



Course: A Practical Guide to Fruit Preservation (Red)

Contact Hours: 12

Pre-requisite: N/A

Abstract

This course is designed for small & medium scale businesses and persons in the cottage industry involved or considering fruit preservation. Fruit preservation when done correctly, would aid with the extension of shelf life, maintain original texture, fruit flavour and ensure food safety.

Tropical fruits both seasonal and every bearing are usually underutilized and have not been exploited to its fullest economic potential. Fruit Preservation is one on many methods that can generate extra revenue, reduce wastage, and make these unique tropical flavours available year-round without refrigeration or limited shelf-life gap.

At the end of this course each student would have the opportunity to manufacture any Red Fruit Preserve Product using a scientific approach and guidance. Emphasis will be given to, Good Manufacturing Practices, Food Safety and Quality Assurance, and a hands-on approach to learning.

Target Audience

- Persons interested in fruit preservation

Learning Outcomes

On completion of this course, learners will be able to:

1. Understand Food Safety & Quality
2. Understand Food Preservation and Preservatives
3. Introduction to Slow and Fast Syrup Preservation
4. Food Laws and Policies

Course Content

1. **Module One - Food Safety & Quality**

- Food Safety, Good Manufacturing Practices & Sanitization
- Seven Principles of HACCP
- Quality – Testing and Measuring Quality

2. **Module Two - Food Preservation and Preservatives**

- Science of Food Preservation
- Factors for Fruit Preservation
- Fruit Preservative Agents, Properties and Function

3. **Module Three - Introduction to Slow and Fast Syrup Preservation**

- Introduction to Pearson Square Method and Calculation
- Calculating sugar concentrations using scientific equipment
- Online Pearson Square Calculator
- The Science of Osmosis
- Creating Recipes for General Manufacturing

4. **Module Four - Food Laws and Policies**

- Chemistry food and Drug Act
- Product Registration Requirements
- Packing & Label Design

Note: - Two Lab Session on product development.