

Worksheet

Mangoes Round the Year

Very short answer questions

I. Given below are pictures of some food items. Write in the blanks provided what you can make to preserve them.

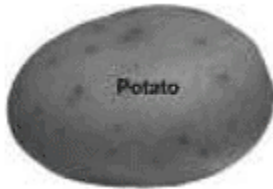
Ketchup, jam, paneer (cheese), mamidi tandra (papad), chips, pickle, murabba

a)



_____, _____

b)

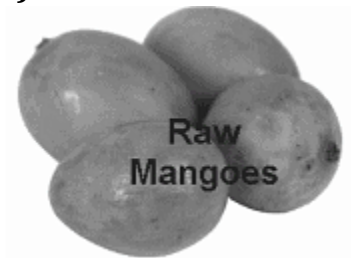


c)



_____, _____

d)



e)



_____, _____

f)



Ans.

- a) Mamidi tandra, Murabba
- b) Chips
- c) Ketchup, Jam
- d) Pickle
- e) Pickle, Murabba
- f) Cheese

II. Choose the correct answer to fill in the blanks. pulp, fibre, sugar, four, jaggery, dust, layer, cloth, jelly, Mamidi tandra, sun.

MAMIDI TANDRA RECIPE3

- a) Mamidi tandra takes _____ weeks of hard work.
- b) The _____ of mangoes is extracted in a vessel.
- c) Then it is strained through a fine muslin cloth to remove _____ in the pulp. d) Then the _____ is crushed.
- e) _____ and jaggery are added to the pulp.
- f) Then the pulp is _____ on the mat.
- g) The thin layer is left to dry in the _____.

- h) Then the thin layer is covered with a cloth to avoid _____.
- i) Next day another _____ is spread on last day's layer and left it to dry in the sun.
- j) Layer after layer is added until the _____ grow thick like a golden cake.
- k) After four weeks the _____ is ready to eat.

Ans.

- a) Four
- b) Pulp
- c) Fibre
- d) Jaggery
- e) Sugar
- f) Spread (not given in above options)
- g) Sun
- h) Dust
- i) Layer
- j) Jelly
- k) Mamidi tandra

III. Match the following.

Food items

Methods of preservation

a) Milk

i) wrap it in a damp cloth

b) Cooked rice

ii) Keeping them in a dry place.

c) Vegetables

iii) Putting it in a bowl and keeping the bowl in a container with some water.

d) Green coriander

iv) Keeping them in the refrigerator.

e) Onion and garlic

v) keeping them in the refrigerator.

f) Chicken and meat

vi) by boiling it.

Ans.

- a) Milk - Putting it in a bowl and keeping the bowl in a container with some water.
- b) Cooked rice - wrap it in a damp cloth
- c) Vegetables - Keeping them in the refrigerator.
- d) Green coriander - by boiling it.
- e) Onion and garlic - Keeping them in a dry place
- f) Chicken and meat - Keeping them in the refrigerator.

1 Mark questions. (Short answer questions)

a) How do you come to know that the food got spoiled?

b) Name any two food items that do not get spoil for months.

c) What is the need of preserving food?

d) What items do you preserve in a refrigerator?

e) What food items do you keep in the deep freezer?

f) In which season do food items get spoiled quickly? Why?

g) Name the conditions that help the germs to grow that spoil the food.

Ans.

- a) 1. When a food spoils, it smells bad and its color also changes.
- b) 2. Rice flour, pulses, spices, ghee, pickles can easily be used upto a month or even more.
- c) 3. We preserve food for future consumption.
- d) 4. We preserve vegetables, fruits, chicken and meat in the refrigerator.
- e) 5. We keep Rice and other cooked grains, ripe bananas, Nuts, Butter etc. in the deep freezer.
- f) 6. In rainy and summer season food get spoiled easily.
- g) Conditions in which food spoils quickly:

(i) It cooked food is left open.

(ii) If milk is not boiled properly.

(iii) If green vegetables are not kept in a cool place e.g. refrigerator.

(iv) If pickles, murabba etc. are not produced from moisture.

7. There are various factors which are responsible for food spoilage such as bacteria, mould, yeast, moisture, light, temperature, and chemical reaction.

2 Mark questions. (Long answer questions)

I. Answer the following questions.

- a) Name the things that are needed to make Mamidi tandra.**
- b) What is food preservation? (or) How can you preserve the food?**
- c) List the various ways in which fruits and vegetables can be preserved.**
- d) Why is it advised to read the information regarding the date of expiry on the bottles and cans before buying them?**
- e) Glass jars and bottles are dried well in the sun before filling them with pickles. Why is this done?**

Ans.

Mat woven from the leaves of palm trees, poles of casuarina tree, string made up of coconut husk, some jaggery and sugar.

Food preservation is the process of treating and handling food to stop or slow down Food spoilage, loss of quality, edibility or nutritional value and thus allow for longer food storage.

There are 4 ways to preserve fruits and vegetables canning, salting, drying and freezing.

Canning: Canning involves placing fruit and vegetables in airtight containers, typically glass jars, and so prevent bacteria getting to them

Salting: One of the oldest methods of preserving food, salting can be used for meat and fish, as well as sliced vegetables.

Drying: Drying dehydrates the fruit or vegetables, removing all the water along with the bacteria, yeasts and mold that live in the moisture.

Freezing: Freezing and thawing a vegetable or fruit is the preserving method that will have an end product that most closely resembles the taste of fresh food.

It is because the spoiled or expired food can make us ill and cause various diseases like food poisoning.

If they are left unheated, this will enhance the growth of the micro-organism and may cause the food to get decayed and unfit for consumption. In order to protect the pickle from getting spoilt, Glass, jars and bottles are dried in the sun before filling them with pickle.

II. Food gets spoiled due to many reasons. Encircle the correct reasons.

a) Moisture

b) Drying

c) Air

d) Freezing

e) Temperature

f) Micro-organisms

g) Cooking

h) Boiling

i) Canning

Ans.

a) Moisture

b) Air

c) 3. Temperature

d) Micro-organisms

e) Cooking

f) Boiling