Food preservation is known as the science which deals with the process of prevention of spoilage of food thus allowing it to be stored in a fit condition for future use. Preservation ensures that the quality, edibility and the nutritive value of the food remains intact.

Preservation involves preventing the growth of bacteria and other microorganisms.

**Chilling**:

Storing food at a low temperature is the simplest, and often safest, way to store many types of food, as the food you plan to chill usually requires minimal preparation.

Fridges preserve the quality and safety of food because the cold slows bacterial growth and minimises spoilage. Depending on the type of food, it can last between a few days and a few weeks in the fridge before the texture and taste deteriorate.

**Freezing**:

If stored properly, frozen food can last for months. In fact, because bacteria cannot grow when frozen, food you keep in the freezer can remain safe to eat for almost indefinite periods of time. We should use most frozen food within a few months or a year.

**Sugaring**:

Preserving food in a high-sugar environment stops bacterial growth by reducing the food’s water content. It works particularly well for fruit: we can make jam and marmalade that lasts for a long time, and you can use canning to store it.

We may use sugaring to preserve foods such as Fruit, Vegetables, Fish, and meat.

Using an excessive amount of sugar comes with health risks.

**Salting**:

Similar to sugaring, salt draws water out of food and stops bacterial growth. In high concentrations, it can even destroy bacteria cells, although by this point the food is likely unappetizing.

We apply salt to food, such as meat, and leave it to draw out the water. And, we can mix salt with water and add food to the liquid to preserve it.

As with sugar, excessive salt consumption can harm health.

**Canning:**

Keeping food canned significantly extends its lifespan, but only if done correctly. The canning process preserves food by removing oxygen through an airtight seal and containing food in an acidic, sugary, or salty environment, where bacteria cannot thrive.

**Vacuum Packing:**

Vacuum packing takes away bacteria from oxygen by creating an airtight atmosphere. While food may not last for as long as canned goods, vacuuming still extends its storage life for much longer than keeping food in the fridge or in a cupboard.

Vacuum packing also has value as a preservation method because it preserves the quality without the need for other ingredients (unlike canning). It usually maintains the food’s smell, colour, taste, and texture. In the absence of air, vacuum packed food also retains its moisture, which ensures optimum food quality.