

**Class 5
EVS**

Mangoes Round the Year

A Choose the correct option.

- In which season does the food get spoiled easily?
a. Winter b. Monsoon c. Summer d. Spring
- What appears on moist bread when it is kept for a few days?
a. Bacteria b. Fungus c. Virus d. Algae
- What is the name of 'Aampapad' in Andhra?
a. Mamidi Tandra b. Amavat c. Aam roti d. None
- Why do we keep food and vegetables in refrigerator?
a. To keep them fresh b. To make them crisp.
c. To make them more tasteful d. None
- What will happen if you eat spoiled food?
a. Weakness b. Food poisoning c. Headache d. All of these
- How much time is required to prepare the 'Mamidi Tandra'?
a. 4 weeks b. 6 weeks c. 9 weeks d. 10 weeks
- How do we come to know that food has got spoilt?
a. By its colour b. By its taste c. By its smell d. All of these
- Which of the following food item get spoiled in a week?
a. Milk b. Eggs c. Nuts d. Cheese
- Which of the following is not an example of food preservation methods?
a. Freezing b. Pickling c. Cleaning d. Canning
- What are the things which can we make from dry mango?
a. Curry b. Pickle c. Chutney d. All of these

B Write 'T' for True or 'F' for False statements.

1. Spoilt food does not affect our health. _____
2. Foods are preserved, so that we can enjoy them throughout the year. _____
3. Different kinds of food items spoil due to different reasons. _____
4. A bread which has developed mould or fungus can be consumed. _____
5. Germs grow in dehydrated food. _____
6. Boiling helps in keeping milk for 1-2 days. _____
7. Spoilt food gives a foul smell. _____
8. Expiry date on food packs is a useless information. _____

C Give two examples.

1. Food items made of mangoes:- _____
2. Summer fruits or vegetables:- _____
3. Winter fruits or vegetables:- _____
4. Fruits which spoils very fast:- _____
5. Food items that do not spoil for a week:- _____
6. Preservatives used to make pickles:- _____
7. Conditions in which food spoil easily:- _____
8. Two ways for preserving food:- _____

D Answer the following questions.

1. Name the things that are needed to make Mamidi tandra.

Ans. _____

2. What is food preservation? (or) How can you preserve the food?

Ans. _____

3. How do you come to know that the food got spoiled?

Ans. _____

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

Ans. _____

5. What items do you preserve in a refrigerator?

Ans. _____

6. Name the conditions that help the germs to grow that spoil the food.

Ans. _____

E	Match the following.
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Column A	Column B	Ans.
1. jaggery	a. dampness	1. ____
2. mamidi tandra	b. glass jars	2. ____
3. fungus	c. weight and date	3. ____
4. pickles	d. mangoes	4. ____
5. food packets	e. gur	5. ____

Answers

A.

- | | |
|------------------|-----------------------|
| 1. Monsoon | 2. Fungus |
| 3. Mamidi Tandra | 4. To keep them fresh |
| 5. All of these | 6. 4 weeks |
| 7. All of these | 8. Milk |
| 9. Cleaning | 10. All of these |

B.

- | | |
|----------|----------|
| 1. False | 2. True |
| 3. True | 4. False |
| 5. False | 6. True |
| 7. True | 8. False |

C.

- | | |
|------------------------|--------------------------|
| 1. Pickles, Chutneys | 2. Mango, Litchi |
| 3. Carrot, Papaya | 4. Berries, Bananas |
| 5. Carrot, Cake | 6. Sugar, Vinegar |
| 7. Microorganisms, Air | 8. Drying, Refrigeration |

D.

- To make mamidi tandra, first they bought a mat woven from the leaves of a palm tree, poles of casuarina tree, string made of coconut husk, some jiggery 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.
- When a portion of food spoils, it smells bad and its colour also changes.
- Food items that would not spoil till one month are—flour, pickles.
- Germs cannot grow under low temperature. That is why fruits, vegetables and milk are kept in refrigerator.
- When the moisture content is more and the temperature is high, food tend to spoil faster. In the rainy season, the amount of moisture in the air is more. This provides a suitable environment for the germs and fungus to grow, thereby spoiling the food.

E.

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|------|------|------|------|------|
| 1. e | 2. d | 3. a | 4. b | 5. c |
|------|------|------|------|------|