Day-7 | SCIENCE | CLASS-8

Date-8.04.2020 | Ch- Food Production | PAGE. Genius DATE.....M.....Y.....

Topic - Storage, Food from animals.

Storage:- There are different ways to store the food, which depend on moisture content of food:-

(I) **Storage of grains:-** Harvested grains are dried to remove moisture and then stored in metal or earthern containers, gunny bags or grain silos. The godowns are first fumigated to get rid of pests.

Fumigation - The process of using the vapours of a chemical to get rid of pests and infections is called fumigation.

Silos:- Grain silos are tall structures built in such a way that grains can be stored at different hught.

Buffer Stock:- Surplus stock of grains which is preserved for emergencies like drought and floods is called buffer stock.

(II) **Storage of fruits and vegetables:-** Fruits and vegetables which have high moisture, are stored in cold storage. Two important things that has to be controlled in a cold storage are:-

(i) Temperature between 0-4°C (ii) High humidity

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Food from Animals: - Animal products are rich in vitamins and proteins. Animal proteins are better than plant proteins because
- completely digested
- contain some essential amino acids.

(amino acid - Structural unit of Protein)

Animal Food: -

(1) **Milk** - It contains almost all vitamins (except vit. C) and essential minerals like calcium & phosphorus; proteins, carbohydrates and fats.

(2) **Eggs:** -

Egg
- White of egg - albumen protein, vit B
- Yolk of egg - fat, vit A, B, calcium, iron and phosphorus.

(3) **Meat** - Meat is a good source of high-quality protein, vitamin A, B and D, iron, Zinc and phosphorus. There are two types of meat

- **Red Meat** - High fat content. ex:- meat of goats, sheep, pigs and cow.
- **White Meat** - Low fat content, easily digestible, healthier than red meat ex:- meat of fish and chicken.

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