***All Saints Secondary School***

 ***Jss 2 Home Economics***

 ***Topic - Perishable and Non-perishable foods***

 Perishable foods are those foods that can spoil easily. Examples are fish, meat, green vegetables, tomatoes, pepper, fruits, milk and butter. These perishable foods should only be bought and used as and when needed.

 ***STORAGE OF PERISHABLE FOODS***

 Deep freezers and refrigerators may be used to store some imperishable foods that may last a couple of weeks or more. In that case, the food must be well wrapped or covered, when foods are chilled or frozen, the action of bacteria is arrested. But when the food has thawed and is kept at room temperature, the bacteria will start to function again for this reason. For this reason, foods that have been thawed must never be refrozen.

 ***Hints on the storage of the perishable foods***

1- Fresh meat and fish can be stored in the freezer.

2- Fruit and vegetables can be stored at the lowest part of the refrigerator. Some fruits and vegetables can also be stored in the freezer for prolonged period. Examples - Tomatoes, pepper, washed bitter leaf e.t.c.

3- Prolonged storage of fruits and vegetables in the refrigerator can cause some of them to loose their taste, colours and nutritive values.

4- Perishable foods can also be processed into forms that can store for fairly long periods. For instance, some vegetables and fruits can be dried while fish and meat can be smoked.

 ***NON- PERISHABLE FOODS***

 These are foods that do not spoil easily. These can keep for a long time if stored properly. Example include - rice, maize, different types of beans, flours, sugar, dried maize. These foods can be bought in bulk outside the refrigerator.

 ***Hints on the storage of non- perishable foods***

1- Store only foods that are free from weevils.

2-Store foods in dry and well covered containers.

3- Foods such as beans, maize, soya bean, e.t.c. can be stored for very long periods in an air- tight container.

 ***FOOD STORAGE***

 Food storage involves keeping preserved or purchased food in safe condition or suitable facility for use. Important considerations in food storage are:

1- Safety and quality of the food.

2- Effective use of simple storage facilities.

3- Proper storage of perishable and non- perishable foods.

 ***IMPORTANCE OF PROPER STORAGE OF FOOD***

1- It prevents food from spoilage.

2- It prevents loss of food nutrients.

3- It helps the home maker to save money.

4- It saves time and energy on going to market.