



Preserving Your Catch

You're on a Quest!

Modern technology allows humans to gather and store foods – whether the food has been gathered in the wild or harvested from a farm – much longer, and with far better results, than ever before. Modern preservation methods help foods retain fresher colors, flavors, textures, and nutrients.

Directions: In this activity, you will explore the science behind food preservation techniques.

1. First, select three preservation methods from the list below that you want to learn more about.
2. Use the resources available at your local library, on the Internet (see links below), and perhaps in your own kitchen (cookbooks, parents, etc.) to find out the following details about the three methods you've chosen:
 - Describe the science involved in the preservation method: What is done to the food? Why?
 - List the kinds of foods are typically preserved this way. Is this a method that is used to preserve fish market products? If so, which ones? Why do you think this method is used for these products?

Preservation Methods:

- Vacuum packed
- Frozen
- Freeze dried
- “Flash” frozen
- Pickled
- Salted
- Canned
- Refrigerated/Iced
- Irradiated
- Smoked



Internet Resources:

<http://home.howstuffworks.com/food-preservation.htm>

http://news2.news.wisc.edu/whyfiles/find_it/index.html?get=t&w=18

<http://www.uga.edu/nchfp/index.html> - choose from the menu on the left-hand side of this page “How Do I?”

Follow the links in the center of the page for the science of each method.

**QUEST: Investigating Our World is a regional public television series
seen on Maine Public Broadcasting Network, Vermont Public Television, and New Hampshire Public Television**



Major funding for Quest is provided by the National Science Foundation. Additional support is provided by Irving Woodlands, by gifts to More Connected, More Maine. The Campaign for Maine Public Broadcasting Network's Programming, and Desiree Carlson, M.D.

