Preservation of Food

A. Choose the correct answer:

1. Why is food preservation important?
A) To make food taste better
B) To prevent food from spoiling and increase its shelf life
C) To add more spices to food
D) To cook food faster

2. Which of the following is a method of preserving food?
A) Keeping food in an open area
B) Storing food in airtight containers
C) Throwing food away after one day
D) Eating food immediately after cooking

3. Which of these is a natural method of food preservation?
A) Using chemicals
B) Freezing food
C) Adding artificial colors
D) Leaving food in the sun

B. Fill in the Blanks:

1. Preservation of food helps to prevent _____ from growing on food.

2. _____ is a method of food preservation that involves removing water from food to keep it fresh.

3. Refrigeration helps in keeping food fresh by slowing down the growth of _____.

C. Case Study:

Ria's mother prepared a lot of mangoes during the summer season and wanted to store them for later use. She decided to make pickles and dry some mangoes. Meanwhile, Ria's father stored some fresh vegetables in the refrigerator. However, Ria left a bowl of cooked rice uncovered in the kitchen overnight. The next day, she noticed that the rice had gone bad and smelled foul.

Questions & Answers:

1. Why did Ria's mother choose pickling and drying as methods of food preservation?
2. How does refrigeration help in preserving vegetables?
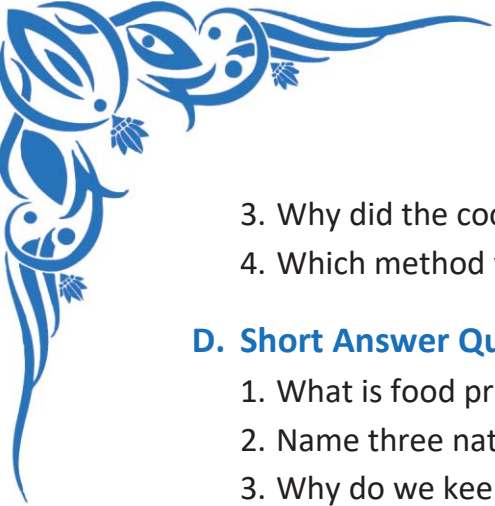
3. Why did the cooked rice go bad when left uncovered overnight?
4. Which method would you suggest to Ria to store cooked food properly?

D. Short Answer Questions:
1. What is food preservation?
2. Name three natural ways to preserve food.
3. Why do we keep milk in the refrigerator?

E. Long Answer Questions:
1. Describe different methods of food preservation and their importance.
2. Why do food items like pickles and jams last longer without spoiling?
3. How do food preservation techniques help in reducing food wastage?