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**DIPLOMA IN ENGINEERING  
PROBIDHAN-2016**

**FOOD TECHNOLOGY (669)**

***4th SEMESTER***

# **Presentation on Food Preservation**

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# Principle of Fresh food

Fresh food is food which has not been preserved and has not spoiled yet. For vegetables and fruits, this means that they have been recently harvested and treated properly postharvest; for meat, it has recently been slaughtered and butchered; for fish, it has been recently caught or harvested and kept cold.










# Storage of food at low Temperature

- ❑ Foods are stored at low temperatures to prevent the growth of microorganisms, activity of enzymes, and purely chemical reactions.
- ❑ Freezing prevents the growth of most foodborne microorganisms and refrigeration temperatures slow down the growth of microorganisms.
- ❑ Refrigeration below 5 °C effectively retards the growth of many foodborne pathogens.
- ❑ The cooling rate is important in controlling the growth of microorganisms. A slow cooling of food allows time to microbial growth.
- ❑ This can occur in a large volume of hot or warm food in a big container. Refrigerated foods have limited shelf life due to microbial growth.
- ❑ In frozen foods, microorganisms will not grow, but there will be survivors after long storage.
- ❑ There are four distinct low-temperature methods for the preservation of foods namely room-temperature storage, chilling, refrigeration, and freezing.

# Storage life of food

farmflavor.com

## How Long Will My Groceries Last?

Ingredients	Room Temp	Refrigerated
poultry 	<b>2 hours</b>	<b>1-2 days</b> Chicken can last 1 year when frozen
beef 	<b>2 hours</b>	<b>1-2 days</b> Beef can last 6-8 months when frozen
pork 	<b>2 hours</b>	<b>1-2 days</b> Pork can last up to 6 months when frozen
eggs 	<b>a few hours</b>	<b>3-5 weeks</b>
bread 	<b>5-7 days</b>	<b>1-2 weeks</b> Bread can last 2-3 months when frozen
fruits and veggies 	Produce items vary from a few days to a couple of weeks to months. They usually last longer in the fridge than at room temperature.	Produce items last longer in the refrigerator. Just remember that they will go bad faster once they are chopped or cut.
milk and dairy 	<b>a few hours</b>	Milk & dairy can last a while when refrigerated. Make the call with your nose & eyes. If you see mold or smell anything sour, pitch it.

source: FoodSafety.gov

## Storage of vegetables and fruits products

The **storage products** in seeds are predominately carbohydrates, oils and proteins, which are synthesized and **stored** in specialized tissues during seed development.

Ultimately the **storage products** ensure successful establishment of the new **plant**, and the vigor of the young seedling.

Fresh **fruits and vegetables** need low temperatures (32 to 55°F) and high relative humidities (80 to 95 percent) to lower respiration and to slow metabolic and transpiration rates.

Avocado, apples, bananas, citrus **fruits**, berries, peaches, apricots, and nectarines **should** be stored out of the fridge. **Refrigerating** these **fruits** will result in loss of flavors and textures



## Chapter 2

# Snacks Food

A snack is a portion of food often smaller than a regular meal, generally eaten between meals. Snacks come in a variety of forms including packaged and processed foods and items made from fresh ingredients at home. Traditionally, snacks were prepared from ingredients commonly available in the home.



# Types of Snacks Food

A meal is different from a snack in that meals are generally larger, more varied, and more filling than snacks.

Some serve dinner as the main meal at midday, with supper as the late afternoon/early evening meal; while others may call their midday meal lunch and their early evening meal supper

## Types of snack foods

- Almonds.
- Apple slices.
- Bagel with cream cheese.
- Macarni
- Candy bar.
- Carrot Chips.
- Cashews.
- Cheese, a larger cold prepared **snack**.
- Noddles
- Potato Crackers



# Potato Chips making Flow chart



# Meat based snacks in Bangladesh

## List of Top Bangladeshi Food

- ❑ Paratha.
- ❑ Kachchi Biryani – Special Bangladeshi Food.
- ❑ Bhuna Khichuri.
- ❑ Patla Khichuri – Romantic Bangladeshi Food.
- ❑ Morog Polao (Chicken Pilaf)
- ❑ Rice with Curry, Vorta, Vaji, and Daal – Everyday Bangladeshi food.
- ❑ Grilled Chicken with Naan Roti.
- ❑ Haleem.

Fig:Porata

