

**Pointers: Mangoes round the year.**

### **1. Spoilage of Food**

- Food gets spoiled due to **heat, moisture, or microorganisms** like **fungus** and **bacteria**.
- Spoiled food changes in **smell, color, and taste**.
- Eating spoiled food can cause **illness**.

### **2. Signs of Spoiled Food**

- **Bad smell**
- **Change in color**
- **Sticky or slimy texture**
- **Gas bubbles or swelling in packets**

### **3. Food Preservation Methods**

- Helps in keeping food **fresh and safe** for a longer time.
- Common methods:
  - **Drying** – e.g., papad, pickle ingredients
  - **Salting** – e.g., pickles
  - **Sugaring** – e.g., jams, jellies

- **Boiling** – e.g., milk
- **Refrigeration** – e.g., storing vegetables, milk
- **Sealing in airtight containers**

#### 4. Traditional Food Preservation

- **Pickling** – using **oil, salt, spices** to preserve mangoes, lemons, chillies.
- **Making papads** – drying dough in the sun.
- **Drying fruits and vegetables** in the sun to prevent spoilage.

#### 5. Microorganisms

- Tiny living things like **bacteria and fungi** that we cannot see.
- They cause food to **rot and spoil**.
- Grow in **warm and moist** places.