

My food, My Choice

Did you know that humans started preserving food even before the discovery of fire? Humans would freeze food on ice in colder regions and dry foods in tropical regions. Today, other than freezing and drying, we use a lot of other techniques to preserve food. Can you list some of them?

Task 1: What spoils first?

Material needed

A slice of tomato, a slice of cooked potato, a spoonful of tomato ketchup or *chutney*, a potato chip, a spoonful of wheat flour and a piece of bread or *chapati*, petri-dishes or watch glass

What you will do?

Keep all the food items in plates or watchglasses separately and label them. Make sure you cover the plates with a lid or a beaker (in case of watch glass). Observe them everyday for change (if any) in color, appearance or smell. You can record your observations in the table below. Repeat this for 3-4 days or until your teacher asks you to record.

Table: What changes do you see in the food samples you are observing? Record in the table below

Tomato/Potato/Wheat	Day 1	Day 2	Day 3	Day 4
Colour				
Appearance				
Smell				
Ketchup/Chip/Bread or <i>chapati</i>				
Colour				
Appearance				
Smell				

Now that you have completed 3-4 days of observation, you can answer the following questions:

1. Which all foods have spoiled? How do you know they are spoiled?

2. Which food was the first one to spoil and how did you know it was spoiled?

3. Which foods are still fresh and why have they not spoiled?

Table: What is the difference between a tomato and tomato ketchup; a potato slice and potato chip; wheat flour and bread? What are the additional changes in a ketchup, a chip or bread?

Tomato	Ketchup/chutney
Potato slice	Potato chip
Wheat flour	Bread/Chapati

4. **Look at the table ab and answer the questions.** Now, tomato ketchup/chutney, potato chip and bread/chapati are made from tomato, potato and wheat, respectively. Wheat flour stay fresh for longer compared to a tomato or potato slice? Why?

6. Do you think tomato ketchup/chutney or potato chip will stay fresh for longer? What is in these foods that they don't spoil quickly? Can you find out what all is present in preserved foods?

I crave...

We all crave that one delicious packed food. It may be a crisp like chips or biscuit, a chocolate, a drink, a namkeen or other packed food. Which is your favourite packed food?

What makes you buy that food? Tick whichever is applicable (You can tick more than one).

I like its taste My friends like it It comes with a special gift

It is advertised by my favourite star/sportsperson Any other reason

Please state your reason

It is highly likely that the packed food of your choiced is also advertised on the television. Now, your teacher will show you a video of a packed food/drink. You will then have a class discussion. After the discussion, watch the advertisement of your favourite food again. Is there anything that surprised you about the ad. of your favourite food?

Task 3: Explore the labels

Have you ever CAREFULLY seen the backside of a packet of chips or *namkeen* or biscuit? Take a look at the backside of the packet that you have brought or your teacher gives

1. What all information does it provide?

2. Which nutrients are present in the food label you explored?

3. After reading the food labels, is there anything that surprised you?

4. Which food would you prefer out of the ones displayed? Why?

5. When you go out for buying packed food, how will you make a choice, now that you can explore a food label?

6. Any other information on the label that you consider equally important?

7. Any other information which is NOT on the label but you think it should be added to the label?
