

## ***ASSIGNMENT***

1. List out the advantages and disadvantages of processed fruits and vegetables.
2. Make a note of all the perishable commodities in your kitchen. (For your kind information : Honey is the only non perishable edible commodity on earth )
3. Sort out all the edible commodities before keeping them in refrigerators.
4. Note the volume difference between the normal fruits and dehydrated fruits.
5. Taking a calendar, Mark all the fruits and vegetables you know according to the availability of them around the year. List out the seasonal and unseasonal fruits and vegetables.
6. Visit to your nearest Food processing unit and make a note of the types of Preserving method they are using.
7. Stay at a field for few days before harvesting and note the physiological changes, handling, sorting, that affect the loss in crops.
8. Meet some elders and note down how they were preserving edible items traditionally down the ages.

9. Visit your nearest Fruit Juice Concentrate Factory and note down the procedure from the launch of fruits to the factory till the final product reaching the consumer.

10. Closing your eyes differentiate between many fruits and vegetables by the sense of aroma.

11. Try out freezing different fruits and vegetables in refrigerators and note the shelf life of them.

12. Make a list of fruits and vegetables that can be made into jams, jellies, syrups, squashes and marmalades.

13. Try making wine at home.

14. Visit the freezing unit of food commodities. And make a list of all the commodities you see over there.

15. Meet a farmer and note down all the drawbacks of handling, sorting and washing methods which leads to the loss of production of crops.