Summary

Many of these techniques are widely used for food preservation in home or cottage industries level with minimum machineries. The main intentions are to see that the uncooked(raw materials) and cooked foods are handled carefully. The three basic objectives of food preservation are: Prevention of contamination of food from external damaging agents.Prevention or delay of growth of spoilage microorganisms.Delay of enzymatic spoilage by the naturally occurring enzymes within the food (self-decomposition).

Physical Methods of Food Preservation includes methods like Dehydration, Freezing, Cool Storage, and Heat Treatment. The standards for the number of microbes permitted in various foods are specified in our country by Food Safety and Standards Authorities of India (FSSAI). Inhibiting the growth and/or activity of micro-organisms may be achieved by storing at low temperature, heating, drying, by providing anaerobic conditions or using chemicals. Understanding the D and Z values required for preventing the contamination and the temperatures to which the food can be taken without losing its organoleptic characters is important. Holding the food material at low temperature in cold storage slows down and sometimes prevents microbial activity. Microorganisms are destroyed by heat. But the amount of heat required for the killing different organisms varies. Microorganisms can exist in two forms, the vegetative or growing form and the spore or dormant form. The spores are much harder to destroy by heat treatment than are the vegetative forms. Preservatives serve as antimicrobials which prevent or slow down the growth of moulds, yeasts and bacteria. Preservatives can be natural or synthesized chemicals.