**Food Science Literacy Strategy: Anticipation Guide**

***Let’s Preserve: Fermented and Pickled Foods by Julie Albrecht, Extension Food Specialist***

**On your own:** In the space to the left of each statement, place a T if you think the statement is true, an F if you think it is false.

**In small groups:** Compare your answers and discuss why you have agreed or disagreed with the statement.

**On your own:** Read the article entitled *Let’s Preserve: Fermented and Pickled Foods*, marking the page number or other supporting evidence to confirm or refute your original prediction beside the statement.

**Whole group discussion:** How are fermentation and pickling of foods a preservation technique? What makes them similar and different to one another? How could this article relate to a crop like radish?

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| --- | --- | --- | --- |
| Before (T or F) | Statement | After (T or F) | Evidence |
|  | Pickles are difficult to make. |  |  |
|  | Fermentation is a way to preserve foods. |  |  |
|  | Salt is added to the fermentation process to encourage spoilage and pathogenic bacterial growth. |  |  |
|  | For people who need a low salt diet, it is okay to reduce the amount of salt in a recipe for proper fermentation. |  |  |
|  | Spices, salt, sugar and acid (vinegar) are used to fresh-pack or make quick pickles, however, fermentation still occurs. |  |  |
|  | Table salt is okay to use in fermentation or pickling and will make the brine clear. |  |  |
|  | A vinegar that is used in pickling should have a 5% acidity that is light in color affects only the food’s texture. |  |  |
|  | Alum improves the firmness of pickles. |  |  |
|  | Pickled products can spoil only due to the presence of microorganisms. |  |  |
|  | When fermenting, it is okay to use glass, food-grade plastic, or stoneware. |  |  |
|  | To prevent contamination during fermentation, it is best to cover the liquid with a plastic sheeting. |  |  |
|  | Any materials used during or for fermentation must be sterilized before use. |  |  |
|  | Fermentation of pickles never uses vinegar. |  |  |
|  | Fermentation can take place with as few as three ingredients: vegetable, salt, and water. |  |  |
|  | Fermentation is best when temperatures are between 60º to 90°F. |  |  |
|  | Unlike fermentation, pickling also uses a variety of spices. |  |  |
|  | Whether fermenting or pickling, to keep these products for extended periods of time they must be canned (also known as processed).  |  |  |
|  | During processing, the fermented or pickled foods are pasteurized. |  |  |