

L7 – PURCHASE AND STORAGE OF FOOD

Keywords

Perishable	Shelflife	Indicators	Soggy	Cottony
Enzymes	Rodents	microorganism	Excreta	Nausea

In-text questions

In-text Questions 7.1

1. Classify the following foods as perishable (P), semi-perishable (SP) and non-perishable (NP).

Perishable	Semi-Perishable	Non-Perishable
Bhindi	Besan	Rice
Banana	Pappad	Sugar
Milk	Cooking oil	Urad dal
Tomatoes	Wheat flour	Wheat
Apples		Moong dal
Green peas		Jaggery
Spinach		

In-text Questions 7.2

1. Define the following terms
 - i. Perishable

Cannot be stored for more than one or two days at room temperature, that is, they have a shelf life of 1 or 2 days. Milk is a good example of perishable food.

ii. Semi-Perishable

Can be kept for a couple of weeks or even a month or two. They have a longer shelf life than perishable foods. Potato, arbi, onions, ginger, biscuits and namkeens, are some examples of semi-perishable food.

iii. Non-perishable

Food can be kept for a couple of weeks or even a month or two. They have a longer shelf life than perishable foods. Potato, arbi, onions, ginger, biscuits and namkeens, are some examples of semi-perishable food.

2. Mention common quality indicators for the perishable, semi perishable and non-perishable food items.

Types	Food items	Indicators
Perishable	Banana	i. Should be soft but firm. ii. Should have clear and undamaged skin
Semi perishable	Ghee and oils	i. Never purchase loose ghee/oil as it may be adulterated ii. Check date of expiry
Non perishable	Sugar and salt	i. Sugar should be dry ii. Should be clean

		and proper colour
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In-text Questions 7.3

1. Rice can be kept for a long time since its moisture content is:

- a. high
- b. medium
- c. low

because microorganisms cannot work on it.

2. Bacteria is a/an

- a. enzyme
- b. rodent
- c. micro-organism

because it is present in the atmosphere all the time. They settle on the outer layer of foods.

3. Fruits and vegetables remain fresh if the temperature is

- a. warm
- b. cool
- c. hot

because Microorganisms cannot grow at low temperatures.

In-text Questions 7.4

Select the correct answer:

1. Before storing, green leafy vegetables should be wrapped in

- a. brown paper
- b. moist muslin cloth
- c. newspaper
- d. polythene packet

2. Eggs should be stored with pointed ends
 - a. straight
 - b. **downwards**
 - c. upwards
 - d. angled
3. Rice can be stored using
 - a. neem leaves
 - b. special ayurvedic tablets
 - c. lumps of salt and turmeric
 - d. **all of the above**
4. Perishable food items can be stored in refrigerator for
 - a. one day
 - b. a week
 - c. **limited time**
 - d. unlimited time

TERMINAL EXERCISE

1. Give three examples each of perishable, semi-perishable and non-perishable foods.

Perishable food	Semi-perishable food	Non-perishable food
Milk	Suji	Dal
Fruits	Maida	Dry fruit
Eggs	Jam	Salt

2. List two points we must keep in mind while selecting the following foods:
 - a. Rice
 - i. Should be clean without any stones.

- ii. Should not have any lumps or webs which are formed because of insects and weavils.
 - b. Vegetables
 - i. Should be clean, fresh, firm and crisp
 - ii. Select a diverse range of colourful produce. Different coloured vegetables contain different nutritional benefits.
 - c. Bread
 - i. Press it between your fingers. If soft to touch, it is fresh
 - ii. Just enough to last 1-2 days only
 - d. Meat
 - i. Fresh meat is always pink in colour
 - ii. Kept it in cool place
 - e. Maida
 - i. Should not have lumps or weavils
 - ii. Packets must have standardisation marks
 - f. Canned food
 - i. Check the colour
 - ii. Buy from clean and hygienic place
3. What are the main causes of food spoilage and factors speeding them?
- Three causes - Micro organisms, enzymes, insects and rodents.
- Factors - Various factors cause food spoilage, making items unsuitable for consumption. Heat, moisture, air and spoilage bacteria can all affect both safety and quality of foods.

Previous-Year Questions

1. Classify foods on the basis of perishability. Give example of each. 4 marks

Perishable	Banana
Semi perishable	Ghee
Non perishable	Rice

2. Mention four advantages of buying packaged food.
 - i. Less chance of growth of microorganisms
 - ii. Prevent insects
 - iii. Slow down the process of food spoilage
 - iv. Flavour, color and taste of the foodstuff are retained
3. Write two suggestions each for selecting and storing pulses and brinjal at home.

Pulses

Selecting

- Should not have any lumps or webs which are formed because of insects and weavils.
- Grains should be big, hard and dry.

Storing

- Store in clean, dry and air tight containers.
- Special ayurvedic tablets can be used. Tie these in muslin cloth so that it becomes easy to remove before cooking.

Brinjal

Selecting

- It should be slightly firm but not hard.
- The skin is vivid, smooth and shiny.

Storing

- Store in a cool place
- Wrap the brinjal in a paper bag

4. List four reasons of food spoilage in your kitchen
- i. Leave dals or spices in paper bag
 - ii. Biscuits would become soggy if it is not stored properly
 - iii. Namkeen would lose their freshness if its not in air tight container
 - iv. If cooked dal or vegetables are left outside the refrigerator, a white cottony layer can be seen on top of the dal. It is spoilt.
5. What could be two indicators of semolina being not fit for consumption?
[1]
- i. You will see that the insects have grown on them.
 - ii. You will see lumps in it.
- This happens because they are not stored properly.
6. Enumerate four points each to be kept in mind while selecting meat and fish. Oct 2015
- i. Fresh meat is always pink in colour.
 - ii. Meat should be firm, yet soft and have a smooth surface.
 - iii. Should not have a rotten smell.
 - iv. Meat and fish should not feel sticky.
 - v. Fish gills should be bright red in colour.

