drying preserves food.
- 2 Discuss how refrigeration preserves food.
- 3 Research how canning works.
- 4 Discuss an example of a pickled food.
- 5 List three preserved foods you have eaten.
- 6 Discuss why food preservation reduces waste.