



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2023 – 2024]

LESSON: **PRESERVATION OF FOOD**

**WORKSHEET-2**

RESOURCE PERSON: MANJULA HARINARAYANAN

NAME: \_\_\_\_\_ CLASS: V SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

## I. Fill in the blanks to complete the sentence.

1. When vinegar, oil and salt are added to raw vegetables and fruits, it slows down the growth of \_\_\_\_\_.
2. \_\_\_\_\_ is the most commonly used natural preservative to preserve jams.
3. Perishable food stuffs like milk, fruits and vegetables must be stored in the \_\_\_\_\_.
4. Salt and sugar remove \_\_\_\_\_ from the food.
5. A French scientist named \_\_\_\_\_ developed the pasteurisation method.

## II. Name the method of food preservation shown below.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_



## III. Match the following.

Column A	Column B
1. Cauliflower	a. Pickling
2. Milk	b. Drying
3. Curd	c. Boiling
4. Biscuits	d. Making jams
5. Ripened pineapple	e. Dry storage
6. Lemon	f. Refrigerating

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

**IV. Case Study:** You know that bread left unused under moist conditions is attacked by fungus. Microorganisms spoil our food. Spoiled food emits bad smell and has a bad taste and changes colour. Alina bought some mangoes, but she could not eat them for a few days. Later she found that they were spoilt and rotten. But she knows that the mango pickles that her grandmother makes does not spoil for a long time. She is confused. There are many ways by which food is preserved in our homes. Salt, sugar and edible oils are the commonly used natural preservatives to check the growth of microorganisms. We add salt to pickles to prevent the attack of microbes. Sodium benzoate and sodium meta-bi-sulphite are common chemical preservatives. These are used in jams and squashes to check their spoilage.

1. Which of the following is NOT an example of natural preservative?

- (a) Spices                      (b) Oil                      (c) Sodium meta bi-sulphite                      (d) Salt

2. How do we notice that the food is spoilt? Write any two points.

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3. Why did the mangoes that Alina bought rot after few days?

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4. The pickles and jams that we make with fruits and vegetables do not spoil for a longer period unlike fresh fruits and vegetables. Why is it so?

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#### **V. Application Based Questions.**

1. In the olden days, farmers had no refrigerators or freezers in their homes to preserve their fruits and meat. They discovered that fruits can be preserved by drying them in the sun. They found that meat also could be preserved by the same method for a later use.

(a) Why would this process help preserve these food items?

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(b) Can you name any other food that is preserved for a long time without the help of refrigeration? How is that food preserved?

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