

CHAPTER 4

MANGOES ROUND THE YEAR

1- Multiple Choice Questions (MCQs).

(i) In which season does the food get spoiled easily?

(a) Winter (b) Monsoon

(c) Summer (d) Spring

(ii) What appears on moist bread when it is kept for a few days?

(a) Bacteria (b) Fungus

(c) Virus (d) Algae

(iii) Which of the following can be kept fresh by putting it in a bowl which is kept in a container with some water?

(a) Milk (b) Cooked rice

(c) Green coriander (d) Mangoes

(iv) Which of the following can be kept fresh by wrapping it in a damp cloth?

(a) Cooked rice (b) Green coriander

(c) Onion, garlic (d) All of these

(v) How many weeks does it take to prepare Mamidi tandra?

(a) 2 (b) 4

(c) 6 (d) 8

2- Write 'T' for True or 'F' for False statements.

(i) Germs grow in dehydrated food.

(ii) Boiling helps in keeping milk for 1-2 days.

(iii) Spoilt food gives a foul smell.

(iv) Expiry date on food packs is a useless information.

3- Fill in the blanks with appropriate words given in the box.

dust, muslin, green coriander, cooked rice, onion, drying, sweetening and salting, milk, sprouts, mangoes, ripe, unripe, sugar, fridge/refrigerator

- (i) can be kept fresh by boiling it.
- (ii) can be kept fresh by keeping it in a dry open place.
- (iii) Mamidi tandra is prepared from mangoes.
- (iv) Pulp can be strained using cloth to remove the fibres.
- (v) Fruits and vegetables in the home can be preserved by keeping them in the.....
- (vi) Making jam is a way of preserving the fruits by adding

4- Food can be preserved by several methods given below. Give one example of each that can be preserved in the following ways.

- (i) Drying
- (ii) Freezing
- (iii) Boiling
- (iv) By adding preservatives
- (v) Sweetening and salting

5- What is the other name of Mamidi tandra?

6- Answer the following questions briefly.

- (i) How do we know that food has got spoiled?

- (ii) What happens if a person eats spoiled food?

- (iii) Why are glass jars and bottles dried well in the sun before filling them with pickles?

- (iv) What do you mean by preservation of food?

7- Answer the following questions based on Mamidi tandra.

- (i) How is Mamidi tandra prepared?

- (ii) Why is a mixture of jaggery and pulp dried in the Sun?

- (iii) Why was the mixture of jaggery and pulp covered with a clean saree?

8- Answer the following questions.

- (i) What food items do you preserve in a refrigerator?

- (ii) Make a list of food items that you keep in the freezer.

- (iii) Name some items in which preservatives are added to make them last long.

9- Suppose your family is going to your nani's house which is a 3 day journey. From the box below make a list of the food items that you will consume on the 1st, 2nd and 3rd day of the journey.

Puri, Biscuits, Chips, Bananas, Chocolates, Apple, Fruit Juice, Cheese, Bread Butter, Potato Sabji, Fruit cake, Nuts, Pickle, Aam Papad

(Hint: foods that spoil quickly should be consumed first)

1st day

2nd day

3rd day

10- Why is it important to read the date of expiry of a food item before buying it?

11- The mango garden of Chittibabu and Chinnababu was full of fruits in the summer holidays. This means that mangoes grow in the summer season. Write the names of some

(i) Summer fruits

(ii) Winter fruits

(iii) Fruits that grow throughout the year

12- Observe both pictures given below and answer the following questions:



Bread A



Bread B

(i) Identify the fresh bread slice.

(ii) What do you find on the Bread A?

(iii) What are the reasons for spoilage of Bread A?

(iv) Write any two methods to avoid spoilage of food.

13- The following are the steps involved in the preparation of 'Mamidi Tandra'. Read them carefully and arrange them in order by putting number 1 to 7 in the box provided.

- (i) The pulp is spread on the mat.
- (ii) After four weeks of hard work, mamidi tandra is ready to eat.
- (iii) Pulp of ripe mangoes are extracted in a vessel.
- (iv) Sugar and crushed jaggery are added to pulp.
- (v) The pulp is strained to remove fibre from it.
- (vi) A cloth is covered on the thin layer to avoid any dust.
- (vii) Layer after layer is added until it grew thick like a golden cake.

14- Name the method of preservating food referred to here:

Boiling, Freezing, Canning, Fermentation, Drying, Salting

- (i) Extraction of moisture by sun, air, heat or vacuum to inhibit the growth of moulds, bacteria and yeasts.
- (ii) The addition of salt to foods to decrease the activity of moulds, bacteria and yeasts.
- (iii) The use of special bacteria, moulds or yeasts to prevent spoilage by converting the elements of food that spoil easily to stable elements.
- (iv) The packing of food in a container, sealing the container and heating it to sterilize the food.

- (v) The heating of milk and other liquids which reduces the number of disease-producing bacteria.
- (vi) The lowering of the temperature of food to inhibit the growth of bacteria moulds and yeasts.

15- Name the following:

- (i) Four preservatives used to make pickles.

- (ii) Four food items made of mangoes.

- (iii) Four conditions in which food spoil easily.

- (iv) Four ways for preserving food.

16- Given below are some food items and some simple methods by which these could be kept fresh for 1-2 days. Match the correct pairs.

Food items	Methods of preservation
(i) Milk	(a) Wrap it in a damp cloth.
(ii) Cooked rice	(b) Keeping them in a dry place.
(iii) Vegetables	(c) Putting it in a bowl and keeping the bowl in container with some water.

- (iv) Green coriander (d) Keeping them in the refrigerator.
- (v) Onion and garlic (e) Keeping them in the refrigerator.
- (vi) Chicken and meat (f) By boiling it.
-
