

National Institute of Open Schooling
Senior Secondary Course: Home Science
Lesson 9: Food Preservation
Worksheet-9

1. Your brother is curious to know why the milk is boiled and cannot be had fresh from the dairy. Explain to him the need to boil milk giving reasons
2. On visiting your sister who is a farmer you see lots of wastage after a good harvest. Share with her at least two household methods of food preservation that she can use to prevent this wastage
3. Use a flowchart to show the general process of making a pickle. Using this information develop the recipe of any winter vegetable pickle.
4. Your friend Sunita has an orchard of guava. Assist her in making Guava jam. Write down the recipe for her specifying the ingredients and the method
5. The ladies of your mother's friend group need help to start a venture of preparing homemade squashes. Guide them about the general procedure of making squashes and the precautions that they need to follow while bottling.
6. You have bought fresh peas in bulk at a very low price. What can you do to ensure that they last for a long period and are available in summer months when peas are costly? Write down in detail the process that you will use to preserve them.
7. How does dehydration preserve food? Mention four food items which can be preserved by this method.
8. What will happen if the pickle is not covered with a layer of oil? Write two scientific basis for doing so.
9. Explain the role of the following in preparing jelly:
 - a. Straining of fruit juice
 - b. Adding pectin
 - c. Boiling of the juice
 - d. Addition of citric acid
10. You have to explain the need of food preservation to people living in a jhuggi. Write a small poem/song to explain the need for preserving food and the basic principles of preserving food.