

5-4

Exploring Preservation Techniques


Throughout your research, the team has learned about many different recipes and dishes people eat around the world and in your community to meet their dietary needs. Many of these dishes require fresh foods that can only be stored and eaten for a short period of time before they spoil. Throughout history, humans have developed many different techniques around the world to keep food for longer periods of time. You may have heard of pickling, canning, drying, or making jams or jellies. These are all cooking techniques that can preserve food for longer periods of time. Cooking techniques that preserve food for extended times can help support a healthy diet when fresh foods may not be accessible in your community. Food preservation can also reduce the chance the fresh food will spoil before you can eat it, reducing food waste. Learning about and using a variety of different preservation techniques could help the team when thinking about actions to address local food issues in your community.

Objective



In this task, the team will learn about and try a variety of food preservation techniques. Then the team will collect recipes and techniques used within your community to preserve food. In this task, the team will be focusing on the following question from the question map:

• What are different local and global food preservation techniques?

1. Access the Put It Up! methods at <https://nchfp.uga.edu/putitup.html>
2. Select one or more of the food preservation methods from step 4 and try it.
3. Go to the Task 5-4 folder and get the Preservation recipe organizer. 
4. Using resources or people and partners in your community, identify a local recipe that people use to preserve food for longer periods of time.
5. Complete the Preservation recipe organizer about the technique.
6. Include information about any special tools, instructions to use the tools, ingredients, and instructions to preserve the food.
7. Discuss how information about food preservation techniques could be useful when thinking about the problem question, **How do we ensure good nutrition for all?**



Task 5-4: Exploring Preservation Techniques: Recipe Organizer

Complete this recipe organizer about a preserved food eaten in your community, or a recipe from somewhere else that you would like to try and make yourself.

Dish Name:

Ingredients list

List what cooking tools you will need in order to make your dish. Any special tools, pots, pans, etc?



Write out the cooking instructions for your dish.

Are there other foods that you would recommend eating this dish with when it is ready to eat?

