HANDOUTS (CHAPTER-6)

Class- V. Subject- Science

Part I: Multiple Choice Questions (MCQs)

Q1. What does the phrase 'Annam Parabrahmaswaroopam' mean in Indian philosophy?

A) Waste food openly
B) Share food with animals
C) Food is a form of God
D) Cook food at high heat

Q2. Where are fruits and vegetables usually placed if they need to be used after a few days?

A) Covered on a dark shelf
B) In the lower shelves of the refrigerator
C) Placed on counter trays
D) Kept in airtight tin boxes

Q3. What process is performed on milk before storing it to help prevent spoilage?

A) Dehydration
B) Condensation
C) Salting
D) Boiling

Q4. Which of the following items are stored in jars or boxes at room temperature?

A) Curd and raw chicken
B) Biscuits, chips, pulses, and uncooked rice
C) Fresh milk and vegetables
D) Fish and sliced fruits

Q5. What is added to pulses and rice to protect them from insect damage at room temperature?

A) Sugar and salt paste
B) Turmeric powder or insect repellent tablets
C) Vinegar solution
D) Nitrogen gas injection

Q6. How should raw chicken, fish, and other non-vegetarian items be kept if not cooked immediately?

A) Kept in trays at room temperature
B) Kept frozen till they are required
C) Kept in open boxes on a shelf
D) Soaked in warm water bins

Q7. Where are onions and potatoes ideally stored in the kitchen?

A) In the lower shelves of the refrigerator

B) Frozen inside airtight bags

C) In trays or shelves at room temperature

D) Submerged under plain water jars

Q8. When milk gets spoiled after being left on a kitchen shelf for a few days, its appearance changes and it turns into:

A) Whitish powder

B) Clear sweet juice

C) Sour milk curdles

D) Hard yellow pieces

Q9. The cottony growth of red, brown, or black structures on moist bread after a few days is known as:

A) Enzymes

B) Acetic acid crystal

C) Bread moulds (fungus)

D) Lactobacilli chains

Q10. Which two environmental factors are essential for the rapid growth of micro-organisms like bacteria and fungi?

A) High pressure and extreme cold

B) Total dryness and bright sunlight

C) Presence of moisture and warmth

D) Vacuum space and nitrogen gas

Q11. What are the chemicals present in all fruits and vegetables that speed up chemical changes like ripening?

A) Repellents

B) Minerals

C) Enzymes

D) Antibiotics

Q12. What happens to raw fruits because of the action of enzymes during ripening?

A) They change colour and become sweet

B) They remain green and turn sour

C) They turn into powder instantly

D) They lose all their water content

Q13. Insects, worms, and rats usually make their homes in places that are:

A) Exposed to hot desert sun

B) Moist and dark where food is available

C) Clean, fully dry, and well-lit

D) Completely frozen and airtight

Q14. The process of treating and handling food to stop or slow down spoilage caused by micro-organisms is called:

A) Chemical ripening

B) Food preservation

C) Rancidity acceleration

D) Enzymatic degradation

Q15. Which preservation method involves removing water content from foodstuffs such as onions and cauliflower?

A) Pasteurisation

B) Canning

C) Dehydration

D) Vacuum packing

Q16. Adding excess sugar and salt serves as an excellent preservative because it tends to:

A) Ripen fruits even faster

B) Take out moisture from the food

C) Increase water activity dramatically

D) Synthesize natural food enzymes

Q17. Acetic acid, which is used in the manufacture of several pickled products, is commonly known as:

A) Curd

B) Baking soda

C) Sugar syrup

D) Vinegar

Q18. The process of heating milk below 212°F (100°C) for a short time followed by immediate cooling is called:

A) Dehydration

B) Vacuum packing

C) Pasteurisation

D) Canning

Q19. Which famous microbiologist is associated with the discovery/naming of the Pasteurisation process?

A) Louis Pasteur

B) Robert Hooke

C) Alexander Fleming

D) Gregor Mendel

Q20. Why do manufacturers fill nitrogen gas in packets of potato chips and other namkeens?

A) To completely dry out the spices

B) To prevent fats and oils from becoming rancid

C) To speed up enzymatic ripening

D) To encourage the growth of useful fungi

Part II: Fill in the Blanks

1. Our Indian philosophy states '_____', meaning food is a form of God.

2. Millions of tons of food are spoiled, wasted, or discarded while many fellow beings do not get even two '_____'.

3. Fruits and vegetables are placed on the lower shelves of the refrigerator when they have to be used after a _____.

4. Curd is prepared at room temperature but as soon as it _____, it is placed in the refrigerator.

5. When food items are no longer fit for eating, they are considered _____.

6. Fruits left open on shelves get covered with a whitish, powdery, or _____ substance.

7. Bread moulds are a type of _____ that can grow on bread pieces over a few days.

8. Tiny organisms like _____ and fungi are the main cause for the spoilage of food.

9. Micro-organisms tend to grow fast in the presence of _____ and warmth.

10. To prevent food from getting spoiled by micro-organisms, we need to remove moisture from it, i.e., _____ it.

11. Enzymes are chemicals present in all fruits and vegetables that cause _____ of fruits.

12. Before ripening, most raw fruits are green in colour and _____ or bitter in taste.

13. Enzymes also speed up chemical changes that result in the loss of flavour, colour, and _____ of food.

14. To prevent insects and rats from making a home, cupboards, shelves, and containers must be kept clean and _____.

15. Foods like spices, cereals, biscuits, and snacks should be kept in _____ jars to prevent contact with air moisture.

16. In the dehydration process, vegetables like onions and _____ are dried to preserve them.

17. Acetic acid in the form of _____ stops the growth of micro-organisms in pickled products.

18. Canning involves cooking food, sealing it in sterile containers, and _____ them to kill remaining bacteria.

19. The temperature used during pasteurisation of milk is below _____ °F (100°C).

20. Foods containing fats and oil change their smell and taste and become _____ in the presence of oxygen.

Answer Key

Part I: MCQs Master Solutions Table

Question Number	Correct Option & Answer Key
Q1	C) Food is a form of God
Q2	B) In the lower shelves of the refrigerator
Q3	D) Boiling
Q4	B) Biscuits, chips, pulses, and uncooked rice
Q5	B) Turmeric powder or insect repellent tablets
Q6	B) Kept frozen till they are required
Q7	C) In trays or shelves at room temperature
Q8	C) Sour milk curdles
Q9	C) Bread moulds (fungus)
Q10	C) Presence of moisture and warmth
Q11	C) Enzymes
Q12	A) They change colour and become sweet
Q13	B) Moist and dark where food is available
Q14	B) Food preservation
Q15	C) Dehydration
Q16	B) Take out moisture from the food
Q17	D) Vinegar
Q18	C) Pasteurisation
Q19	A) Louis Pasteur
Q20	B) To prevent fats and oils from becoming rancid

Part II: Fill in the Blanks Answers Table

Blank Number	Correct Answer Text
Blank 1	Annam Parabrahmaswaroopam
Blank 2	square meals
Blank 3	few days
Blank 4	sets
Blank 5	spoiled
Blank 6	orange
Blank 7	fungus
Blank 8	bacteria
Blank 9	moisture
Blank 10	dry
Blank 11	ripening
Blank 12	sour
Blank 13	appearance
Blank 14	dry
Blank 15	airtight
Blank 16	cauliflower
Blank 17	vinegar
Blank 18	boiling
Blank 19	212
Blank 20	rancid