

| Lesson Number | Title of the Lesson | Skills | Activity |
|---------------|------------------------------|--------------------------------------|---|
| 7 | Purchase And Storage of Food | Creative thinking Decision Making | Prepare a talk to be given to kitchen staff of a student's hostel on ' Safe Handling of Food' |
| | | Problem solving Critical Thinking | |

Summary:

Food that we eat is purchased from the market or is produced in our fields or kitchen gardens. We always pick & choose the best variety available. There are quality indicators which influence our purchase of a food item. Buying in bulk is cheaper but then the problem arises of storage. If food is not stored properly, it can get spoilt by micro-organisms, enzyme action or by rodents and insects. Storage of food depends on their perishability. For some food, the shelf life is very less e.g. fruits & vegetables. For some, its long, e.g. cereals, pulses etc. The term 'Shelf Life' indicates the period in which the food is fresh and safe for consumption. It is also important to handle food safely and hygienically from the stores to the kitchen so as to prevent any contamination or harmful effects.

Principal Points

Classification of Food on the basis of Perishability

| Perishable | Semi-Perishable | Non-Perishable |
|--|--|--|
| <ul style="list-style-type: none"> • Can be stored for 1 -2 days | <ul style="list-style-type: none"> • Can be stored for 1-2 months | <ul style="list-style-type: none"> • Can be stored for several months |
| <ul style="list-style-type: none"> • Less Shelf Life | <ul style="list-style-type: none"> • Shelf life more than perishables | <ul style="list-style-type: none"> • Long shelf life |
| <ul style="list-style-type: none"> • E.g. milk, fruits & vegetables | <ul style="list-style-type: none"> • E.g. Oil, Sooji, Maida | <ul style="list-style-type: none"> • E.g. rice, pulses, tea, sugar |

Build your understanding

Quality Indicators of food

- Freshness
- Natural colour
- Smell
- Cleanliness
- Crispness (Leafy vegetables)
- Softness (Bread)

What is Important to Know

Selection, purchase and storage of food

1. Perishable Foods

| Food Item | Selection | Purchase | Storage |
|---|---|---|---|
| <ul style="list-style-type: none"> Milk | <ul style="list-style-type: none"> Check Colour & smell | <ul style="list-style-type: none"> Buy from clean hygienic dairies/shops | <ul style="list-style-type: none"> Boil & store in a cool place |
| <ul style="list-style-type: none"> Meat | <ul style="list-style-type: none"> Check colour, softness, smell Should not be sticky | <ul style="list-style-type: none"> Buy from reliable shops | <ul style="list-style-type: none"> Cool place/ Freezer |
| <ul style="list-style-type: none"> Bread | <ul style="list-style-type: none"> Check for softness & sponginess | <ul style="list-style-type: none"> Buy from reliable shop | <ul style="list-style-type: none"> Cool place/ airtight containers |
| <ul style="list-style-type: none"> Eggs | <ul style="list-style-type: none"> Check for clean, rough shell No sound when shaken | <ul style="list-style-type: none"> Buy from poultry farms/reliable shops | <ul style="list-style-type: none"> Store pointed end downwards Cool place or basket Do not wash before storing |
| <ul style="list-style-type: none"> Fruits & vegetables | <ul style="list-style-type: none"> Check for cleanliness, freshness, firmness, crispness and thin skin | <ul style="list-style-type: none"> Buy from fresh | <ul style="list-style-type: none"> Cool dry places |

2. Semi Perishable Foods

| Food Item | Selection | Purchase | Storage |
|--|--|---|---|
| <ul style="list-style-type: none"> Sooji, Atta, Maida | <ul style="list-style-type: none"> Clean, no weevils, lumps or webs Package should be sealed and have standardised marks | <ul style="list-style-type: none"> Cooperative Stores or reliable shops | <ul style="list-style-type: none"> Dry air-tight containers |
| <ul style="list-style-type: none"> Ghee/Oils/Butter | <ul style="list-style-type: none"> No stale smell Buy standard brands Check date of expiry | <ul style="list-style-type: none"> Cooperative Stores or reliable shops | <ul style="list-style-type: none"> Keep the lid tightly closed No exposure to air Store butter in a cool place |
| <ul style="list-style-type: none"> Spices | <ul style="list-style-type: none"> Package should be sealed Have standardised marks Check the date of packing | <ul style="list-style-type: none"> Cooperative Stores or reliable shops Do not buy loose spices | <ul style="list-style-type: none"> Dry air-tight containers |

3. Non-Perishable

| Food Item | Selection | Purchase | Storage |
|--|---|--|--|
| <ul style="list-style-type: none"> Cereals & Pulses | <ul style="list-style-type: none"> Clean, without stones, weevils, webs, lumps | <ul style="list-style-type: none"> Cooperative Stores or reliable | <ul style="list-style-type: none"> Clean, dry, air-tight containers |

| | | | |
|---|--|---|---|
| | <ul style="list-style-type: none"> Grains big and hard | shops <ul style="list-style-type: none"> Buy when in season Buy in bulk | <ul style="list-style-type: none"> Dried neem leaves, ayurvedic tablets, haldi and salt can be used for preservation |
| <ul style="list-style-type: none"> Sugar/jaggery | <ul style="list-style-type: none"> Clean, free from dust and dirt | <ul style="list-style-type: none"> Cooperative Stores or reliable shops | <ul style="list-style-type: none"> Dry, clean, air-tight containers |
| <ul style="list-style-type: none"> Tea/ Coffee | <ul style="list-style-type: none"> Packed and sealed packages Check for standardised marks | <ul style="list-style-type: none"> Cooperative Stores or reliable shops | <ul style="list-style-type: none"> Dry, clean, air-tight containers |

Did you know:

1. Causes of Food Spoilage

| Micro-organisms (bacteria, yeast, mould) | Enzymes | Insects & rodents |
|---|--|---|
| <ul style="list-style-type: none"> Produce chemicals which cause food spoilage | <ul style="list-style-type: none"> Spoil fruits and vegetables Change colour, texture, taste | <ul style="list-style-type: none"> Spoil food by eating and make them hollow Contaminate by their excreta |

- Air, heat & moisture also cause food spoilage. Cooked food left outside gets spoilt and becomes unfit for human consumption.
- Some micro-organisms are beneficial. They help to make curd, dhokla, bread, dosa batter etc.

Extend your Horizon

Safe Handling of Food

- Wash hands before cooking and eating
- Wash all raw foods before cooking and eating
- Cover mouth/nose when sneezing
- Nails should be clean
- Hair should be tied or covered with a cap
- Use a separate spoon for tasting food when it is been cooked
- All perishable good to be stored in refrigerator or a cool dry place
- Perishable foods to be consumed fast
- Kitchen and storage space to be clean and dry
- Use clean utensils for cooking and serving

Evaluate yourself

- Which food item amongst the following should be bought in bulk:
Green leafy vegetables, rice, sugar, mangoes, wheat, tomatoes, dals, cauliflowers, oranges, potatoes
- Which of the following are perishable foods?

Tea leaves, coffee, cabbage, wheat flour, lemon, ghee, spinach, milk

Maximize your marks:

- Attempt all the exercises given in the lesson
- Why is it important that the storage space should always be clean and dry?