

**EASTERN CAPE**

**Province of the**

**DEPARTMENT OF EDUCATION**

**CONSUMER STUDIES GRADE 10 TERM 2 WEEK 3**

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**FOOD STORAGE**

1. **Perishable foods:**

* Foods that must be covered and stored in the refrigerator or in a freezer.



1. **Semi perishable foods:**

* Foods that spoil within between four to ten days at room temperature.
* Eggs, butter, margarine and cheese can be

stored in the refrigerator for between two and six weeks.

* Bread can be covered and stored in a cool place for few days or frozen for a few months.
* Fruit and vegetables can be stored in a well ventilate cupboard or in the refrigerator.



1. **Non- perishable foods:**

* Non-perishable foods can last for longer than two weeks at room temperature.
* These foods can be stored in sealed containers in a cool, dry place for a few months.
* Canned foods, preserves and long-life milk can be stored for months until they are opened, then they must be stored in the refrigerator.



**PROPER FOOD STORAGE IS IMPORTANT FOR THE FOLLOWING REASONS:**

* Preserve the quality of food
* Nutritional value
* Appearance, texture and flavour
* Saves money since it prevents food spoilage and waste
* Prevents food- borne illness caused by micro-organisms

**STORAGE AREAS**

**DRY STORAGE**

* Areas should be dry, cool, dark and well ventilated.

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**COLD STORAGE – REFRIGERATOR STORAGE**

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* Can be in the refrigerator or freezer.
* A refrigerator should operate between 20C and 40C

**FREEZER STORAGE**

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* A freezer should operate at -180C

**GUIDELINES FOR PROPER FOOD STORAGE**

* Check the ‘best- before’ and ‘use- by ‘dates on labels.
* Follow the storage instructions on food labels.
* Do not store potentially hazardous food in the temperature danger zone.
* The ‘first in, first out ‘rule should be followed.

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**KITCHEN PESTS**

* Kitchens are warm and have food and water
* They are natural place for pests to thrive
* Kitchen pests feed mostly on spices, dried fruit, cereal products and dog food
* Kitchen pests include cockroaches, flies, ants, rats and mice

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**General guidelines to control pests**

* Get rid of clutter
* Fix dripping taps
* Remove all rubbish from kitchen every day
* Waste bins seal properly
* Remove dirt and food from drains
* Make sure rubbish area is clean and without strong odours.
* Keep kitchen clean.
* Cover all food- Do not leave food out overnight.

**WASTE CONTROL AND RECYCLING**

* Waste is a growing issue for our society

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**Problems caused by waste**

* Waste is ugly - has negative impact on

tourism, as it spoils the landscape

* Pollutes the air, soil, rivers and

ground water

* Creates major health hazards

to people if it is not cleaned up

* It fills up landfill sites

**Responsibility of waste control**

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* Every person is responsible to reduce waste
* Municipality is responsible for the collection of waste in different areas

**THREE Rs BEST WAY TO CONTROL WASTE**

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* Reduce
* Reuse
* Recycle

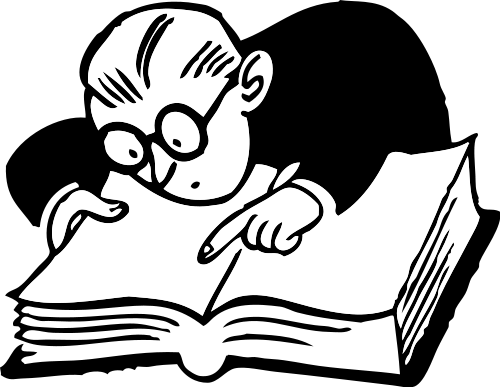
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**Benefits of recycling waste**

* Reduces waste and save landfill space
* Create jobs
* Saves energy
* Reducing manufacturing costs - Reduce litter

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| **Products that can be recycled** | **Products that cannot be recycled** |
| * Glass bottles and jars * Plastic products * Metal containers (tin, aluminum, and steel cans) * Paper (newspapers, magazines and mixed paper) | * Ceramics * Car wind screens * Laminated food containers (fruit juice and long-life milk boxes) * Very dirty recyclable products * Garden waste * Bubble wrap * Dead animals * Takeaway coffee cups |

**TERMINOLOGY**



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| **TERM** | **EXPLANATION** |
| 1. Sell by date | * Tells the store for how long to display the product for sale. |
| 1. Best for date | * Tells you for how long the product will retain its best flavour or quality. |
| 1. Use by date | * Tells you the latest recommendation date for using the product while it is still at its peak quality. |
| 1. Packaging date | * Is only for the use by the manufacture to track inventory, rotate stock or locate a product. |