

UNIT – 1. FOOD

Class: V

Subject: Science

I. Choose the correct answer.

- The biotic factor which spoils the food item is
A) drying B) temperature C) humidity **D) bacteria**
- Grains are preserved by
A) drying B) freezing C) adding sugar D) adding salt
- Anaemia is a disease which occurs due to lack of
A) Vitamin – A B) Vitamin – B **C) Iron** D) Vitamin - D
- Storage of excess fat in the body is known as
A) obesity B) head ache C) fever D) stomach pain
- Carbohydrates are rich in
A) ghee B) fruits C) **rice** D) oil

II. Fill in the blanks.

- Night blindness is caused by the lack of **Vitamin A**
- Marasmus is a **Protein** deficiency disease.
- Bad smell from the food item is due to **Evaporation**
- Humidity in air is one of the **Decompose** factor, which spoils food.
- Using low quality gas tubes in the gas stove may lead to **Gas** leakage.

III. Match the following.

- | | | |
|-----------------------|------------------------|----------|
| 1. Protein deficiency | - Vitamin – D | 2 |
| 2. Rickets | - Physical inactivity | 3 |
| 3. Obesity | - Inflammable material | 4 |
| 4. Kerosene | - Fruits | 5 |
| 5. Freezing | - Kwashiorkor | 1 |

IV. Say True or False.

- Vinegar is added as a preservative for pickles. **True**
- Irradiation affects the taste of the food materials. **False**
- In case of gas leakage, we can continue to use electrical appliances. **False**
- Deficiency due to iodine is called as beriberi. **False**
- Growing children need more proteins in their food. **True**

V. Answer briefly.

1. Define deficiency disease.

- A diet which contains all essential nutrients in correct proportion is indispensable for maintaining good health.
- Deficiency in one or more of the nutrients causes various diseases. These diseases are called deficiency diseases.

2. What is known as balanced diet?

- The food we normally eat in a day is our diet.
- For growth and maintenance of good health, our diet should have all the nutrients in right quantities. Such a diet is called balanced diet.

3. How can we prevent obesity?

- Avoid fast foods, fried items and meat with more fat.
- Eat fruits and vegetables, legumes, whole grains and nuts.
- Do regular physical exercises.
- Don't play games in computer and mobile phones.
- Have adequate sleep.

4. What should we do in case of minor burns?

- In case of minor burns, the burnt area should be held under cool running water for some time and proper medical treatment should be given.
- Any blister if formed, should not be pricked.

5. Define spoilage of food.

The change in the normal state of the food is called spoilage of food.

6. What is the purpose of food preservation?

- To retain the colour, taste and nutritive value of the food.
- To make food available throughout the year.
- To prevent the growth of micro-organisms like bacteria and fungi in the food items.
- To reduce wastage of food items.
- Preserving food not only protects our health but also makes food available to the people who need it.

VI. Answer in detail.

1. Write about food preservation methods.

Drying :

It is the process of removal of water content from the food by drying it in the sunlight. E.g. Grains

Addition of salt :

It is the method of adding salt to food to remove the water. E.g. Fish, Pickles

Addition of sugar:

In this method sugar is added to food. Sugar dissolves in the water content of the food and preserves the food items from spoilage. E.g. Jam, Fruit juices.

Freezing:

The microbial growth and the enzyme activity on the frozen food items can be prevented by this method. E.g. Fruits, Vegetables.

Boiling:

Boiling kills the micro-organisms present in the food materials. E.g. Milk, Water.

Canning:

In this method, food is packed in air tight cans so that germs do not grow on them. E.g. Milk powder.

Addition of chemical preservatives:

Chemical preservatives are added to stop the growth of micro-organisms in certain food materials.

E.g. Sodium benzoate is added with fruits, Sulphur dioxide is added with dry fruits, Vinegar is added with pickles.

2. Explain the different types of food.

Major Food Items	Sources
Carbohydrates	Honey, Sugarcane, Fruits, Whole grains, Vegetables, Rice.
Proteins	Legumes, Pulses, Nuts, Soya bean, Green leafy vegetables, Fish, Egg, Milk.
Fats	Egg yolk, Saturated oil, Meat

3. Write about kitchen safety.

Kitchen is an important place in our home. We prepare our food in the kitchen. We use gas cylinders for cooking. Some of us may use electric stoves.

The equipments and the environment in the kitchen may be little dangerous. So we need to be cautious and careful.

Gas:

Gas catches fire easily. Once gas is leaked there may be dangerous consequences.

So, we need to be careful while handling cylinders. The following table gives what should we do and what we should not do while handling gas cylinders.

Electrical appliances:

Do not operate electrical appliances with wet hands, because it leads to electric shocks.

Fire:

1. Do not keep the inflammable materials like kerosene etc, near the stoves.
2. In case of person's clothes catching fire, cover the person with a thick blanket or carpet.
3. If kerosene or oil catches fire, use sand to put out the fire.
4. If solid materials like wood catch fire, use water to put out the fire.
5. If an electrical appliance catches fire, unplug the appliance and disconnect the electricity.
6. Use proper fire extinguishers to put out the fire.

Burns:

1. In case of minor burns, the burnt area should be held under cool running water for some time and proper medical treatment should be given.
2. Any blister if formed, should not be pricked.

