

Girls' High School & College, Prayagraj

Worksheet 3

Session 2020-2021

Class 4 A-F

Science

LS.1 Food We Eat

INSTRUCTIONS FOR THE PARENTS -

*Parents please ensure that the child reads the matter for two days, understands and then answers the questions given below.

Exercise and rest

Exercise is as important to stay healthy as food. Regular exercise and playing outdoor games help us to stay fit. Yoga also helps in keeping our body fit. Lack of exercise makes us lazy. Along with exercise our body needs proper rest. We need to sleep for 6-8 hours in a day. Lack of sleep may result in improper functioning of our body organs. It can make us fall ill.



Cooking food

Food is cooked to make it soft and edible. It is made tasty by adding spices. Cooked food is easy to digest. Fruits are generally eaten raw. Some vegetables like cucumber, radish, carrot, tomatoes and lettuce can be eaten raw in form of salads. Many other vegetables like brinjal, cauliflower, lady finger and potato have to be cooked. Cooking food kills germs. But we should not over cook food as it destroys the nutrients present in the food.

Preserving food

Food left in the open for few hours becomes unfit for eating. Germs in the air settle on the food and spoil it. We can prevent food from getting spoiled by preserving it. The process of treating food in a way, that preserves its value for a long time is called preservation.

Methods of preserving food

Refrigerating: The temperature inside a refrigerator is very low. Germs do not grow easily at low temperatures. Vegetables, fruits and cooked food can be kept fresh for a few days in a refrigerator.



Deep freezing: Deep freezers are very cold places where water freezes to ice. Meat, fish, peas, carrots, lemons and many such foods can be kept in the deep freezer for several months without spoiling. Germs cannot grow on them.

Drying: One of the oldest methods of preserving food is by drying. Drying removes the water content in the food. Dried food is sealed in packets to prevent moisture from air from entering them. Chillies, grapes, apricots and many other food items are stored by this method.



**Chillies
in packets**

Using preservatives: Sugar, salt and oil are used as preservatives to prevent the growth of germs. Many fruits and vegetables are preserved as pickles by keeping them in oil or vinegar. Fruits such as apples, straw berries or blueberries are preserved as jams by boiling them with sugar.



Ketchup bottle



Strawberry bottles



Jam bottles

Canning and bottling: Canning is a process in which food is heated in a can to kill the germs. When a bottle is used it is called bottling. The air is driven out of the container and sealed. The food inside the container is protected from germs and preserved for months.



Canned pineapple

Q1. Fill in the blanks.

1. _____ also helps in keeping our body fit.
2. Food is made tasty by adding_____.
3. _____food kills germs.
4. _____ in the air settle on the food and spoil it.
5. One of the oldest methods of preserving food is by_____.
6. The _____inside a refrigerator is very low.

Q2. State true or false.

1. Food can be preserved in many ways.
2. Exercise is as important to stay healthy as food.
3. We need to sleep for 2-3 hours in a day.
4. We should overcook food.
5. Drying removes the water content in the food.

Q3. Answer the following questions in short.

1. Why do we need to sleep?
2. Why should food be cooked before eating?
3. What is food preservation?
4. What is canning?

-----END-----
