

Preserving Foods

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OVERVIEW

Children will have the opportunity to discuss how foods were preserved in the past and why those methods were necessary. They will experiment with one method of food preservation.

STANDARDS

- History Standard 2.3: Students apply knowledge of the past to analyze present-day issues and events from multiple, historically objective perspectives.
- Math Standard 5: Students use a variety of tools and techniques to measure, apply the results in problem-solving situations, and communicate the reasoning used in solving these problems.

OBJECTIVES

After completing this activity, students will be able to:

- Gather information from historical photographs.
- Understand that food was preserved in a variety of ways before refrigeration.

INQUIRY QUESTIONS

- What are some of the foods that have been canned by the girls in the picture?
- What fruits and vegetables were grown by local farmers?

MATERIALS

- Doing History CD-ROM disk or Internet site to research the topic:
20th Century: Food, Clothing and Shelter: Food: photographs 1-2

PROCEDURE

1. Have the children use the inquiry questions to guide them through the CD-ROM disk or Internet site to research the 20th Century: Food, Clothing, and Shelter topic.
2. Ask the children to focus on photographs #1-2 in the Food section that show girls displaying canned foods, and a variety of fruits and vegetables grown by local farmers.
3. Discuss food preservation with the children, including various methods of preserving food, i.e. root cellars, drying, canning, and why those methods of preservation were necessary.
4. Complete the activity, "Fruit Leather," with the children.

ASSESSMENT

Use the class discussion to assess understanding.

Fruit Leather

Drying fruit is one way to store food for a long time. If people did not preserve a variety of food well, they had little or nothing to eat in the winter.

Materials:

Each group will need:

- 1 cup fresh or frozen/thawed fruit
- Bowl and fork
- Cookie sheet lined with plastic wrap, drying rack
- Measuring cups and scales

Prepare Fruit:

Wash and drain fruit. Squash berries with a fork. Larger fruit (apples, bananas) can be sliced and dried.

Measure the Fruit:

Record the weight and volume of the fruit on a chart.

Spread the Fruit to Dry:

Pour squashed fruit mixture a cookie sheet.

Arrange sliced fruit in a single layer on drying trays so air can pass all around the pieces.

Set to Dry:

Put fruit in a warm dry place, preferably in the sun. It will take 3-4 days.

Fruit leather can be dried in the oven on the lowest setting (or around 100 degrees).

Measure Completed Fruit Leather:

Chart the weight and volume of the fruit leather and compare with the pre-dried measurements.

EAT!!

Discussion Questions:

1. Why did the dried fruit weigh less than the fresh or frozen fruit?
2. Why is dried fruit useful?
3. What are some of the foods we eat that are dried?