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Food Preservation: Keeping Food Safe

Every day you do one thing, no matter how you are feeling or how your day went: You open your refrigerator or your cupboard to get a snack that has been waiting for you to eat. Every person needs food to live, plain and simple; it's one of the necessities for life. All things need care, including food, that's why preserving it is so vital. Many people underestimate the power and importance of food preservation. If an everyday person was without a way to keep food, they would struggle to have safe food at their fingertips. It is so important that everyone has safe food awaiting in their kitchen. Food preservation has changed the world greatly because without it we wouldn't be able to safely store food and our lives wouldn't be as convenient. Considering there are so many different methods, it's easy to do.

Food preservation is very important when it comes to our health. Microorganisms and bacteria can build up on spoiled food which can cause sickness (Frey 378). Sickesses like food poisoning can occur; which will cause vomiting which is never a good time. That's why preserving your food can be so beneficial so sicknesses is prevented. You could get food poisoning from not just spoiled food but also unsanitary drinking water. Also food preservation is extremely important for big food companies. If they are making a big batch of canned food that they will sell if it exposed to bacteria and then the company sells it they will have to have a recall (Frey 380). When companies recall products then the consumer can return the product.

Recalls are horrible for companies because they get the reputation of having unsafe food. Then they will not have many consumers. Food preservation has changed the way that companies have, make, and keep food safe. This helps both the big company and the consumer.

All throughout time food preservation has made our lives so much more convenient. Without the methods we have to preserve food we wouldn't have safe food at our reach all of the time. Back before food preservation was discovered; people would have to hunt, harvest, and prepare food every time they needed to eat something (Nelson 451). This is very hard to do because sometimes it takes a while to get the food they need. All families had to keep animals and slaughter them when they wanted meat. They would have to do this quite often because meat spoils very quick. The earliest forms of food preservation was done by the people living in middle eastern countries as early as 12,000 B.C. They would dry their fruit in the heat of the sun which made it last longer ("Food Preservation Is as Old as Mankind"). This form of preservation had developed throughout the years but this was one of the earliest forms of drying food. Also the Arabs figured out how to dry and boil apricots; they continued to do these methods to other foods as well ("Food Preservation"). Once people started to discover that the food they were harvesting could be kept safe to eat for longer periods of time they tried to figure out as many ways to preserve the food as they could. Now that we have so many ways to preserve food it is hard to think about what it was like for people who didn't have these methods.

Preserving food these days is quite easy because we have so many different methods to choose from. These methods prevent the food from spoiling so they are safe to eat. First is canning, this popular method is done by tightly sealing the food into a can. The bacteria is sealed away and it can't get into the can causing the food to spoil. They can be stored in hot or cold area

and pretty much anything can be stored into can to keep it safe. There is also drying which has been discovered a very long time ago but it has been slightly changed over years. Now we have different technology to dry our foods to preserve them but essentially it has the idea. You remove all water from the food which means no microorganisms will be able to grow and contaminate the food. Pickling is another method that is commonly used. You can add vinegar to the food and that will change the PH level in the food to prevent enzymes from the microorganisms from growing (“GCSE Bitesize” 1). Adding cold to food can preserve it and there is many ways do this. You could chill the food at about 39 degrees fahrenheit and you can freeze it at 32 degrees fahrenheit. Both chilling methods will prevent and kill all microorganisms so it will take a longer time for it to spoil. Finally, a French bacteriologist named Louis Pasteur invented food pasteurization and this method has changed the way we eat dairy (“Food Preservation”). Pasteurization is mainly done to dairy products and there are three ways to do it. You can plainly pasteurize the food by boiling it at about 149 degrees fahrenheit for about 30 minutes. You can also flash pasteurization which is heating it at 160 degree fahrenheit for a minute and 15 seconds. Lastly there is ultra-high-pasteurization which is heating it at 194-266 degrees fahrenheit for a minute or more. Heating it kills the bacteria and adds compounds like BHA and BHT to prevent it from spoiling (“Food Preservation”). There is so many more methods to preserve food but these are a few that are quite popular to do. It is very important to preserve the food using one of these foods so it doesn't become spoiled.

All in all, food preservation is very important because it prevents the food from spoiling so it is safe to eat. There are so many methods to use so the food doesn't go bad. If you do eat unpreserved food that has gone bad you could get food poisoning which means you get very

sick. Also it is important that companies do not get recalls so the company doesn't get a bad reputation for having unsafe food. Also there is so many different preserving methods to keep the food safe depending on what food you need to preserve. Food preservation keeps food safe, it keeps our lives convenient, and it's easy to do because of the great number of methods. Imagine if you got home from whatever you were doing that day and you had to go outside and get all the food you need for you and your family to eat rather than going to you refrigerator and grabbing a quick snack. It is so important that we have food preservation in our lives and without it we would have the pleasure of safe easy to eat food.

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