

CHAPTER-4
QUESTION-ANSWERS

Q1) What is food spoilage?

Ans1) Food spoilage is defined as damage to food making it unsuitable for human consumption.

Q2) What are the causes of food spoilage?

Ans2) There are mainly three types of causes of food spoilage, i.e, biological chemical and physical causes. Biological causes comprise of growth and activity of micro-organisms such as bacteria, yeast and moulds; Activity of food enzymes and damage due to pests, insects and rodents etc.

Q3) What is the difference between food spoilage and food wastage?

| Food spoilage | Food wastage |
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| a)Food spoilage can be defined as the damage of food making it unsuitable for human consumption. | a)Food wastage or food loss is the food that is wasted, lost or uneaten. |
| b)There are three main causes of food spoilage,i.e, biological, chemical and physical. | b)The causes of food wastage are numerous and occur at the stages of producing,processing,retailing and consuming. |
| c)For example- Fish,meat,milk and bread get spoilt after a period of time as they have short storage life. | c) Examples of food wastage are leftovers from a meal , expired food , wastage during peeling etc. |

Q4) What is shelf-life?

Ans4) The length of time for which an item remains usable, fit for consumption or saleable.

Q5)Why food shelf-life is important for consumers ?

Ans5) The aim of shelf-life is to help consumers make safe and informed use of foods. The shelf-life of food should only be considered valid, if the product is purchased intact and undamaged. Consumers should always follow manufacturer's instructions on storage , particularly temperature and use of the product after opening.

Q6)Why is there information on food packaging ?

Ans6) Every packaged food provides a list of all the ingredients contained in the food. The ingredients are listed from greatest to smallest quantity.

Q7) What does expiry date on food mean ?

Ans7) Expiration date tells consumers the last day a product is safe to consume.

Best before date on the other hand tells you that the food is no longer in its perfect shape from that date. It May just lose its freshness, taste , aroma or nutrients. It does not necessarily mean that the food is no longer safe to eat.

Q8) What is FSSAI and what is its role in maintaining the food safety and standards in India ?

Ans8) FSSAI i.e, Food Safety and Standard Authority of India is an autonomous body established under the Ministry of Health and Family Welfare, Government of India.

It has been created for laying down science based standards for articles of food and to regulate their manufacture, storage, distribution, sale and import to ensure availability of safe and wholesome food for human consumption.

One of the functions of FSSAI is to maintain the quality of food in the country.

Q9) What is food preservation ?

Ans9) A process by which certain foods like fruits and vegetables are prevented from getting spoilt for a long period of time. The colour, taste and nutritive value of the food is also preserved.

Q10) What are the different methods of food preservation ?

Ans10) The different methods of food preservation are :-

- a) Pickling- Food preserved in vinegar such as vegetables, meat, etc
- b) Salting- Food preserved in salt such as fish, meat, etc.
- c) Smoking- Smoking of fish and meat prevents spoilage by dehydration.
- d) Bottling or Canning- In this food contents are processed and sealed in an airtight container or bottle at high temperature.
- e) Pasteurization- It is the process of heating milk below boiling point to kill pathogenic bacteria .
- f) Refrigeration- In this the food items are kept at low temperature or cold.
- g) Sterilization- In this microbes are removed from food by boiling, like milk is sterilized by boiling at 100°C.
- h) Dehydration- The process of removal of water from food.
- i) Lyophilisation- Rapid freezing and dehydration of frozen product under vacuum.
- j) Chemical additives- Substances added to food to preserve flavour or enhance its taste and appearance or prevent spoilage.

Q11) What does red dot and green dot on food products mean ?

Ans11) In India, the packaged food is required to be labelled with a mandatory mark indicating whether source of product is vegetarian or non-vegetarian. Vegetarian food is identified by a green dot while non-vegetarian food is identified with a red dot.