



Technology and Livelihood Education

Quarter 2 – Module 8: Home Economics



Name of Learner: _____

Grade & Section: _____

Name of School: _____

| | |
|-----------|--|
| JANUARY | <i>Makugiton</i> |
| FEBRUARY | <i>Mahiguagaon</i> |
| MARCH | <i>Matinabungan</i> |
| APRIL | <i>Matinaheron</i> |
| MAY | <i>Mahapsay og Malimpyo</i> |
| JUNE | <i>Maabtik og Masurod sa Dsuhtong Oras</i> |
| JULY | <i>Maantigo og Maabilidad</i> |
| AUGUST | <i>Maginhuhuhunon 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 8: Select food to be preserved/processed based on the availability of raw materials, market demands, and trends in the community

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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 family. the module is all about family resources and needs (human, materials and nonmaterial)

After going through this module, you are expected to:

Select food to be preserved/processed based on the availability of raw materials, market demands, and trends in the community.

- a. Identify a good quality of food to be preserved/processed
- b. Explain the importance of selecting good quality of foods to be preserved/processed
- c. Select foods according to demands and need of the community



What I Know

A. Directions: Choose the letter of the best answer. Write the letter of the correct answer in the space provided.

1. The first consideration in choosing food to preserve is to find out____.
 - A. those that are cheap
 - B. those that are in the market
 - C. those available in your home garden
 - D. those available in the community
2. The efficient preparation of food preserves needs____.
 - A. careful planning
 - B. careful measurement of ingredients
 - C. tools and equipment
 - D. all of the above
3. Good quality, fruits and vegetables should be____.
 - A. fresh with bright color characteristics of the fruits and vegetables
 - B. of usual size and shape
 - C. in abundance since they are in season
 - D. uniform in texture and color



What's In



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

Ways/Methods of Food Preservation

1. **Salting** – This method makes use of salt as the main ingredient together with other ingredients like sugar, pepper, and other spices. Salt is in the form of rock salt or fine salt. Salt is a preservative agent that is effective in keeping away bacteria from food.
2. **Drying** – This method involves the removal of the water content in the food until it becomes dry. Bacteria do not thrive in dried food because they need water to grow. The drier the food, the better because the least are the chances that the bacteria will stay in it.
3. **Sugar Preservation** – This method makes use of sugar as its preservative agent. This is used in making jams, jellies, marmalades, candies, and other sugar preserves.
4. **Freezing** – In this method, the food is placed in a freezing compartment as soon as the food reaches a temperature of 0°C, the moisture in the surface freezes. The more rapid the freezing, the better the result. Through this method, the good quality of the food is maintained.
5. **Pasteurizing** – This is heating food like wine, milk, and fruit juices, to at least 62°C for 30 minutes for conventional pasteurization of 88°C for 1 minute, or 103°C for 10 – 15 seconds, or 121°C for 1 – 3 seconds. Flash pasteurization produces products that are superior in color and flavors than conventional pasteurization. It is also time-saving.



What's New



Food quality is the quality characteristics of food that is acceptable to consumers. This includes external factors as appearance (size, shape, color, gloss, and consistency), texture, and flavor; factors such as federal grade standards (e.g. of eggs) and internal (chemical, physical, microbial).

Consumers have a right to expect that the foods they purchase and consume will be safe and of high quality. They have a right to voice their opinions about the food control procedures, standards, and activities that governments and industry use to ascertain that the food supply has these characteristics. While consumers, governments and others play an important part in ensuring food safety and quality, in free-market societies the ultimate responsibility for investing the physical and managerial resources that are necessary for implementing appropriate controls lies with the food industry - the industry that continuously oversees the manufacture and processing of foods, from raw ingredients to finished product, day in and day out.



What is It



Choosing Good Quality Foods for Preservations

Good quality preserves start with the proper selection of good quality ingredients. Whether this is a fruit, vegetable, meat, fish, or poultry, it is important to know the characteristics to look for in the food you are buying.

