

Food Preservation Badge

(written by Doreen Olson)



Otter: Do 4 requirements including the 2 starred

_____ 1.* Choose 3 of the following methods of food preservation and work with an adult to help process some food with those methods. If it is not possible to preserve by as many methods as you wish, you may substitute using a preserved food to make a dish. The methods are:

freezing, drying, candying, canning, salting, pickling, freeze-drying, vacuum-packing, surrounding a food with inert gas such as nitrogen or CO₂, smoking, refrigerating, and fermenting

_____ 2.* Choose 3 foods and eat them each prepared in three ways—fresh and after two different types of preservation. Which ways are your favorites?

_____ 3. Make jam, jelly or other canned items to give as gifts. Make decorative labels and decorate the lid.

_____ 4. Visit a food processing plant to watch food being processed or watch a video about how food is processed and preserved.

_____ 5. Take some of your preserved food to a food bank or help process something that's been donated so that it won't spoil.

_____ 6. Try at least 3 recipes that use preserved foods.

_____ 7. Visit your county fair and check out the preserved foods competitions. Why do you think one item scored higher than others? What types of things are the judges looking for?

_____ 8. Learn about the history of food preservation.

Dolphin: Do 5 requirements including the 2 starred

_____ 1.* Complete Otter requirements 1 & 2, but choose 5 methods of food preservation.

_____ 2.* Figure out one advantage and one disadvantage for the above methods of preservation. What is blanching and how do acids such as lemon juice help with food preservation? Why do people preserve food?

_____ 3. What are some ways to preserve food without a lot of equipment? What are the ways to preserve food that have only been available during the last one hundred years? Which methods of food preservation use the least space for storage? Which ones keep food preserved the longest?

_____ 4. Know recommended packaging materials for freezing food. Know how to properly wrap meat, and how to label food for the freezer. Create and maintain a freezer inventory for at least 2 weeks.

_____ 5. Visit a food processing plant to watch food being processed or watch a video about how food is processed and preserved.

_____ 6. Take some of your preserved food to a food bank or help process something that's been donated

so that it won't spoil.

_____ 7. Try at least 3 recipes that use preserved foods.

_____ 8. Make jam, jelly or other canned items to give as gifts. Make decorative labels and decorate the lid.

_____ 9. Know the steps in preparing a home canned item, show how to test a seal and prepare canned foods for storage. What is the difference between hot water bath canning and pressure canning? When should each be used?

_____ 10. Visit your county fair and check out the preserved foods competitions. Why do you think one item scored higher than others? What types of things are the judges looking for?

_____ 11. Learn about the history of food preservation.

Butterfly: Do 6 requirements including the 2 starred

_____ 1.* Complete Dolphin requirements 1 & 2, but choose 6 methods of preservation.

_____ 2.* What are the things that make food spoil? (heat, light, oxygen, microbes, pests) Look at some food pests or some food-spoiling microbes with a magnifying glass or microscope. What kinds of diseases can be caught from spoiled food? What happens to nutrients when food spoils? How about taste and appearance? How can you tell if preserved foods have spoiled? What is botulism and how can you prevent it?

_____ 3. Know recommended packaging materials for freezing food. Know how to properly wrap meat, and how to label food for the freezer. Create and maintain a freezer inventory for at least 2 weeks.

_____ 4. Visit a food processing plant to watch food being processed or watch a video about how food is processed and preserved.

_____ 5. Take some of your preserved food to a food bank or help process something that's been donated so that it won't spoil.

_____ 6. Know the steps in preparing a home canned item, show how to test a seal and prepare canned foods for storage. What is the difference between hot water bath canning and pressure canning? When should each be used?

_____ 7. Try at least 3 recipes that use preserved foods.

_____ 8. Make jam, jelly or other canned items to give as gifts. Make decorative labels and decorate the lid.

_____ 9. Visit your county fair and check out the preserved foods competitions. Why do you think one item scored higher than others? What types of things are the judges looking for?

_____ 10. Learn about the history of food preservation.

Eagle: Do 7 requirements including the 2 starred

_____ 1.* Complete Butterfly requirements 1 & 2, but choose 7 methods of preservation.

_____ 2.* Make jam, jelly or other canned items to give as gifts. Make decorative labels and decorate the lid.

_____ 3. Know recommended packaging materials for freezing food. Know how to properly wrap meat, and how to label food for the freezer. Create and maintain a freezer inventory for at least 2 weeks.

_____ 4. Visit a food processing plant to watch food being processed or watch a video about how food is processed and preserved.

_____ 5. Take some of your preserved food to a food bank or help process something that's been donated so that it won't spoil.

_____ 6. Know the steps in preparing a home canned item, show how to test a seal and prepare canned foods for storage. What is the difference between hot water bath canning and pressure canning? When should each be used?

_____ 7. Try at least 3 recipes that use preserved foods.

_____ 8. Learn about a career in the food preservation industry. Have you ever thought a career in meat packing, convenience food research & development, or managing a packaging plant? Read a book, talk to someone in this career or research it on the internet. What type of education do you need? What type of pay can you expect?

_____ 9. Visit your county fair and check out the preserved foods competitions. Why do you think one item scored higher than others? What types of things are the judges looking for?

_____ 10. Learn about the history of food preservation.

Web Sites:

National Center for Home Food Preservation: <http://www.homefoodpreservation.com>

University of Georgia College of Family and Consumer Sciences Publications: Food Safety and Preservation: <http://www.fcs.uga.edu/ext/pubs/food/canning.php>

University of Georgia Cooperative Extension Service, *Preserving Food: Drying Fruits and Vegetables*

fact sheet: http://www.uga.edu/nchfp/publications/uga/uga_dry_fruit.pdf

USDA Complete Guide to Home Canning, 1994:

http://www.uga.edu/nchfp/publications/publications_usda.html