



**SNS COLLEGE OF NURSING**  
**Saravanampatti (po), Coimbatore.**

**DEPARTMENT OF NURSING**  
**COURSE NAME : BSC (NURSING) I YEAR**  
**SUBJECT : NUTRITION**  
**UNIT: X: COOKERY RULES AND PRESERVATION OF**  
**NUTRIENTS, , METHODS OF COOKING AND**  
**PRESERVATION OF NUTRIENTS.**  
**TOPIC : FOOD PRESERVATION AND ITS METHODS**



# INTRODUCTION



Food preservation essential because it extends the length of time during which the food is nutritionally viable and safe to eat. The aim is to minimize the growth of micro organisms during storage period.





# DEFINTION



Food preservation is the process of treating and handling food to stop or slow down the food spoilage, loss of quality, edibility, or nutritional values and thus allow for longer food storage.





# PRINCIPLES



## A) Preservation or delay of microbial decomposition

- By keeping out micro organisms
- By removal of micro organisms





# PRINCIPLES



- By hindering the growth and activity of micro organisms
- By killing micro organisms using heat and radiation

B) Preservation or delay of self decomposition of food





# IMPORTANCE



- Increases the safety life of food
- Retain the quality of food color, texture, flavor, and nutritional value
- Increase food supply.





# IMPORTANCE



- Decrease wastage of food
- Makes food available throughout the year.



# COMMON FOOD PRESERVATION

**BOTTLING & CANNING:** The food is boiled to kill micro organisms & then sealed to prevent other micro organisms from getting in.



**PICKLING:** Pickling food in vinegar or other acids makes difficult for micro organisms to live the concentrated solution.





# COMMON FOOD PRESERVATION

**DRYING:** A lot of food is preserved by drying under the sun. drying removes most of water from food.



**SALTING:** It is an old age way of preserving food. The salt draws out moisture and prevents micro organisms from growing.



# COMMON FOOD PRESERVATION

**VACCUM PACKING:** It keeps food by sucking air out from its packing. Food is thus preventing from spoilage because is no air.



**COOLING & FREEZING:** Cooling slows down the action of micro organisms. Thus it takes longer to spoil. At freezing temperature microorganisms become inactive.



# COMMON FOOD PRESERVATION

**WAXING:** Waxing of food & vegetables are dipped into liquid wax to prevent growth of fungi.



**PASTURIZATION:** It means heating food to a certain temperature for some time followed by rapid cooling.



# COMMON FOOD PRESERVATION

**BOILING:** A food is heated & cooked, the heat kills the micro organisms.



**SMOKING:** Smoking is the process of drying food with smoke for a long period of time



# COMMON FOOD PRESERVATION

**FOOD ADDITIVES:** Food additives are non – nutritious substances which are added intentionally to food, generally in small quantity to improve its appearance, flavor, texture of storage properties.



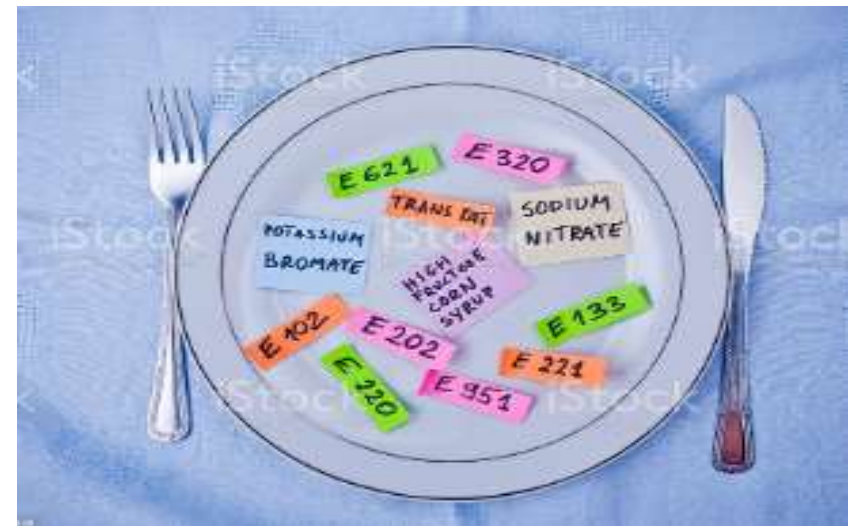


# FOOD ADDITIVES



## FUNCTIONS:

- ✓ Improve or preserve the nutrient value
- ✓ Control acidity & alkalinity & to provide leavening
- ✓ Provide & improve flavor
- ✓ Restore color to food.



# COMMON FOOD ADDITIVES

**ANTIOXIDANTS:** It aim to prevent food containing fat or oil from going rancid due to oxidation



**COLOUR:** It is aimed to restore color lost during processing or storage.



# COMMON FOOD ADDITIVES

**FLAVOUR ENHANCERS:** It brings out the flavor in foods without imparting a flavor of their own.



**SWEETNESS:** It includes intense sweeteners E.g., Saccharin, have a sweetness many times that of sugar.





# COMMON FOOD ADDITIVES

**EMULSIFIERS & STABILIZERS:** Emulsifiers help to mix ingredients together that would normally separate. Stabilizers prevent ingredients from separating again.



**GELLING AGENTS & THICKENERS:** These agents used to change the consistency of food.





# CONCLUSION



Food preservation prevents the food from being spoiled by the action of enzymes and microorganisms. It increases the safe storage period of food stuffs.





# ASSESSMENT



- 1) Define food preservation and food additives
- 2) Explain methods of food preservation
- 3) Describe about common food additives





# REFERENCE



- Darshan sohi, “ A comprehensive textbook of applied Nutrition and dietetics” , 3<sup>rd</sup> edition, published by Jaypee publication.
- Shella John, Jasmine devaselvam, “Essentials of Nutrition and dietetics for nursing”, 2<sup>nd</sup> edition, published by Wolters Kluwer.

