

OUR FOOD

Preparing food:

The act of cooking food is an essential part of everyday life. Preparing food is an extremely important art and essential for life. There are many ways of preparing food. Cooking methods can range from boiling water to grilling a steak. The rice we eat is prepared by boiling in water but the potato fry you like is fried in oil and the cake you love is always baked. There are many different ways to cook food. Let us know about few cooking methods now.



- ❖ **Boiling:** It is a cooking method in which food should be in a pan of liquids, which must be kept boiling all the time, quite of bubbles seen on the surface and the boiling temperature is 100°C .
- ❖ **Steaming:** It is a cooking method that is done by moist heat. This means cooking your food in water vapor over boiling water. Ex: Preparation of idly.
- ❖ **Roasting:** It is applied to the cooking of large pieces of meat on fire. It is basically a high heat form of baking, where food gets drier and browner on the outside by initial exposure to high temperatures. This prevents most of the moisture being cooked out of the food.
- ❖ **Frying:** Food is fried when it is placed or immersed in oil at high temperature.
 - Deep frying: The food is completely immersed in hot oil.
 - Shallow frying: It is a hot oil based cooking technique. It is used to cook portion sized cuts of meat.

- ❖ **Baking:** It is a method of cooking food by the action of dry heat in an oven. Ex: Bread rolls, cakes, pastries.

Let us know the food items prepared by these processes.

Method of preparing items	Food items
Boiling	Sauces, potato, cabbage
Steaming	Idli, kudumulu
Fermentation	Idli, dosa, curd
Roasting	chicken
Deep frying	Vada, poori
Shallow frying	Chicken, fish
Chopping and mixing	Cheese, garlic
Cutting and mixing	vegetables

Not only these there are various other methods followed in preparation of food.

Preservation of food:

Mango pickle or avakaya is quite important food in our lives. Right! Mangoes are seasonal but we eat this pickle whenever we like to. Our grandmothers and mothers pickled these mangoes and other vegetables by adding spices and salt to preserve and enjoy the food all the time.



Food can undergo spoilage due to various reasons like bacterial contamination, insects, physical and chemical changes etc. Food preservation is one method of protecting food from microbial growth and minimizing the food spoilage.

Methods of food preservation:



1. **Drying:** It is an ancient method of food preservation. Drying decreases the water activity that stops bacterial growth. Meat, fruits like apples, grapes are dried in the preservation process.
2. **Freezing:** Cold food storage is the simplest method of preservation in refrigerators. It slows down the growth of microorganisms to stop the spoilage.
3. **Salting and pickling:** Seasoning removes wet from food like meat. Pickling involves protecting the food in salt solution or marinating in vinegar and oil is also employed to preserve for long time. Salt kills and inhibits the expansion of microorganisms.
4. **Sugar:** Sugar is used in syrup form to protect fruits or in the crystallized form. Sugar also reduces the water content and inhibits the microbial growth. Common sugar preserved foods are jams and jellies.
5. **Pasteurization:** It is a simple and mild heat treatment method to foods like milk to kill most of the microorganisms. On milk packets it is seen that pasteurized milk. The pasteurized products are cooled after heat treatment and packed for sale.

Now let us know about the preservation of foods by following these methods

Types of preservatives	Examples
Adding salt, chilli powder and oil	Pickles
Adding only salt	Fish
Drying	Meat, fish, fruits
Sugar syrup	Jams and jellies

Food preservation decreases the food wastage and makes it possible for us to get the fruits and vegetables even in off-seasons. It also retains the quality of food – texture, color, flavor and nutritional value.