

Date : 28/05/2020 Subject Teacher – Sanju Shaw

Class : IV (A,B,C)

Subject: EVS

Ch : 01 Food We Eat

Dear students, today I am going to highlight the method of preservation of food. It is also important to know how to save food from wasting and how to preserve food it.

PRESERVATION OF FOOD

Food gets spoilt when it is not stored properly. This also leads to wastage of food. Eating spoilt food is unhealthy and make us sick. Hence, food should be prevented from getting spoil.

Dear students, it is our duty to save food form spoiling. You have to adopt some of the methods to preserve food :

- **Pickling** : In this method, fruits and vegetables are mixed with salt and oil.
- **Drying** : In this method, water is removed from the food. The food is then kept in an airtight container.
- **Canning and bottling** : In this method, food is stored in tin cans and glass bottles.
- **Refrigeration** : In this method food is kept inside the refrigerator at a low temperature.
- **Deep freezing** : In this method food is kept inside the freezer at a very low temperature.

A. Tick The Correct Answer :

1. Which of the followings give energy to our body?
a) Proteins b) Vitamins c) Carbohydrates.
2. Which nutrients make us obese?
a) Fats b) Proteins c) Minerals
3. Which nutrients help in repairing worn out cells?
a) Fats b) Vitamins c) Proteins
4. Which one is a good source of roughage?
a) Carrot b) Milk c) Fish
5. 'Drying' means removing of _____ from the food.
a) minerals b) water c) nutrients

B. Choose the correct words:

1. Fats give us more energy / less energy than carbohydrates.
2. Growing children / Old people need lots of proteins.
3. Roughage refers to the fibres / minerals in the food.
4. Water / Roughage helps to maintain our body temperature.
5. In deep freezing, food is kept at a very high / low temperature.

Write and Learn (H/W)

A. Answer the questions:

1. Write two methods to reduce the wastage of food?

Ans : 1. We should try to avoid cooking food in large quantities.

2. We should give the leftover food to an orphanage or needy family just after being over the function in our home.

2. What is important for the survival of all living beings?

Ans : Food is important for the survival of all living beings.