

CHAPTER – 4

MANGOES ROUND THE YEAR

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Question Discuss:

- How did Aman know that the potato *sabzi* had got spoilt?
- Have you ever seen some food that has got spoilt? How did you know that it was spoilt?
- Preeti told Nitu not to eat the potato *sabzi*. What would have happened if she had eaten it?

Answer:

- When Nitu opened up her lunch box, some bad smell came out. Aman knew that the potato *sabzi* had got spoilt by its bad smell.
- Yes, I have seen spoilt bread, tomato and dough. I came to know about their spoilage by the following observations

(i) Bad smell

(ii) Change in colour

(iii) Change in texture (a property of ‘touch’ which tells about hardness, softness, smoothness or roughness)

Disclaimer: *This question aims to encourage children to be creative to quote examples of food spoilage based on their own experiences. The answer for the same is based upon a student’s own observation. Hence, it can vary from one student to another.*

- If Nitu had eaten the spoilt potato *sabzi* she might have fallen ill. It could have led to vomiting and intestinal disorders or in severe cases even food poisoning.

Question Write:

- Look in your kitchen and write down names of food items that

can get spoilt in 2-3 days			
can be kept for a week			
would not spoil till one month			

- Look at your friend's list and discuss in the class.
- Will your list be the same in all seasons? What would change?
- When food gets spoilt in your house, what do you do with it?

Answer:

- Following are the names of the food items that:

Can get spoilt in 2-3 days: Cooked food, milk, bread

Can be kept for a week: Vegetables, fruits, sweets

Would not get spoilt till one month: Potato chips, baked cookies, jams

Disclaimer: The first part of this question aims to encourage children to be creative to quote examples of food spoilage based on their own experiences. The answer for the same is based upon a student's own observation. Hence, it can vary from one student to another.

- **Disclaimer:** The purpose of this question is to make the students actively interact with other fellow students. Keeping this in mind, it is strongly recommended that the students prepare the solutions on their own.

- No, the food items which I have listed down will not stay the same in all seasons. In summers, the food items get spoilt quicker as compared to that in winter. On the other hand, there are some food items that get spoilt quicker in the rainy season, when the air has more moisture content.
- When food gets spoilt in your house, we put it in storage bags and dump it in dustbin. For better disposal, we can put the spoilt food into compost pits for its decomposition into manure under natural conditions. Manure (khaad) is used in the agricultural field.

Question Biji Returned the Br: Aman's Biji went to the market to buy bread. The shop was very crowded. The shopkeeper picked up a packet of bread and gave it to Biji. She looked at it and returned it immediately.



- Look at the picture of the bread packet here and guess why Biji returned it? How did she find that the bread had got spoilt?

Answer:

I guess Biji returned the bread due to the following reasons:

- (i) She might have read the expiry date mentioned on the wrapper. She got to know that the expiry date has already crossed.
- (ii) She might have detected the spoilage of the bread.

She found out that the bread had got spoilt after seeing some brownish-green colored thread-like structure growing on it. These structures are called fungi.

Question Find Out:

Look carefully at two-three packets of food items:

- What can we know from what is written on the packet?
- When you buy anything from the market, what do you look for on the packet?

Answer:

- From what is written on the packet, we get to know the following things:

(i) Weight

(ii) Flavor

(iii) Ingredients

(iv) Maximum retail price (MRP)

(v) Nutritional value

(vi) Manufacturing date

(vii) Expiry date

(viii) Name of the manufacturing company

- When we buy anything from the market, we generally look for the following specifications:

(i) Weight

(ii) Flavour

(iii) Maximum retail price (MRP)

(iv) Nutritional value

(v) Expiry date

Question How does food gets s:

- The whole class can do this experiment together. Take a piece of bread or *roti*. Sprinkle a few drops of water on it, and put it in a box. Close the box. See the bread or *roti* every day until you find some changes on it. Make this table on a chart paper and put it up in the classroom. Fill up the chart every day after discussing the changes seen.

Day	Changes in the bread or <i>roti</i>			
	By touch	By smell	By looking through hand lens	By colour
1.				
2.				
3.				
4.				
5.				
6.				

