

UNIT - 1. FOOD

Class: IV

Subject: Science

I. Choose the best answer.

- Which one can be eaten as raw food?
a) Meat **b) Carrot** c) Fish d) Potato
- Uncooked food is called
a) junk food b) hygienic food **c) raw food** d) cooked food
- Solar cooker reduces _____ .
a) air pollution b) water pollution c) land pollution d) noise pollution
- Which one cannot be preserved by drying method?
a) Rice b) Cereals c) Fish **d) Fruits**
- We can avoid food wastage by
a) giving to the needy b) eating more than we need
c) buying extra food d) throwing in a dust bin

II. Fill in the blanks.

- Raw food** gives us energy to work and play. (Raw food / Junk food)
- Cooked food is easily **Digested**. (digested / undigested)
- Pressure cooker is one of the **Modern** utensils. (modern / olden)
- We need pure air, protected water and **Hygienic** food for our healthy life. (junk / hygienic)
- We make Idiyappam by **Steaming** method. (boiling / steaming)

III. Match the following.

- | | | | |
|--------------------------|---|---------------------|----------|
| 1. Grapes | - | Modern utensil | 3 |
| 2. Mixture of vegetables | - | Food during illness | 5 |
| 3. Electric rice cooker | - | Olden utensil | 4 |
| 4. Earthen pot | - | Raw food | 1 |
| 5. Less fatty food | - | Salad | 2 |

IV. Write Yes or No.

- Biryani is a raw food. **No**
- Frying is a method of cooking. **Yes**
- We can cook rice on a tawa. **No**
- Cooking in a solar oven needs sunlight. **Yes**
- Consuming too much oily food is bad for our health. **Yes**

V. Answer briefly.

1. Name any three cooking methods.

Boiling,
Steaming,
Frying.

2. Write any two food items you should eat when you are sick?

Fruit juice, Tender coconut.

3. Draw one of your favourite raw food and colour it.



4. Write about any two preservation methods.

Pickling - Mixing fruits and vegetables with oil and salt. Example- Pickle

Drying - Removing the water content of the food.

Example- Fish, Red chillies

5. How can you reduce wastage of food in your home?

Take what you'll eat and eat what you take.

- Share the excess food.
- Give the excess food to hungry animals.

VI. Answer in detail.

1. Explain any four food preservation methods.

Pickling - Mixing fruits and vegetables with oil and salt. Example- Pickle

Drying - Removing the water content of the food. Example- Fish, Red chillies

Refrigerating - Keeping food in the refrigerators (fridge) to preserve them for a short time.
Example-Fruits, Vegetables

Canning - Storing food in air tight containers. Example-Jam

2. Explain any four cooking methods.

Boiling - It is a method of cooking food by immersing it in boiling water.
So that the food becomes soft. Example: Rice, Egg.

Steaming - It is a method of cooking food in steam by immersing the vessel in a container with boiling water. Example: Idli, Idiyappam.

Pressure cooking: It is a method of cooking food in a pressure cooker. Example: Rice, Dhal.

Roasting - It is a method of cooking food by heating on a tawa or frying pan without

covering it. Example: Groundnuts, Cashew nut.

Frying - It is a method of cooking food in hot oil. Example: Chips, Poori.

3. What are the hygienic ways of cooking food?

- Wash your hands with soap before cooking.
- Wash vegetables and fruits before cutting.
- Wash cooking vessels and knives.
- Don't cook food for a long time because it destroys the nutrients present in the food.
- Don't use the same oil for cooking food many times.
- Using the food items after their expiry date is not good for health.

Book inside

I. Classify the following food items.

(Carrot, Egg, coconut oil, Milk Radish, Meat, Potato, curd, Brinjal, Lady's finger, Fish, Drumstick, Butter, Onion, Buttermilk, Cucumber, Ghee)

Food items from plants	Food items from animals
Carrot , Radish, Potato, Brinjal, Lady's finger, Drumstick, Onion, Cucumber, Coconut oil.	Egg, Milk, Meat, Curd, Fish , Butter, Buttermilk, Ghee.

II. Write any five raw and cooked food.

- a. Raw food: Carrot, Apple, Grapes, Nuts and Orange
- b. Cooked food: Idly, Dosa, Pongal, Rice and Poori

III. Tabulate the given food items according to the cooking methods.

(Rice, Poori, Murukku, Pop-corn, Idli, Milk, Fish, Puttu, Dhal, Idiyappam, Groundnut)

Boiling	Steaming	Roasting	Frying
Rice, Milk, Dhal.	Idli Puttu Idiyappam	Pop-corn Groundnut	Fish Poori Muruku.

IV. Try to Answer.

1. Write any two cooking methods that your mother follows:
Boiling, Frying.
2. Say True or False.
 - a. You should wash your hands before cooking. True
 - b. Vegetables and fruits should be washed after cutting. False

V. Write the cooking utensils used for preparing given food items.

(Pan, Pot, Rice cooker, Tawa, Idli cooker)

S No.	Food items	Name of the cooking utensils
1.	Rice	Rice cooker
2.	Idiyappam, Puttu	Idli cooker
3.	Vada	Tawa
4.	Sambar	Pot
5.	Dosa	Pan

VI. Write True or False.

1. Earlier people cooked their food in pressure cooker. False
2. Solar cooker reduces the use of fuel. True
3. Pressure cooker is not a cooking utensil. False

VII. Tick (✓) the appropriate one.

Food	Hygienic food	Junk Food
Fresh fruits	✓	
Samosa		✓
Nuts	✓	
Panipoori		✓
Vegetable salad	✓	

VIII. Write Yes or No.

1. Junk food is good for health No
2. You should wash your hands before and after eating. Yes
3. Idly is an easily digested food. (Idly / Biryani)
4. We should avoid eating Junk food. (junk / fresh)
5. World Hunger Day is observed on May 28
6. We can preserve pickle by Mixing Fruits, Vegetable oil, Salt.