

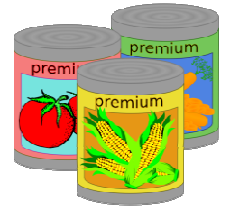
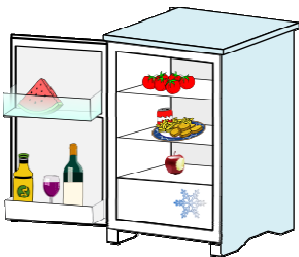
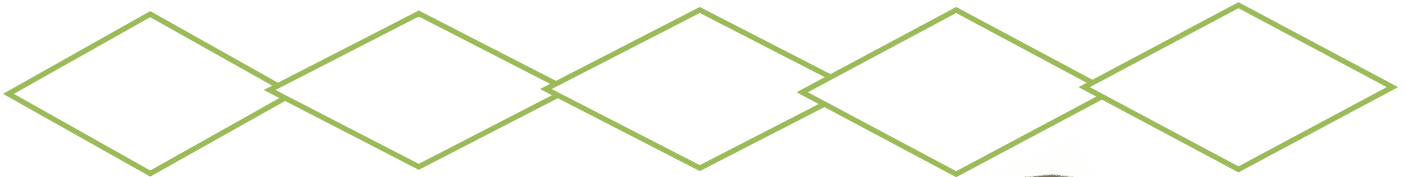
In the past, butter was especially valuable because unlike red meat, that was another good source of fat, butter could be kept in storage where it would keep in good condition for long periods of time. This process of storing food to keep it fresh is known as **preservation**. People of the past were thought to use bogs to preserve their butter.

Many examples of '**Bog Butter**' have been found all over Ireland, some as old as 1,000BC! The bog acted like a modern day fridge, keeping the butter at roughly 3 degrees celsius. The butter was first heavily salted and stored with bunches of wild garlic for flavour, and then was sealed in a wooden vessel, called a **keg**. Salt was another way of preserving foods and is still commonly used as a preservative in meats, such as pork.



Activities

(a) Can you name any other methods of preservation used today?



(b) Name three foods that can be stored for a long time?

(c) What makes these foods stay preserved?



Did you know that honey is the only food that doesn't go bad? The high amount of sugar in it is the key to it staying fresh! Sugar has very little moisture in it and bacteria needs water to grow.

*Ask the teacher to bring in honey and watch what happens to it after a few months. It doesn't go off- it crystallises!



1.

2.

3.

1.

2.

3.

What have I learned?

Record four new facts that you didn't know before!



Fact 1:

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Fact 2:

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Fact 3:

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Fact 4:

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