



**6**



**Technology and Livelihood Education**

**Quarter 2 – Module 6:  
 Home Economics**



Name of Learner: \_\_\_\_\_

Grade & Section: \_\_\_\_\_

Name of School: \_\_\_\_\_

JANUARY	<i>Makugiton</i>
FEBRUARY	<i>Mahiguagaon</i>
MARCH	<i>Matinabungan</i>
APRIL	<i>Matinahuron</i>
MAY	<i>Mahapsay og Malimpyo</i>
JUNE	<i>Maabtik og Masurod sa Dsuksong Oras</i>
JULY	<i>Maantigo og Maabilidad</i>
AUGUST	<i>Maginhambanon para sa Ubon</i>
SEPTEMBER	<i>Madaginton</i>
OCTOBER	<i>Matinud-anon</i>
NOVEMBER	<i>Masaligan</i>
DECEMBER	<i>Maalampon</i>

**TLE – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 6: Ways of Food Preservation**  
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## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you understand fully about family. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course.

This lesson will expand your knowledge about the different ways of preserving food. The module is all about the different ways of food preservation and its benefits.

After going through this module, you are expected to:

Explains different ways of food preservation (drying, salting, freezing, and processing)

- a. Identify the different ways of preserving/processing of food;
- b. Conduct an inventory of foods that can be preserved/processed using any of the processes on food preservation;
- c. Discusses the processes in each of the food preservation/processing method;
- d. Explains the benefits derived from preservation/processing.



## ***What I Know***

Directions: Read each question carefully, then shade the circle of the correct letter.

1. It is a process where you store fruits and vegetables at a cold temperature.  
 A. Freezing  
 B. Refrigeration  
 C. Salting  
 D. Canning
2. If tuna can be preserved through canning, what other food that follows the same process?  
 A. Fish  
 B. Meat  
 C. Poultry  
 D. Shells
3. It is the process of preventing food spoilage.  
 A. Food preserving  
 B. Food prevention  
 C. Food reservation  
 D. Food preservation

4. Which among the preservation method can be done by using salt?

- A. Freezing  
 B. Drying

- C. Salting  
 D. Curing

5. Atchara is a product of what process?

- A. salting  
 B. freezing  
 C. pickling  
 D. drying

## Lesson

# 1

## Ways of Food Preservation

The effects that go with food observation are loss of color, flavor, and nutrients. Food is considered perishable if not properly stores. For it remains edible for a long time, you have to apply food preservation.



### *What's In*

At different times of the year, some foods are abundant, especially fruits and vegetables. Consequently, when these foods are not consumed, they get spoiled and wasted. There are times when these foods are hard to find in the market, and, thus, they become expensive. Lack of food supply and wastage of excess foods are problems that can be solved by food preservation.

#### **Food Preservation and its goal**

Food preservation is the process of preventing food spoilage by creating conditions under which microorganisms cannot multiply and grow. Some preserved foods nowadays are delicious and full of flavor. Some are considered delicacies that people crave for. Food preservation is the answer to the problem of inadequate food supply as well as the need for nutritious and palatable meals for the family.

The goal of food preservation is the prevention of spoilage. Delay in the use of fresh foods alters its freshness, taste, and nutritive value. Spoiled food becomes unfit for use. Correct food preservation techniques can prevent spoilage and retain the nutritive value, natural color, and texture of the food. It is also very important to maintain the sanitation of food.



## What's New

### Different ways of preserving food

- **Drying**- This is the easiest and the most common method. The moisture content of the food is removed.

**Drying under the sun** – food is salted and placed under the sun.

**Mechanical dryer** – uses artificially heated air with the use of a machine.

Example: tuyo, pork skin, monggo, shrimp



- **Salting** – Application of salt to the food to be preserved.

Example: bagoong, burong manga, mustard, salted egg, fish sauce



- **Freezing** – This is a quick and convenient way to preserve food such as meat, meat, poultry, and fish, which are stored in the freezer until they are to be consumed.



- **Refrigeration**- Food is kept at low temperatures to prolong their freshness. Example: eggs, milk, fruits, vegetables



- **Smoking** – This is a method in which food items such as cured meat or fish are exposed to smoke not only to preserve them but also to add flavor and color.

Example: tinapa, tapa, longganisa , ham



- **Curing** – This method is done by soaking or injecting meat with preservatives like sugar, salt, and vinegar solution.

Example: longganisa, tocino



- **Pickling** – Adding pickling solution vinegar, salt, and sugar to vegetables like grated green papaya, ginger, carrots, onion, and bell pepper.



- **Canning** – This is a method in which processed food is placed and sealed in airtight cans.

Example: sardines, tomato sauce, pineapple sauce



### Different ways of preserving fruits

- **Sugar Preservation**

Jam- the fruit is mashed and cooked with sugar

Jelly – clear fruit juice cooked with sugar, which gelatinizes in cooking

- **Sterilization** – this process involves using heat to kill microorganisms and bacteria. After sterilization, the food item must be stored properly to have a shelf life of up to several years.



### **Benefits of food preservation**

Food preservation is important for the following reasons:

1. It contributes to better nutrition for the family by preventing scarcity of food. Balanced meals may be attained only if there is a year-round supply of fruits and vegetables
2. It is a means of increasing family income. When the harvest is abundant, and the food supply is more than enough for the family, the excess products can be preserved and sold in the market.
3. It helps in the economic development of the country since the excess foods can be preserved and sold in the market.
4. Foods are made available throughout the year. They may be preserved in preparation for the coming event like the town fiesta, Christmas, and other special occasions.
5. Food preservation makes food or harvest available in places where they are not prepared or grown.
6. It is profitable as a hobby, as well as a means of livelihood.



