



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2024 – 2025]

LESSON: **PRESERVATION OF FOOD**

WORKSHEET -1

RESOURCE PERSON: MANJULA HARINARAYANAN

NAME: _____ CLASS: V SEC: _____ DATE: _____

I. Choose and circle the correct answer.

- What is the main purpose of adding sugar while making jams ?
(a) To add colour (b) To sweeten the jam
(c) To preserve the jam (d) Both (b) and (c)
- What does the process of Pastuerization do to milk?
(a) It freezes the milk (b) It adds vitamins to the milk
(c) It kills bacteria in the milk (d) It changes the colour of the milk
- Which of the following is the benefit of canning food?
(a) It makes the food less nutritious (b) Changes colour
(c) Kills bacteria and seals food in airtight tins (d) Decreases the shelflife of the food
- What happens to the vegetables when they are pickled?
(a) They get preserved for a longer period (b) They rot faster
(c) They become sweeter (d) Their shelflife shortens
- Which among the following is NOT an advantage of food preservation?
(a) Makes sure that fruits from far places are available (b) It increases food wastage
(c) Makes sure that seasonal fruits are always available (d) Increases the storage period of food

II. Name the method of food preservation shown below.



1. _____ 2. _____ 3. _____

III. For the following questions, two statements are given - one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below.

(a) Both A and R are true and R is the correct explanation of the A

(b) Both A and R are true but R is not the correct explanation of the A.

(c) A is true but R is false.

(d) A is false but R is true.

S.I.No		Statement	Answer
1	Assertion	Freezing food, extends its shelf life.	
	Reason	Freezing stops the growth of microorganisms that cause food to spoil.	
2	Assertion	Adding salt to food can help in preservation.	
	Reason	Salt absorbs moisture, creating an environment suitable for microbial growth.	
3	Assertion	Pasteurization kills bacteria in milk.	
	Reason	Pasteurization is an effective method to preserve milk.	
4	Assertion	Food spoiling bacteria grow and multiply in cold conditions.	
	Reason	Refrigeration is the best method to store all types of food.	

IV. Give reasons for the following statements.

a. Salt is added as a preservative in pickles.

b. We use airtight containers to store dry food items like biscuits and pasta.

c. It is important to keep leftover food in the refrigerator.
