

Weekly Wormsheet: Preserving the Harvest



NAME: _____

DATE: _____

1. Multiple Choice

Which of the following is a method of food preservation?

- a) Painting fruits
- b) Freezing
- c) Eating immediately
- d) Throwing away vegetables

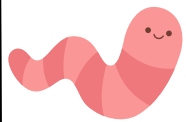
2. True or False

Preserving foods can help reduce waste and provide healthy foods year-round.

- True
- False

3. Challenge Question: Matching

Crop	Description
1. Freezing	Soaks food in vinegar or brine to preserve it
2. Drying	Uses healthy bacteria to change and save food
3. Pickling	Uses cold to keep food from spoiling
4. Fermenting	Removes water to make food last longer



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4. Multiple Choice

Specialty crops include:

- a) Fruits, vegetables, herbs, and nuts
- b) Candy and chips
- c) Soda and juice
- d) Meat and poultrye

5. True or False

Freezing, canning, drying, and pickling are all ways to preserve foods.

- True
- False

6. Short Answer

Imagine you just harvested a basket of tomatoes and peppers. Pick one preservation method for each and explain why you would use it.