### **What is It**

- Food preservation is the process of preparing food for future consumption by preventing its spoilage.
  - You can preserve food with the through *drying, salting, freezing, refrigeration, smoking, curing, pickling, and canning*.
  - You can preserve fruits via *sugar preservation* or *sterilization*.
- Food Preservation helps us through:
- It contributes to better nutrition for the family by preventing scarcity of food.
  - The excess foods can be preserved and can be consumed later on.
  - Fish, fish products, dairy products, vegetables, shrimps, meat are the foods that follow drying, salting, freezing, refrigeration, smoking, curing, canning, pickling food preservation.
  - Correct food preservation techniques can prevent spoilage and retain the nutritive value, natural color, and texture of the food.



## What's More

A. Directions: Circle the eight words that are related to food preservation.

C	L	S	M	O	K	I	N	G	P	Q	R	U	P	Q	P	T	S
A	P	P	L	A	U	P	Q	F	K	A	F	J	I	A	L	F	A
S	T	E	R	I	L	I	Z	A	T	I	O	N	C	S	M	G	L
S	O	O	K	S	J	L	S	R	L	S	V	K	K	D	O	H	T
D	U	I	J	F	R	E	E	Z	I	N	G	L	L	F	I	T	I
F	R	U	H	D	N	K	Z	T	J	Z	C	M	I	R	U	R	N
G	T	Y	G	F	M	M	X	Y	H	E	T	N	N	T	J	E	G
H	R	T	I	G	B	R	E	U	G	D	Y	O	G	Y	M	S	P
N	E	R	D	N	H	D	W	I	F	C	H	P	T	U	N	W	U
B	W	E	S	H	G	S	D	O	D	C	U	R	I	N	G	Y	L
V	R	E	F	R	I	G	E	R	A	T	I	O	N	I	B	I	H



## What I Have Learned

Directions: Answer the following questions. Write your answer on the space provided.

1. What is food preservation? \_\_\_\_\_

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2. What are the different ways of preserving food? How are they done? \_\_\_\_\_

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3. What are the benefits derived from food preservation? \_\_\_\_\_

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4. How do you preserve fruits, fish, eggs, vegetables, and meat? \_\_\_\_\_

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5. Give examples of food found in your locality that can be preserved using the different ways of preserving food. \_\_\_\_\_

6. How can food preservation business contribute to the livelihood of a family and community? \_\_\_\_\_

7. What other foods can you preserve? \_\_\_\_\_



## ***What I Can Do***

Practical Activities:

Directions: Write your answers of the following questions in your notebook.

- A. Discuss with your family members the different food preservation processes and their examples.
  
  
  
  
  
  
  
  
  
  
- B. Interview your parents as to what food preservation process do they usually apply/use in your home.



## Assessment

Directions: Read each question carefully, then shade the letter your answer.

1. Eggs can be preserved BEST through \_\_\_\_?

- A. Freezing
- B. Smoking
- C. Salting
- D. Canning

2. If fish can be preserved through canning, what other food that follows the same process?

- A. Tuna
- B. Meat
- C. Poultry
- D. Shells

Jam	tinapa	longganisa
	yakult	strawberry
dressed chicken	eggs	
dried fish	Patis	

3. For this item, Study the words in the box. Which food can follow the salting, curing, and canning process?

- A. Yakult, Jam, Patis only
- B. Longganisa, dried fish, tinapa only
- C. Dressed chicken, eggs, strawberry only
- D. Patis, Tinapa, dried fish only

4. Which among the preservation method can be done by the heat of the sun and machine?

- A. Freezing
- B. Drying
- C. Salting
- D. Curing

5. If you are to make atchara, which process you will follow?

- A. Soak them in preservatives
- B. Add pickling solution
- C. Exposed to smoke
- D. Exposed to low temperature

6. Which is the BEST way to preserve the excess meat that will be used the following day?

- A. Dry it under the heat of the sun using the drying method
- B. Freeze them under the freezing temperature.
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- C. Refrigerate in a low temperature to retain freshness.
- D. Inject preservative to last for a period of time.

7. Aling Maria is a fish vendor. She wasn't able to sell all her fish. She decided to preserve it. Why?

- A. so that all the fish will be eaten
- B. so that all the fish will be sold the next day
- C. so that the fish will be spoiled
- D. so that fish will still be fresh

8. Aling Nena is skilled in food preservation. How does she help her family?

- A. she rarely goes to the market to buy food
- B. she gives extra income to the family
- C. she has additional work to do
- D. she will have additional expenses

9. Which of the following statements tell about benefit from food preservation?

- A. improves nutritional contents
- B. difficult to keep and store
- C. Food easily gets spoiled
- D. needs more time in food preservation

10. With the present trend of living, how does food processing helps our consumer?

- A. processed food hardly find in the market
- B. processed food allows the consumer to spend much less time in preparation and cooking
- C. processed food does not allow quick and easy consumption
- D. processed needs more time to prepare.



## ***Additional Activities***

Directions:

- A. Perform drying, freezing, or refrigeration process in your home.
- B. For a week, list down the food processing process that your parents performed/used.
- C. Write your observations in your activity notebook.



## **Answer Key**

<b>Assessment</b>	1. C 2. A 3. D 4. B 5. B 6. B 7. B 8. B 9. A 10. B
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<b>What's More</b>	1. salting 2. smoking 3. curing 4. refrigeration 5. freezing 6. drying 8. pickling 8. sterilization
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<b>What I Know</b>	1. B 2. A 3. D 4. C 5. C
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## **References**

TLE HE: Food Preservation/ Iba't-ibang Pamamaraan ng Pag-iimbak ng Pagkain, published January 09, 2015, DepED LRMS: Department of Education