

## Bronze Food Preservation Study Guide

1. How do you prep jars, lids, & rings for canning?
2. When picking out fruits and vegetables for canning, what are you looking for?
3. What is the headspace and why is it important?
4. Name four ways you can preserve food?
5. What are the two most important things you need to do before prepping the food and cooking it?
6. What foods must be done in a Pressure Canner?
7. Name 3 examples of low acid types of food?
8. Name 3 examples of high acid type food?
9. How do you check for a seal on your jars?
10. What should be included on your labels?
11. How do you store canned foods?
12. How long can you store water bath or pressure cooked jars?
13. How long can you store freezer jams in the freezer?
14. Label the following:



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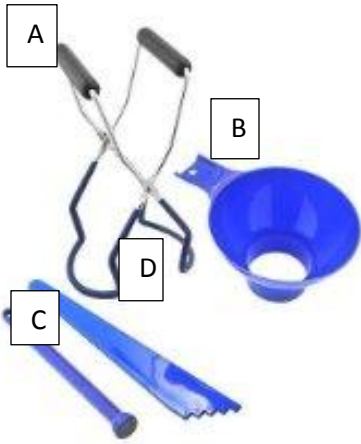
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A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_



A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_