Information Speech Online

[Name of the Writer]

[Name of the Institution]

**Information Speech Online**

**Name:** Joseph

**Topic:** Food Preservation

**General Purpose: To give information about the important aspects of food preservation**

**Specific Purpose:** By the end of this speech the audience will be able to know about the importance of food preservation and what are the various techniques of food preservation.

**INTRODUCTION**

**Attention getter:** Food preservation is a great way to increase the shelf life of food and there are different methods. Although the methods are safe but if they are not regulated then it can be dangerous to human health.

**Purpose:** The purpose is to inform the audience about the different methods of food preservation and the possible risk of these methods to humans.

**Importance to Audience:** By the end of this speech the audience will know about the basics of food preservation and the different methods that are used for food preservation. This way they will be able to choose the right and safe methods of preservation.

**Thesis Statement:** Food preservation is a very old method but not every method and every preservative added is safe; therefore there must be awareness among the public about the right approaches of food preservation.

**Body**

1. **First Main Point:** There is much science-based knowledge which is applied through a variety of technologies and other methods to prevent food deterioration and decay of various food items and also to extend their shelf life. In the process of food preservation, the customer's safety is also kept in mind, and it is assured that a product free of contamination and microorganisms must be provided (“Food Preservation - an overview | ScienceDirect Topics,” n.d.).
2. Various methods are used for food preservation. Dehydration or removing moisture is one technique which is commonly used nowadays. It is one of the oldest methods that is still in use.
3. In this method, the shelf-life of the food is increased by reducing moisture levels in the food.
4. This is done by providing hot air, or some other gas may be required to do the job.
5. But the disadvantage of dehydrated foods is that they can be rich in preservatives which goes against the thoughts of those who prefer to eat dehydrated food because of its natural taste and chemical-free nature. They can also be nutrient-deficient in the process of moisture removal (“Food Dehydration - an overview | ScienceDirect Topics,” n.d.).
6. **Second Main Point:** To keep the food safe, temperature control is another option.
7. Hazardous foods must be stored and transported at safe temperatures.
8. Safe temperatures are 5°C or colder and 60°C or even hotter.
9. Various raw meat, cooked meat and other dairy products are preserved by using this method.
10. These hazardous food products are kept at these temperatures to prevent the growth of any harmful bacteria which can cause disease in humans.
11. **Third Main Point:** Strongconcentration is also a form of food preservation which is used for some foods.
12. All foods which are dehydrated are first concentrated because in this method moisture is removed efficiently than dehydration equipment.
13. Concentration also helps in increasing the viscosity which is required to prevent liquids from running off the drying surfaces.
14. Some of the chemicals that are used for concentration are a risk to health like formaldehyde (Nowshad, Islam, & Khan, 2018).

**Conclusion**

**Summary Statement:** Although there are various methods of food preservation, all of them have their disadvantages and hazardous effects on human health if they are not regulated and not properly monitored. The temperature control or addition of chemicals need to be regulated; otherwise, it is the difference of few ml of the particular chemical or slight fluctuation in the temperature that makes all the difference it can either be safe, or it can kill the consumer ("What are the different methods of Food Preservation?" 2015).

**Concluding Remarks:** By reading briefly about all these food preservation methods, I can say that all the methods are great ways to increase the shelf life of food; therefore, they are a great way to store food for longer periods. But if these methods are not regulated properly, then they can cause serious problems for human health.

**References**

Food Dehydration - an overview | ScienceDirect Topics. (n.d.). Retrieved March 19, 2019, from https://www.sciencedirect.com/topics/food-science/food-dehydration

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Nowshad, F., Islam, M. N., & Khan, M. S. (2018). Concentration and formation behaviour of naturally occurring formaldehyde in foods. *Agriculture & Food Security*, *7*(1), 17. https://doi.org/10.1186/s40066-018-0166-4

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