



LESSON: PRESERVATION OF FOOD

WORKSHEET-2

RESOURCE PERSON: MS. MANJULA HARINARAYANAN

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

1. Study the given case studies and answer the questions.

i) Case Study-1: Grandma's Mango Harvest

Rohan's grandmother lives on a farm with a large mango tree. This year, they had a very large harvest, but there were too many ripe mangoes to eat before they spoiled. Rohan decided to help his grandmother preserve the extra mangoes, applying the knowledge he gained about food preservation methods in his EVS class. Grandma and Rohan used three different methods to save the mangoes for the year:

1. Mango Jam: They cooked the ripe mango pulp with a large amount of sugar and sealed it in airtight jars.
2. Mango Pickle: They prepared raw, sour mango slices with a lot of salt, oil and vinegar.
3. Dried Slices: They cut raw and ripe mangoes into thin slices and laid them on a clean cloth under the hot sun for many days until all the moisture was gone.

Complete the following statements based on the methods provided in the passage.

- a) Method 1 (Jam): Preserved by adding a large amount of _____.
- b) Method 2 (Pickle): Preserved by adding _____, _____ and _____.
- c) Method 3 (Dried Mango Slices): Preserved using _____ method where _____ from the mango slices is removed by _____.
- d) Rohan learned that the high concentration of sugar in the jam works as a preservative. Explain how the sugar prevents the mangoes from spoiling.

- e) Which method, the Jam (1), Pickle (2) or Dried Slices (3) relies on completely removing the water to achieve the longest shelf life at room temperature? Why?

- f) Rohan forgot to boil the jars before putting the hot jam into them. Why is boiling the jars an important step in food preservation like canning or making jam?

ii) Case Study 2: Saving Leftovers from Spoilage

Anvi noticed that different foods in her kitchen spoil at different speeds.

- A slice of bread left on the counter developed green and black patches after two days.
- A jug of milk left outside the fridge turned sour and thick overnight.
- A bag of potato chips remained fresh and crunchy for a month inside the cupboard.

a) What caused the green and black patches to grow on the slice of bread?

b) To keep the milk fresh for a few days, Anvi's mother heated it until it boiled and then put it in the refrigerator. Which two preservation methods did she combine?

c) Why did the potato chips stay fresh for so long even though they were kept at room temperature? (Hint: Think about how they are made and packaged.)

II. Application based questions.

1. Rohan's family is going on a week-long camping trip. They need to pack food that will not spoil without a refrigerator. Rohan wants to bring milk, but he knows fresh milk spoils quickly.

a) Which type of preserved milk should he pack?

(i) Pasteurized milk in a carton

(ii) Milk powder

b) Give a reason for your choice based on the preservation method.

c) Rohan is in charge of selecting food items that will not spoil for a week. His food choices are as follows:

- i) Fresh bread and butter
- ii) Homemade mango jam (preserved with sugar and sealed in a jar)
- iii) Dried mango slices (preserved by sun-drying)
- iv) Potato chips (sealed in an airtight bag)
- v) Homemade vegetable curry

Identify the three best food items Rohan should choose to take on the trip.

Scan the QR Code given and explore the ancient methods of food preservation

