

Student name:
Date:



Principles of home food preservation

1) What is the aim of food preservation?

2) List the six factors that promote bacterial growth.

3) Complete the table by explaining how the different factors can influence enzyme activity and microbial growth.

Factor	Impact on microbial growth and enzyme activity
Temperature	
Oxygen	
Moisture	
pH level	

4) Link the method of food preservations to the brief summary.

Drying	Coating food in salt, or placing in a brine solution.
Chilling	Heating food to destroy micro-organisms and enzymes before adding vinegar and other spices.
Freezing	Heating food to destroy micro-organisms and enzymes before adding large amounts of sugar.
Sugar preserves/Jam	Reducing the temperature to below -18°C.
Salting	Evaporating moisture in food through the application of heat.
Pickling/chutney	Reducing the temperature to between 1°C -4°C.

5) Complete the table below by indicating (✓) which principles are used in each food preservation technique.

Principles used	Drying	Chilling	Freezing	Sugar preserves/Jam	Salting	Pickling/Chutney
Removal of moisture						
Reduction of moisture						
High temperature						
Low Temperature						
Removal of oxygen						
Change in pH						