



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2023 – 2024]

LESSON: **PRESERVATION OF FOOD**

WORKSHEET -1

RESOURCE PERSON: MANJULA HARINARAYANAN

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

I. Choose and circle the correct answer.

- Which of the following food items get spoiled due to high moisture content?
(a) Fruits (b) vegetables (c) Both (a) and (b) (d) None of these
- Food also get spoiled due to the action and growth of _____ on it.
(a) light (b) insects (c) dust (d) air
- Which of the following is not a symptom of Food Poisoning?
(a) Fever (b) Toothache (c) Stomachache (d) Vomitting
- Which among the following is the oldest method of preserving food?
(a) Drying (b) Canning (c) Freezing (d) Pasteurising
- Foods that can be preserved by Dry Storage method are
(a) pulses (b) cereals (c) flour (d) all of these

II. Establish the relationship and complete the following.

- Canning : _____ :: Dry storage : Rice
- _____ : Chemical preservative :: Sugar : Natural preservative
- Milk : Bacteria :: Bread : _____
- High temperature : Kills microbes :: _____ : Favours microbes

III. State TRUE or FALSE.

- Food gets spoilt due to the action of some microorganisms. _____
- Moisture prevents the microbial growth in food. _____
- Meat can be preserved by drying. _____
- Preserving food decreases food wastage. _____
- Food preservation does not maintain nutritive value of food. _____
- Food spoiling bacteria grow well in cold conditions. _____

IV. 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	Preservatives are added to food items.	
	Reason	Preservatives inhibit the growth of microorganisms.	
2	Assertion	Dry storage is a method of storing perishable food materials.	
	Reason	Storing of grains is a method of dry storage.	
3	Assertion	Boiling milk is a method of preservation.	
	Reason	Boiling favours the growth of bacteria.	
4	Assertion	Salting is used for preserving meat and fish.	
	Reason	Salting is a cost-effective method of preserving food.	

V. Give reasons for the following statements.

a. Chillies and ginger are dried to be preserved for a longer period.

b. Salt and sugar are used to preserve fruits and vegetables.

c. Wheat and rice are kept in closed containers.

d. Spoilt food is not good for health.

