

**Class 5  
EVS**

# Mangoes Round the Year

## A Fill in the blanks.

Ripe Fibre	Sugar best before	Pulp Sick	Dust Fungus	Jelly Date
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- Then it is strained through a fine muslin cloth to remove \_\_\_\_\_ in the pulp
- We must check carefully the \_\_\_\_\_ of packing before buying food packets.
- We may become \_\_\_\_\_ by eating spoilt food.
- We should carefully watch \_\_\_\_\_ date before buying packaged food.
- A spoilt bread develops grey coloured \_\_\_\_\_ on it.
- The \_\_\_\_\_ of mangoes is extracted in a vessel.
- Layer after layer is added until the \_\_\_\_\_ grow thick like a golden cake.
- Mamidi tandra is prepared from \_\_\_\_\_ mangoes.
- Then the thin layer is covered with a cloth to avoid \_\_\_\_\_.
- Making jam is a way of preserving the fruits by adding \_\_\_\_\_.

## B Match the following.

Column A	Column B	Ans.
1. Milk	a. wrap it in a damp cloth	1. ___
2. Cooked rice	b. Keep them in a dry place.	2. ___
3. Vegetables	c. Putting it in a bowl and keeping the bowl in a container with some water.	3. ___
4. Green coriander	d. Keep them in the refrigerator.	4. ___
5. Onion and garlic	e. keep them in the refrigerator.	5. ___
6. Chicken and meat	f. by boiling it.	6. ___

<b>C</b>	<b>Name the method of preservation.</b>
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Statements	Method
1. Extraction of moisture by sun, air, heat or vacuum to inhibit the growth of moulds, bacteria and yeasts.	_____
2. The addition of salt to foods to decrease the activity of moulds, bacteria and yeasts.	_____
3. The use of special bacteria, moulds or yeasts to prevent spoilage by converting the elements of food that spoil easily to stable elements.	_____
4. The packing of food in a container, sealing the container and heating it to sterilize the food.	_____
5. The heating of milk and other liquids which reduces the number of disease-producing bacteria.	_____
6. The lowering of the temperature of food to inhibit the growth of bacteria moulds and yeasts.	_____

<b>D</b>	<b>Arrange the Mamidi Tandra making steps properly.</b>
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- |   |                      |
|---|----------------------|
| 1. Layer after layer is added until it grow thick like a golden cake. 6 | <input type="text"/> |
| 2. Spread out and tied the mat on the platform. 1                       | <input type="text"/> |
| 3. Take out the mango pulp into a large pot. 2                          | <input type="text"/> |
| 4. The layer is allowed to dry in the sun.5                             | <input type="text"/> |
| 5. Add sugar and jaggery in equal amounts to the pulp and mix well. 3   | <input type="text"/> |
| 6. Spread the pulp into a thin layer over the mat.4                     | <input type="text"/> |

**E** Answer the following questions. (Short)

1. What food items do you keep in the deep freezer?

Ans. \_\_\_\_\_

2. In which season do food items get spoiled quickly? Why?

Ans. \_\_\_\_\_

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

Ans. \_\_\_\_\_

**F** Answer the following questions.(Long)

1. Why is it advised to read the information regarding the date of expiry on the bottles and cans before buying them?

Ans. \_\_\_\_\_

2. Glass jars and bottles are dried well in the sun before filling them with pickles. Why is this done?

Ans. \_\_\_\_\_

## Answers

A.

- |           |           |          |                |
|-----------|-----------|----------|----------------|
| 1. Fibre  | 2. Date   | 3. Sick  | 4. best before |
| 5. Fungus | 6. Pulp   | 7. Jelly | 8. ripe        |
| 9. Dust   | 10. Sugar |          |                |

B.

- |      |      |      |      |      |      |
|------|------|------|------|------|------|
| 1. f | 2. c | 3. d | 4. a | 5. b | 6. e |
|------|------|------|------|------|------|

C.

- |            |            |                 |
|------------|------------|-----------------|
| 1. Drying  | 2. Salting | 3. Fermentation |
| 4. Canning | 5. Boiling | 6. Freezing     |

D.

2. Spread out and tied the mat on the platform.
3. Take out the mango pulp into a large pot.
5. Add sugar and jaggery in equal amounts to the pulp and mix well.
6. Spread the pulp into a thin layer over the mat.
4. The layer is allowed to dry in the sun.
1. Layer after layer is added until it grow thick like a golden cake.

E.

1. We keep Rice and other cooked grains, ripe bananas, Nuts, Butter, etc. in the deep freezer.
2. In the rainy and summer season food gets spoiled easily.  
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.
3. There are various factors that are responsible for food spoilage such as bacteria, mold, yeast, moisture, light, temperature, and chemical reaction.

F.

1. It is advised to read the information regarding the date of expiry on the bottles and cans before buying in order to check that the food is fresh and has not expired or spoiled. We should use food items before the expiry date as they may be spoiled. Spoiled food can make us ill.
2. If glass bottles are not dried in the sun, there will be the growth of micro-organisms 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 pickles.