

How is milk better to preserve

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Buying milk in shop, the majority of us makes a choice more likely senseless. Modern ways of processing and storage of this food stuffs are necessary for every person. But very few people from us know that the main feature of bought milk consists in temperature and duration of processing of the given product. So how is milk better to preserve?

There are some ways of processing of milk which provide safety at the use and keep to some extent its basic useful properties: boiling, sterilization, pasteurization and ultra pasteurization.

The most known and ancient way is boiling. So during centuries our grandmothers tried to keep the valuable food stuffs. But during boiling together with bacteria many vitamins and useful substances perish. That's why it is necessary to observe a temperature mode from 4 up to 2 degrees. Non-observance of such mode on any of stages of delivery from the manufacturer to the consumer can lead to premature turning sour of milk.

The most modern way of processing of milk is ultra pasteurization. Milk quickly heats up from 130-140 degrees and is maintained at such temperature few seconds, and then also is quickly cooled. This way is the most sparing, it provides a long period of storage, allows storing milk at a room temperature, and the main thing is that it keeps useful properties of natural milk.

But the quality of consumed milk depends not only on the way of processing. The important component of qualitative milk is packing. Packing does not exist separately from a product; it protects milk from negative influence of an environment, to be convenient for transportation and storage in the shop, convenient for purchase and the use. The packing sealed not tightly allows to air to act inside, which leads to multiplication of harmful bacteria.

Transparent plastic bottles are good for storage of not spoiling aerated drinks which do not change the flavoring qualities under action of light and heat. Milk is a complex product by the structure, sensitive to an environment. As a result of influence of light on milk in a bottle within 5 hours flavoring characteristics strongly change, the maintenance of vitamin C is reduced on 25%, and vitamin B2 on 20%.

Cardboard aseptic packing in which the ultra pasteurized milk spreads, has an advantage since completely protects milk from any external influences. It represents the multilayered "brick" consisting of a cardboard basis, an aluminium foil and several layers of polythene which provide the safest storage of milk at preservation of its useful properties.

In the end, I would like to note: if you take care of your health and if you are disturbed with ecologic problems, when you choose milk in shop do not give in to beauty of packing, but pay attention to quality of a product!

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