

PENANG SANGAM HIGH SCHOOL
P.O.BOX 44, RAKIRAKI
LESSON NOTES BATCH 5 – WEEK 1

Subject: Home Economics Year/Level: 9

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| Strand | Food and Nutrition |
| Sub Strand | Food Preservation |
| Content Learning Outcome | 1. Define food preservation. 2. Identify reasons for preserving food. 3. State reasons why food go bad. 4. Discuss ways of hygienic handling and storage of food. |

Preservation- is the process of keeping food for some time so that it can be used at a later time.

Reasons for Preservation

- Little or no wastage.
- To have food available in times of emergency eg. Cyclones, flooding, droughts, unexpected visitors etc.
- Saves time and energy in preparation and cooking of food.
- Maintains longer shelf life.
- To add variety in the diet by having food which is out of season.

Why foods go bad?

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Presence of bacteria which produces toxic substances in food once consumed causes food poisoning and digestive disorders.

- It can also cause stomach pains, diarrhea, vomiting and in worst cases lead to death.
- Ensure that food is really safe for eating; this can be achieved with proper personal, kitchen and food hygiene.

Ways to prevent food going bad

Hygiene practices in the kitchen

- Practice personal hygiene
 - Wear clean clothes and aprons
 - Keep nails short and clean
 - Wash hands before handling food and after using the toilet
 - Avoid working with food when sick
- Practice kitchen hygiene
 1. Work areas
 - Wipe table tops after use.
 - Keep work surfaces clean and tidy at all times.
 2. Equipment and kitchen linen
 - Remove scraps of food from plates before washing
 - Use an abrasive cleaner and scourer to remove stubborn stains from pots and pans
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Wash dishes and let it dry thoroughly before placing them at their respective places.

- Wash kitchen linen everyday

3. Kitchen floor

- Sweep up crumbs
- Mop up spilled food quickly
- Keep floor clean and mop it after cooking

4. Kitchen refuse

- Dispose kitchen refuse daily
- Put the refuse into a plastic bag and tie it tightly so that there is no spill.

➤ Practice food hygiene

- Wash food before cooking
- Wash chopping board and knife after using
- Cooked food should not be cut along with raw food
- Cover food left on a table

1. Proper storage of food

- Store food in a refrigerator.
- In a kitchen cabinet.
- Food safe or an open shelf.

2. Storage of perishable food

- All perishable food should be either wrapped or put into a covered container before being refrigerated.
- Store cooked food separate from raw food.
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Meat, poultry, seafood and other frozen food should be stored in the freezer compartment.

- Fruits, vegetables are best stored in the crisper compartment of the refrigerator.
- Cooked food, butter, eggs, bottled food and drinks can be kept in chiller compartment.

3. Storage of dry food

- Dry food such as cereals, pulses, spices, sugar and tea are best kept in clean, air tight containers before storing.
- Dry food may also be stored together with canned and bottled food.

Activity

1. Define preservation.
2. State two reasons for preserving food.
3. Discuss ways to prevent food from going bad.
4. State the storage of the following food:
 - a. Ice cream
 - b. Cereals
 - c. Tin fish
 - d. Long bean