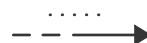


Food-Canning



1. Define or explain the following terms related to home canning:
 - a. Canning safety and food science terms
 - Botulism
 - pH
 - Spoilage
 - b. Processing methods and techniques
 - Pressure canning
 - Boiling water bath canning
 - Steam canning
 - Raw pack/cold pack
 - Hot pack
 - Headspace
 - Debubbling
 - Sterilization
 - Seal
 - Open kettle method (NOT SAFE)
 - c. Ingredients and additives
 - Pectin
 - Citric acid
 - Pickling salt
 - d. Types of preserved foods
 - Jam
 - Jelly
 - Marmalade
 - Preserves
 - Pickled foods
2. List the equipment used in the following methods of canning:
 - a. Pressure canning (for low-acids foods)
 - b. Boiling water bath canning (for high-acid foods)
 - c. Steam canning
3. Demonstrate and explain:
 - a. How to properly clean and prepare jars and lids
 - b. How to sterilize jars (if required based on processing time)
 - c. How to hot pack or raw pack food safely into jars
 - d. How to adjust headspace and remove air bubbles
 - e. How to seal jars using 2-piece lids
 - f. How to process jars using the correct method and time
 - g. How to check seals after cooling
 - h. How to store jars and identify unsafe seals or spoilage
4. Explain what types of food must be pressure canned.
5. List several fruits and vegetables best suited for canning rather than freezing or drying.



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6. Demonstrate your canning skills by safely canning four of the five categories listed below:
- a. One fruit juice using the boiling water bath or steam canning method.
(Do NOT use the open kettle method)
 - b. Two types of fruit, using the boiling water bath or steam method.
 - One using the hot pack method
 - One using the raw pack/cold pack method
 - c. Two kinds of vegetables, using the pressure canning method.
 - One using the hot pack method
 - One using the raw pack/cold pack method
 - d. Make one jelly, jam, or marmalade using either commercial or natural pectin.
 - e. Pickle one item using a tested acidified pickling recipe and process it in a boiling water bath or steam canner.
7. Memorize Psalms 138:7. Present a devotional on this verse, or similar verse, on spiritual aspects of preservation using what you have learned in this honor as the illustration.

Skill Level 2

Household Arts
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