

# Assignment #2

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## 1 - Differentiate between Food Additives and Food Preservation

### Food Additives:

"Food additives are substances that become part of a food product when they are added during the processing or making of that food"

There are two types of food additives:

1) Natural Food Additives

2) Artificial or Man made Additives

#### (1) Natural Food Additives:

• These include herbs or spices to add flavour to food.

• Vinegar for pickling foods.

• Salt to preserve meats.

#### (2) Man-made Food additives:

• Anti-Caking Agents: Stops ingredients from sticking together and forming lumps.

• Antioxidants: Slow or Prevent the oxidative deterioration of foods.

• Artificial sweetness: Increases the sweetness