

STAR PLAY SCHOOL

Dear Parents,

Today's assignment

👉 E.v.s new chapter-storage and shortage of food (Question and answers)

👉 Annual dance practice

👉 Written + oral test of winner boxer

👉 Sports race practice

Home Assignment

👉 Do only examples in the maths notebook of chapter understanding decimals

👉 Learn chapter- forests in India(e.v.s)



L-10

Storage and shortage of food

D. Give reasons for the
following statements

1. We should not eat
food that is spoilt

Ans We should not eat food
that is spoilt because eating
spoilt food can cause



diseases and make us sick. It can also lead to food poisoning.

2. Drying some food items helps to preserve them.

Ans Drying some food items helps to preserve them because drying is used to reduce the water content in food by keeping it in



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diseases and make us sick. It can also lead to food poisoning.

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Ans. since bacteria cannot grow without water the food does not get spoilt.

3. We should use food judiciously and not waste it.

Ans. Many people around the world die due to hunger and malnutrition. They do not get even one meal



Sum since bacteria cannot grow without water the food does not get spoilt

3. We should ~~use~~ food judiciously and not waste it

Ans Many people around the world die due to ~~hunger~~ and ~~malnutrition~~. They do not get even one meal



away to eat. Hence it is very important for us to use food judiciously and not waste it.

E. Answer the following questions:

1. What are the signs of spoiled food?

Ans Some common signs of spoiled food are changes



in colour taste smell or texture

2 What are nutrients? Name

Five important nutrients needed

by our body nutrients are special

substances that give

us energy help us to

grow and protect us from

disease. The five important

nutrients needed by our



body are proteins carbony
drates fats vitamins and
minerals.

3. How can we prevent wastage
of food?

Ans → We can prevent wastage
of food in the following

- We should cook only as
much food as required. If
there is any leftover



food we should eat it
the next day

4 What are deficiency diseases?

Ans When the body does not
get the nutrients it requires
it leads to deficiency
diseases.

5 What are the causes of shortage
of food?



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~~Ans~~ Food gets spoilt if it is
not stored properly. for
example pests like rats
spoil grains that are not
stored in a proper way

~~11/11/25~~

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