

# **WELCOME TO THE ONLINE CLASS**

**SESSION NO.: 7**

**CLASS: 4**

**SUBJECT: SCIENCE**

**CHAPTER NUMBER: 1**

**CHAPTER NAME: FOOD AND DIGESTION**

**SUB-TOPIC: PREPARING AND PRESERVING FOOD**

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**CHANGING YOUR TOMORROW**

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The background of the slide is a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are in various shades of yellow and orange, some whole and some sliced to show the internal segments. There are also green leaves and smaller citrus slices scattered throughout. The overall aesthetic is clean, bright, and fresh.

# LEARNING OBJECTIVE

**To enable the learner to:**

- **describe the correct ways of cooking and preserving the food.**



# WARM UP

1. \_\_\_\_\_ helps in absorption of excess water.
2. Name the organs associated with digestive system but they are not the part of digestive system.
3. Why are blood cells present in the walls of small intestine?
4. What is the role of fibre?

# WAYS TO PREPARE FOOD

- We should wash the fruits and vegetables before cooking them, so as to free them from dust and germs.
- Cooking makes the food soft, tasty and easily digestible.
- It kills the germs in the food.





# THINGS TO REMEMBER WHILE COOKING:

- Do not throw away the water in which pulses are soaked. It contains vitamins and minerals. Use it for cooking.
- Do not wash vegetables and fruits after cutting them.
- Take just enough water for boiling so that water which has absorbed the nutrients is not thrown away.



- **Do not overcook. Too much cooking , roasting and frying destroyed the nutrients.**





# PRESERVING THE FOOD:

- The process of treating food in a way that preserves its value for a long time is called preservation.





