



INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF EVS [2025 – 2026]

LESSON: PRESERVATION OF FOOD

WORKSHEET-1

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

I. Read the following questions and circle the correct answer.

1.	Drying removes _____ from food, which helps prevent spoilage.							
	a.	heat	b.	moisture	c.	nutrients	d.	air
2.	Which among the following is a sweet substance used to preserve fruits in jams?							
	a.	salt	b.	oil	c.	vinegar	d.	sugar
3.	_____ is a method of preservation of food where food is boiled and sealed in airtight containers.							
	a.	Canning	b.	Pasteurization	c.	Freezing	d.	Drying
4.	We keep food in the _____ to slow down the growth of germs.							
	a.	oven	b.	mixer	c.	refrigerator	d.	air fryer
5.	Name the natural preservative used in pickles.							
	a.	sugar	b.	salt	c.	turmeric	d.	pepper

II. State whether the given statements are True or False.

1.	We can always tell if food is safe to eat by looking at it.	
2.	Microorganisms like bacteria and fungi cause food spoilage.	
3.	Refrigeration keeps food fresh by heating it to kill germs.	
4.	Food preservation helps us eat fruits and vegetables even when they are not in season.	

III. Match the following.

COLUMN A		COLUMN B	
1	Dry storage	a	lemon
2	Pasteurization	b	meat
3	Freezing	c	milk
4	Pickling	d	pulses

Ans: 1. _____ 2. _____ 3. _____ 4. _____

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.

Sr. No		Statements	Answer
1	Assertion	Food like grapes are dried in the sun to turn them into raisins.	
	Reason	Sun-drying keeps food fresh because the high heat cooks the food completely.	
2	Assertion	We keep perishable foods like milk and cooked vegetables in the refrigerator.	
	Reason	Low temperatures in the refrigerator slow down the growth of microorganisms that spoil the food.	
3	Assertion	Food spoilage is a problem only in warm weather.	
	Reason	Microorganisms grow best in warmth and moisture, which causes food to go bad quickly.	
4	Assertion	Canned food can be stored for a long time without spoiling.	
	Reason	Canning preserves the food without losing its nutrient values.	

V. Observe the picture and answer the questions that follow.

1. The picture given alongside shows different kinds of pickles.
 - a. Identify the preservation method. _____
 - b. How does the main preserving ingredient like salt prevent the food from spoiling?



2. The picture given below shows chillies being spread on a cloth under the sun.
 - a. Identify the method of food preservation depicted.



- c. Name any two food items which are preserved by this method.
