# **Food Preservation**

| A.  | Choose the Correct Answer:  |  |  |
|---|---|--|--|
|   | 1. Which method of food preservation is used to prevent microbial growth by         |  |  |
|   | removing moisture?  |  |  |
|   | a) Boiling  | b) Drying  |  |
|   | c) Freezing   | d) Canning   |  |
|   | 2. Which of the following is a chemic   | ical used as a food preservative?  |  |
|   | a) Vinegar  | b) Sodium benzoate   |  |
|   | c) Salt   | d) Sugar   |  |
|   | 3. Pasteurization is mainly used to preserve which food item?                       |  |  |
|   | a) Vegetables   | b) Milk  |  |
|   | c) Meat   | d) Rice  |  |
| В.  | Fill in the Blanks:   |  |  |
| <ol> <li> is the process of heating milk to kill harmful without changing its taste.</li> </ol> |   | neating milk to kill harmful microorganisms                                |  |
|   | 2. Adding salt and sugar helps in foomicrobes.                                      | dding salt and sugar helps in food preservation by the growth of nicrobes. |  |
|   | 3 and are vegetables.   | common methods used to preserve fruits and                                 |  |
| C.  | Case Study:   |  |  |
|   | Reena noticed that leftover cooked food spoiled quickly during the summer. Her      |  |  |
|   | grandmother suggested storing it in the refrigerator and using airtight containers. |  |  |
|   | She also taught Reena how pickles are made using salt, oil, and spices to prevent   |  |  |
|   | spoilage. Reena followed the advice and successfully preserved her food for longer  |  |  |
|   | periods.  |  |  |
|   | Case Study Questions:   |  |  |

- 1. Why did Reena's food spoil faster in summer?
- 2. How did refrigeration help in preserving the food?
- 3. What traditional method was used to preserve pickles?
- 4. What can we learn from this about preserving food safely?

### **D. Short Answer Questions:**

- 1. What is food preservation? Why is it important?
- 2. Name any three methods of food preservation.
- 3. How does refrigeration slow down the spoilage of food?

## **E. Long Answer Questions:**

- 1. Explain various methods of food preservation used at home and in industries.
- 2. Describe the role of salt, sugar, and oil in preserving food.
- 3. What is pasteurization? Who discovered it, and why is it important?