

Subject – Food Prep and Nutrition **Food preservation and spoilage**

Food Preservation	
Freezing	Between -18 and -20. Bacteria becomes inactive
Refridgeration	Below 5c, bacterial growth is slowed down
Pickling	Vinegar prevents the growth of microorganisms
Bottling	Heating to high temperatures and storing in a salt solution
Vacuum packing	Increase shelf life by removing oxygen, meat
MAP	Modified atmospheric packaging Increase shelf life of salads.
Salted	Fish, removes moisture and increases shelf life
Smoked	Fish, removes moisture and increases shelf life
Cured	Cold meats like salami, chorizo, hung and dried
Canning	Subjected to high temperatures to destroy all bacteria

TECHNICAL VOCABULARY	
Salmonella	Poultry, raw eggs, transferred by people too
Campylobacter	Raw and undercooked meat, untreated water
E. Coli	Raw meat, dirty water, animal waste contamination
Cross contamination	Raw meat comes into contact with cooked food
Food spoilage	Caused by detioreation and decay of food
Enzymes	Protein molecules which contain chemical reactions, <u>only active after slaughter or harvesting</u>
Mould	Grow on food, some are harmless used to make blue cheese
Bacterial contamination	Most common form of food poisoning, growth requires - Food, warmth, moisture, time
yeast	Are anaerobic cells, cause high sugar content food to spoil
Toxins	Produced by food poisoning bacteria cause illness



Effects of food waste	
7 million tonnes	Of food and drink products thrown away annually
Most common waste items	Fresh fruit and veg, baked goods, high risk food
Reasons for waste	Past sell by date, mouldy, poor portion control, Unpleasant smell
Effects on the environment	Taken as landfill to produce harmful methane gas
Reducing impact	Raw waste can be turned into compost Re use left overs
Financial implications of waste	Throwing away money to pay people to remove our waste
Reduction of waste	Meal planning- only buy what you need
	Use food up un cupboards first
	Cook the correct amount of food, portions
	Re use left overs or freeze them

Reasons for high waste	
Over Packaging	To attract shoppers- buy local, less packaging
Imperfect fresh produce	Wrong size and shape veg rejected
Overstocking	Supermarkets don't want to run out and loose custom
Special offers BOG OFF, 2 for 1	Encourage people to buy more than they need
Larger packs more economical	More waste is incurred
Purpose of packaging	Protects, preserves, allows transport, informative
Plastic, glass, tins, metal, cardboard	Negative impact
	A lot of energy to produce
	Not all is recyclable
	Hazardous to wildlife