# METHODS OF PRESERVING FOOD:

- DRYING
- FREEZING
- SALTING
- PICKLING
- CANNING





# DRYING, FREEZING, COOLING AND SALTING OF FOOD:





# PICKLING AND CANNING OF FOOD:



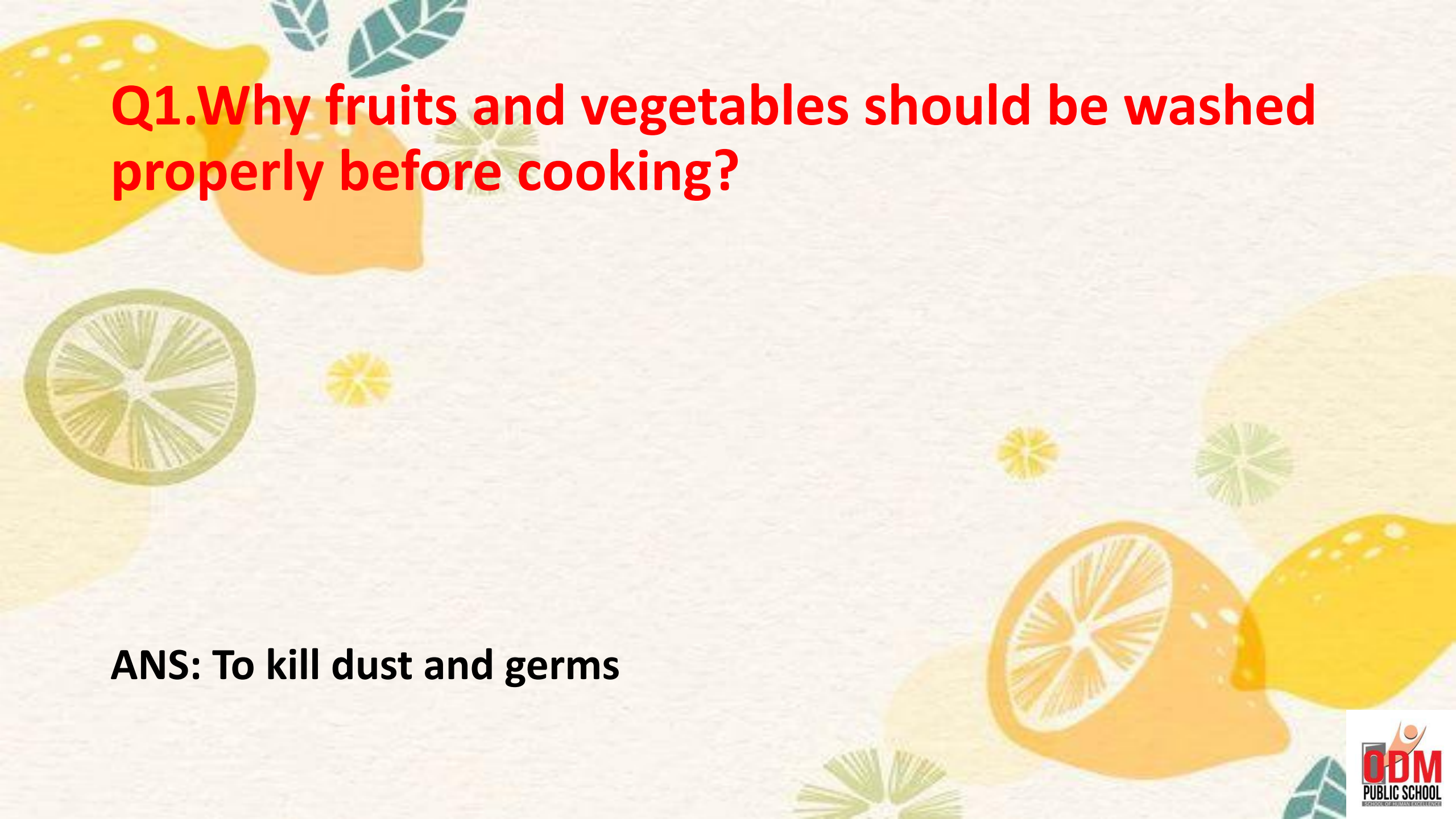


# SUMMARY

- We should wash the fruits and vegetables before cooking them, so as to free them from dust and germs.
- Do not wash vegetables and fruits after cutting them.
- Cooking makes the food soft, tasty and easily digestible.
- Do not overcook. Too much cooking , roasting and frying destroyed the nutrients.
- The process of treating food in a way that preserves its value for a long time is called preservation.
- Drink plenty of water and eat lots of fresh vegetables and fruits to stay healthy.

QUIZ



The background of the slide is a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are depicted in various shades of yellow and orange, some whole and some sliced to show the internal segments. Green leaves are scattered throughout the design, adding a fresh, natural feel. The overall aesthetic is clean and bright, suitable for an educational or health-related presentation.

**Q1. Why fruits and vegetables should be washed properly before cooking?**

**ANS: To kill dust and germs**

The background of the slide is a light cream color with a subtle pattern of faint, overlapping illustrations of lemons and citrus slices. Some lemons are whole and bright yellow, while others are sliced, showing the internal segments in shades of green and yellow. There are also some green leaves scattered throughout.

## 2. Why we should not wash vegetables after cutting them?

**ANS: Washing vegetables after cutting may lose all the nutrients.**



The background of the slide is a light cream color with a subtle, repeating pattern of lemons and citrus slices. The lemons are in various shades of yellow and orange, some whole and some sliced to show the internal segments. There are also some green leaves scattered throughout. The text is centered in the upper half of the slide.

**3. Name the process by which food can be preserved its values for long time .**

**ANS: Preservation**

# ANSWER THE FOLLOWING QUESTIONS:

**Q1. What happens to the food in the mouth?**

**Ans:** The food in the mouth is broken down into simpler pieces by our teeth and mixes with the saliva which helps in changing the insoluble starch in food into soluble sugar.

**Q2. What is the function of the small intestine?**

**Ans:** The function of small intestine is:

- a. Food is mixed with some more digestive juices produced by the walls of intestine, liver and pancreas and completely digested in small intestine.
- b. The blood vessels present in the walls of small intestine absorb the digested food and distribute it to all parts of the body



# ANSWER THE FOLLOWING LONG QUESTIONS:

**Q3. What happens to our food when it enters the stomach till it reaches the large intestine?**

**Ans:** In the stomach the food is churned into the simpler form and pushed into the long coiled tube called the small intestine.

- The inside walls of the small intestine along with the pancreas and liver produces the digestive juices, which mixes with the food and makes it almost like a liquid.
- The blood vessels present in the walls of small intestine absorb the digested food and carry it to all parts of our body.
- The undigested food passes into the large intestine.
- The blood vessels present in the walls of large intestine absorbs the excess water.

**Q4. What is preservation?**

**Ans:** The process of treating food in a way that preserves its value for a long time is called preservation.

# HOMework

1. You need to consume more protein than your grandmother.  
Why?



The background features a light cream-colored surface with a subtle, repeating pattern of lemons and leaves. The lemons are depicted in various shades of yellow and orange, some as whole fruits and others as slices showing their internal segments. The leaves are green with white vein patterns. The overall aesthetic is clean and fresh.

# LEARNING OUTCOME

The learner will be able to:

- describe the correct ways of cooking and preserving the food.

The background features a light cream-colored surface with a subtle, repeating pattern of small, stylized citrus slices. Larger, semi-transparent illustrations of lemons and lemon slices are scattered across the page, primarily in the corners. Some lemons are whole, while others are sliced to show the internal segments. The colors range from bright yellow to a soft, pale yellow.

**THANKING YOU**  
**ODM EDUCATIONAL GROUP**