- Find out the reason for these changes. From where did the fungus come on the bread?
- Different kinds of food items spoil due to different reasons. Some foods spoil soon, some stay good for long. List some seasons and conditions in which food spoils quickly.

- Given below are some food items and some simple methods by which these could be kept fresh for 1-2 days. Match the correct pairs:

Food items	Methods
Milk	Put in a bowl and keep the bowl in a container with some water.
Cooked rice	Wrap in a damp cloth.
Green coriander (Dhania)	Boil it.
Onion, garlic	Keep it in a dry open place

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Answer:

- The purpose of this question is to make the students actively take part in day-to day activities. Keeping this in mind, it is strongly recommended that the students prepare the solutions on their own.*
- The changes that can be seen in the bread slice are due to the presence of moisture. Moist bread is an excellent source of nutrition for fungus. Fungi (plural of fungus) are tiny structures that keep floating in the air. These are too tiny to be visible to the naked eyes. However, when they land on moist bread, they begin to grow in a manner similar to that of a seed in moist soil. As they grow, they reproduce and spread over the surface of the bread.

- Some seasons and conditions in which food spoils quickly are listed down.

(i) Rainy season having high moisture condition

(ii) Summer season having high temperature condition

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Milk	Boil it
Cooked rice	Put in a bowl and keep the bowl in a container with some water
Green coriander (Dhania)	Wrap in a damp cloth
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Question Write:

- Why was sugar and jaggery mixed into the mango pulp and dried in the sun?
- Why did *Appa* first choose the ripest mangoes to be used for making the *mamidi tandra*?
- How did the brothers make the *mamidi tandra*? Write down step-by-step what they did for this.
- What things are made in your house from ripe and unripe mangoes?

- Make a list of all the different types of pickles that you know about.

Answer:

- Sugar and jaggery were mixed into the mango pulp to give it a sweet taste. The mixture was then dried in the sun to make a sweet – sour tasting and thick snack, *aam papad*.
- *Appa* might have chosen the ripest mangoes due to the following reasons:
 - (i) The ripest mangoes taste the sweetest.
 - (ii) The ripest mangoes have greater chances of spoilage.
- The step-by-step method by which the brothers made the *mamidi tandra* is as follows:
 - (i) The mangoes were peeled.
 - (ii) The pulp was taken in a large pot.
 - (iii) The pulp was strained through a fine muslin cloth, to remove the fibers.
 - (iv) The *gur* (jaggery) was crushed till there were no lumps.
 - (v) Sugar and jaggery were added in equal amounts in the pulp and mixed thoroughly.
 - (vi) The mixture was spread into a thin layer over a mat.
 - (vii) The thin layer was left to dry in the sun.
 - (viii) In the evening, the mat was covered with a clean *saree*, to avoid any dust.
 - (ix) The above steps were followed again and on the next day, another layer was spread over the previous layer.
 - (x) The whole procedure was followed for four weeks until the jelly grew four centimetres thick.

- The following table lists some of the food items made from ripe and unripe mangoes.

Ripe mangoes	Unripe mangoes
Mango shake	Pickle
Squash	Chutney

Disclaimer: This question aims to encourage children to be creative to quote examples of food items based on their own observations. The answer for the same can vary from one student to another.

- The types of pickles can be classified based on their tastes as well as the material used for making them. For example, there are two types of lemon pickle, sweet and sour. **Disclaimer:** This question aims to encourage children to be creative to quote examples of food items based on their own observations. The answer for the same can vary from one student to another.

Page No 41: Question Find Out and Discuss:

- Is there any kind of pickle made in your house? What kind of pickle is it? Who makes it? From whom did they learn to make the pickle?
- What all things are needed to make any one type of pickle in your house? How is the pickle made? Find out the recipe and write.
- How are these things made in your house?
- Papad • Chutney • Badiyan

- It is a two-day journey by train from Pune to Kolkata. If you were to go on this trip, what food items would you carry with you? How would you pack them? Make a list on the blackboard of all the packed food. What food would you eat first?

Answer:

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