



CLASS NOTES-ANSWERS

I. Fill in the blanks.

- 1) A balanced diet has the required amount of carbohydrates, fats, proteins, vitamins, minerals, roughage and water.
- 2) Frying increases the shelf-life of food but can also produce harmful substances.
- 3) Cooking makes food soft and easy to digest.
- 4) Salting is a common method to preserve fish and meat.
- 5) Moisture, air and warmth are necessary for the growth of germs.

II. Circle the correct option to complete each sentence.

- 1) Idli / Samosa is cooked by steaming.
- 2) Cake / Dal is cooked by baking.
- 3) Fried food / Boiled food is easy to digest.
- 4) Nutrients and flavours are retained during roasting / boiling.

III. Identify the main nutrients present in these.

1)



Carbohydrates

2)



Vitamins and Minerals



3)



Proteins

4)



Fats

IV. Tick the correct reason for each of the following.

1) We should include fruits and vegetables in our diet.

- a) Fruits and vegetables contain roughage along with vitamins and minerals.
- b) Fruits and vegetables provide us energy.

2) Fruits and some vegetables containing vitamins must be eaten raw.

- a) Vitamins are lost if they are cooked.
- b) It becomes difficult to digest them, if they are cooked.

3) Cooking some food items is necessary before consuming **them**.

- a) Cooking food is an interesting activity.
- b) Cooking food makes it easier to digest.

4. A fruit should be peeled only after it is washed properly.

- a) Washing makes the skin of the fruit softer and easier to peel.
- b) Washing after peeling causes loss of vitamins and minerals present just below the skin of the fruit.



V. Answer the following questions.

1) Why is food cooked.

Answer: Cooking food makes it soft and easy to digest. Cooking kills the germs that may be present in the food and makes it fit for eating.

2) List the different methods of cooking food with an example of each.

Answer:

- a) Baking–biscuits
- b) Roasting–popcorn
- c) Steaming–idli
- d) Boiling–dal
- e) Frying–vada

3) What precautions should be taken to preserve nutrients while cooking Food?

Answer:

- Overcooking destroys the vitamins in foods such as leafy vegetables and tomatoes. Therefore, foods should not be overcooked.
- Some vitamins are soluble in water. When vegetables or cereals are soaked in water for a long time, their vitamins dissolve in water. If this water is thrown away, important vitamins are lost. Therefore, food should not be cooked with excess water.

4) Why is preservation of food necessary?

Answer: Preservation of food prevents spoilage and helps the food stay fresh for a long time.

5) Explain any four techniques by which we can preserve food.

Answer:

- Airtight containers help in preserving food for a longer time by preventing the entry of moisture and air. Grains and pulses are stored in airtight containers.
- Salting is a process of adding salt to food items to preserve them. It is



commonly used to preserve fish, meat and pickles.

- Sweetening is a process of keeping food items in a strong sugar syrup. The sugar syrup drains out the water from the germs and kills them. Fruits can be preserved by sweetening.
- Preservatives such as Sodium benzoate are added to food to slow down the growth of germs. Food products, such as jam, ketchup and cheese contain preservatives.

Higher Order Thinking Skills

Think and answer

1) Do you think only young children need a balanced diet?

Answer: A balanced diet supplies the nutrients required to give us energy, help in the growth of the body, and make the bones and muscles strong. Hence, a balanced diet is key to healthy living for everyone.

2) Food preservation techniques are important to tackle food shortage. How?

Answer: Preservation techniques help to keep food items fresh, store food for a long time and prevent spoilage. This helps reduce wastage of food. Thus, helps to tackle food shortage.