The following are guides in the proper selection of food for preservation:

A. Vegetable or Fruits

- fresh with a bright color characteristic of the specific fruit or vegetable
- free from cuts, bruises, and blemishes
- preferably in season, because they are in



abundance, cheap, and are usually in their freshest stage

- have a pleasant smell or odor characteristic of the fruit or vegetable
- skin is free from wrinkles, dark spots, and diseases
- of uniform sizes and shapes
- of the right degree of maturity and ripeness required for preservation

B. Fish

- fresh with the characteristics of slightly seaweed smell
- has bright, tight scales
- eyes are clear, and gills are bright red in color
- of uniform sizes and shapes required for preservation
- the body is firm and is well-shaped



C. Meat

- does not have a foul or unpleasant odor
- has well-marbled fat distributed in the lean meat
- beef meat is red in color
- pork meat is pinkish in color
- skin must have a stamp of Bureau of Animal Industry
- firm and fine texture



D. Egg

- Shell is slightly rough
- Sinks in water
- Clear when placed before the light
- Yolk stands firm



Guides to Wise Buying

1. Prepare a list of what to buy, where to buy, when to buy, and the amount to spend in buying needed items. It helps to write in your list a detailed description or specification of every item or ingredients you need for a specific recipe. For example, if you plan to make “papaya pickles,” you can write the following in your list:

1 kilo green papaya, grated, no seeds, no yellow color, uniformly grated, crisp, and fresh

2. Buy fruits that are in season because they are abundant, cheap, and are in their freshest.
3. Buy at the time when vegetables are very fresh and when fish and meat have just arrived in the market. Observe the best time to buy different kinds of food.
4. Survey the market to find the lowest price for the best quality.
5. Establish a *suki* who is trustworthy and reliable.



What's More

Directions: In the first column, put a check (✓) if you agree on the practice and a cross (X) mark if you disagree. On the second column, draw a star (★) if you practice it, and a circle (○) if you do not.

| Practices | Agree / Disagree (✓) or (X) | Practice/Not Practice (★) or (○) |
|---|--------------------------------|-------------------------------------|
| <ol style="list-style-type: none"> 1. Fruits and vegetables in the season are the best buys for making preserves. 2. Make it a bit habit to compare prices of one item from different stores to know which offers the lowest price. 3. Make preserves only when the ingredients are locally available in your community. 4. Assist your mother in her cooking. You will learn while you help. 5. View films, videos, and TV programs on cooking demos. 6. Assist your mother or sister in marketing. Know the best quality of fruits, vegetables, fish, and meat as you see them. 7. Collect recipes on your food preserves. This gives you plenty of recipes to choose from. 8. Experiment on one recipe until you perfect it. | | |

| | | |
|---|--|--|
| 9. Learn to interpret and follow the recipe. | | |
| 10. Master the preparation of one recipe that you can make into a business in the future. | | |



What I Have Learned

What is Food Quality?

What is the importance of choosing a good quality of food for preservation?

How can you effectively prepare before going to the market to find good quality of food?

Why should you be efficient in choosing good quality of food to be preserved?

7. Success in choosing the right food in going to the market starts with ____.
- A. careful planning C. making a list of what is needed
B. thinking ahead D. knowledge on the characteristics of the food
8. The good quality egg should have ____.
- A. slightly rough shell C. dark greyish color
B. hard thick, smooth shell D. very rough shell
9. Which of the following is true about the good quality of foods?
- A. they are expensive C. they are difficult to find
B. they are more nutritious D. all of the above
10. What is the best practice for choosing a good quality of food?
- A. be familiar with their appearance, texture, and flavor
B. be familiar with their price at the market
C. read a lot of cooking books
D. watch a lot of cooking show



Additional Activities

Answer the following:

1. Why is food preservation an essential skill?

2. How would you relate wise buying to food preservation?

3. What are the factors to consider in choosing food to preserve?



Answer Key

What I Know

1. D
2. D
3. A
4. D
5. A
6. EGG
7. FISH
8. FRUITS/
VEGETABLES
9. FISH
10. MEAT

Assessment

1. D
2. D
3. D
4. A
5. D
6. A
7. C
8. A
9. B
10. A

What's More

No model answer –
response will depend on
example chosen by
student.

References

Food Quality, last modified April 2016,

[https://en.wikipedia.org/wiki/Food_quality#:~:text=Food%20quality%20is%20the%20quality,chemical%2C%20physical%2C%20microbial\).](https://en.wikipedia.org/wiki/Food_quality#:~:text=Food%20quality%20is%20the%20quality,chemical%2C%20physical%2C%20microbial).)

Lesson 6: Food Selection, Purchasing and Storage

https://wikieducator.org/Lesson_6:_Food_Selection,_Purchasing_and_Storage

Consumers and food safety: A food industry perspective by Sherwin Gardner

<http://www.fao.org/3/v2890t/v2890t05.htm>