

MANGOES AROUND THE YEAR

Key Points

- Food can be eaten raw or cooked
- Food materials get spoil due to actions of micro-organisms like bacteria and fungi.
- Micro-organisms require air, water and warmth to grow ●

Questions and answer

Q1. What are the signs of spoil food?



The common signs of spoil food are

Discolouration

The colour of food usually changes to green, black or brown.

Odour

The food has foul smell

Souring

The food tastes sour.

Sliminess

As the number of germs increase on the food, it become sticky and slimy.

Q2. What is food preservation?



Food preservation is the process by which food is stored for a longer time.

Q3. How can food be preserved?

Food can be preserved using different methods of food preservation

➤ Drying



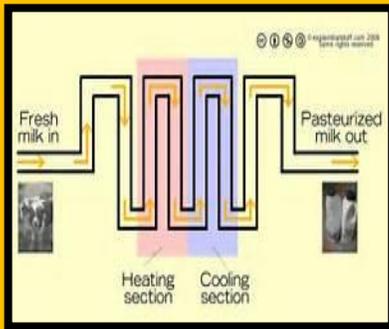
➤ Freezing



➤ Boiling



➤ Pasteurization



➤ Vacuum packing



➤ Canning



➤ Adding preservation



Q4. Why does bread become unfit for eating if it is kept in the open for a few days?



When we keep a slice of bread in the open for a few days. We find green or black patches on it. It also has a foul smell. Thus the bread becomes unfit for eating.

Q5. What are the steps involved in the preparation of Mamidi tandra?



The following steps are involve in the preparation of Mamdi Tandra.

STEP 1:Choose Ripe Mangoes

STEP 2:Prepare mango pulp

STEP 3:Strain to remove fibres

STEP 4:Add crushed jiggery into the pulp

STEP 5:Add sugar

STEP 6:Mix well

STEP 7:Spread the pulp on a platform

STEP 8:Dry in the sun

STEP 9:Again and again spread layer of pulp for 4 weeks

STEP 10: Mamdi Tandra is ready

STEP 11: Make pieces and store it

Q6. Explain the following method of food preservation: 1. Drying 2. Adding Preservatives 3. Canning 4. Pasteurization 5. Vacuum packing

1. Drying:



Drying food items like food grains, fruits and vegetables remove the water content of the food. This prevents the growth of micro-organism.

Examples: Wheat, Paddy, Grapes, Mango slices etc are dried and used.

2. Adding Preservatives:



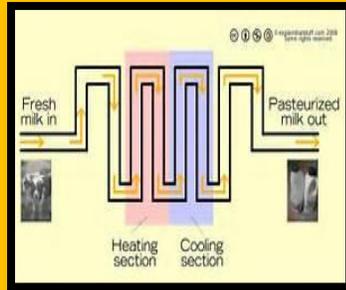
Salt, Sugar and Vingier are commonly used as preservatives. Fruits and vegetables are preserved using with salt and sugar vinegar certain chemical are also used as preservatives.

3. Canning:



Preservatives are added to cooked food and they are sealed in cans fruits sweets like rasgulla and some vegetables are canned.

4. Pasteurization:



Boiling the milk and then cooling it quickly kills the germs present in the milk. This method is known as pasteurization Louis Pasteur discover this method.

5. Vacuum Packing:



Packing food in a packet that has no air in it. Since there is no micro organisms can grow