

# FOOD PRESERVATION



## Are You Into It?

Learn the skills and safety practices of home food preservation. Practice the art of canning, freezing, and drying to make delicious food items.

- Learn the major methods of food preservation
- Practice food safety
- Demonstrate food preparation by using the foods you have preserved
- Learn what equipment is needed and how to use them

## Grow In Your Project

### Starting Out Beginner

Learn about nutrients that allow you to make choices for healthy eating

Understand how to avoid common kitchen accidents

Learn about the seven major types of food preservation

Learn what equipment is needed for each type of preservation

### Learning More Intermediate

Learn how to safely dry foods for top quality

Learn how to safely freeze foods and maintain quality

Learn about pressure canning basics

Learn how to safely preserve foods by water canning methods

### Advancing Horizons Advanced

Understand the guidelines for freezing fruit and vegetables

Learn how to can tomato products, jams, jellies, and pickles

Learn how to can combinations of food items such as spaghetti sauce with meat

Dry fruits and vegetables using various drying methods

## Step It Up!

Pass it on! Now that you know how, share it with others. Here are a few ideas on how.

### Communication

Create a presentation on how to preserve foods and food safety tips.

### Citizenship

Work with a local agency to help establish neighborhood gardens and gardening crop preservation classes.

### Leadership

Teach a group of Clover Kids how to create a simple snack or dessert by preserving food items.



## College and Career Connections

You may want to consider a career as a chef or cook. The chef prepares food in restaurants or dining establishments. The head chef, cook, or executive chef supervises culinary workers and the entire kitchen staff. Sometimes they supervise the entire restaurant.

Training may include attending one of the following:

- Culinary Arts School
- 2 or 4 years college
- Armed Forces

In addition to being a good cook, you should also have these personal qualities:

- Good communication skills
- The ability to listen without judging, share ideas, and help others
- Good writing and reading comprehension skills
- Be able to problem solve and think critically
- Be an active listener and learner
- Be organized
- Practice time management skills
- Be a team player
- Exhibit professionalism

## Exhibit Ideas

Display preserved items

Create a poster presentation on:

- Food safety
- How to read a nutritional label
- How to can fruit and vegetables can be preserved

## Resources

### 4-H Resources

### Other Resources

### Record Keeping

4-H Curriculum:

Freezing (FP500)

Drying (FP501)

Boiling Water Canning (FP502)

Pressure Canning (FP503)

[Choosemyplate.gov](http://Choosemyplate.gov)

Skill-a-thon on tasting foods from various preservation methods

Demonstration on the advantages of preserving food or showing how to create and cook an item from preserved foods

4-H Project Record (Y620)

Missouri 4-H Recognition Form

Level 1 - (Y2000)

Level 2 - (Y2100)

Level 3 - (Y2200)