

**PENANG SANGAM HIGH SCHOOL**

**P.O.BOX 44 RAKIRAKI**

**HOME ECONOMICS**

**YEAR 11**

<b>Strand</b>	Food And Nutrition
<b>Sub strand</b>	Food Preservation
<b>Content learning outcome</b>	<ul style="list-style-type: none"><li>• define the terms related to food contamination</li><li>• Explain the factors that influence food spoilage</li></ul>

**CHAPTER 8 FOOD PRESERVATION**

**Contamination-** Food contamination refers to the presence of harmful chemicals and microorganisms in food, which can cause consumer illness

**Cross contamination** - Cross-contamination is how bacteria can spread. It occurs when juices from raw meats or germs from unclean objects touch cooked or ready-to-eat foods

**Microorganism pathogens**

- A pathogen is a micro-organism that has the potential to cause disease.
- An infection is the invasion and multiplication of pathogenic microbes in an individual or population.
- They are contagious and transmitted by insects, animals and by taking contaminated food and water.

**Bacteria** - Bacteria are microscopic, single-celled organisms that thrive in diverse environments. Bacteria can be beneficial as well as detrimental to human health.

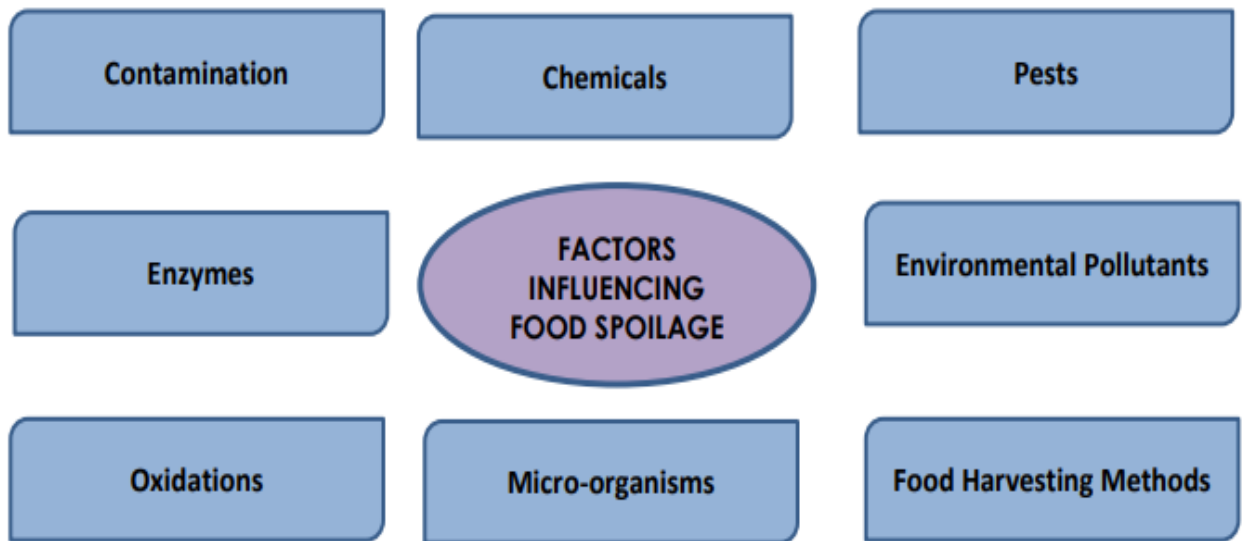
- Gut bacteria and other microorganisms, such as helpful strains of E.coli and Streptococcus, aid in digestion, stave off colonization by harmful pathogens, and help to develop the immune system.
- Other bacteria can cause infections. Several bacteria — ranging from so-called group A Streptococcus, Clostridium perfringens (C. perfringens), E. coli and S. aureus

**Fungi** - Any of a wide variety of organisms that reproduce by spores, including the mushrooms, molds, yeasts, and mildews. The spores of most fungi grow a network of slender tubes called hyphae that spread into and feed off of dead organic matter or living organisms.

**Food spoilage** - Food spoilage is the process where a food product becomes unsuitable to eaten by the consumer Foods that spoil rapidly are known as Perishable foods.

**Food poisoning** -Illness caused by bacteria or other toxins in food, typically with vomiting and diarrhea. When germs that cause food poisoning get into our systems, they can release toxins. These toxins are poisons (the reason for the name "food poisoning"), and can cause diarrhea and vomiting.

### FACTORS INFLUENCING FOOD SPOILAGE



### Activity



*Identify two preservation techniques shown in the diagram*

- List three ways in which you can preserve food at home and identify the suitable foods that can be preserved in those ways