

National Institute of Open Schooling
Senior Secondary Course: Home Science
Lesson 7: Selection and Storage of Food Products
Worksheet-07

1. Your Mother has bought the following food items:
Fenugreek, Onions, Potatoes, Carrots, Eggs, Milk, Suji, Mango pickle, Jam, Biscuits, Spices, Dals, Tea, Sugar and a bag of Wheat Flour. Classify these food items according to their perishability
2. Your sister has set up a new home in a different city. Guide her about the quality indicators she should use for buying the following:
 - a. Fresh fruits and Vegetables ;b. Cereals and Pulses ;c. Spices; d. Ghee ,oil and butter. Suggest her the best storage techniques for the same
3. You are managing the home in the absence of you mother.You prepared a very tasty dal and left it on the kitchen slab.In the evening you realized that there were certain changes in its appearance and it was unfit to eat.Explain the possible cause for this and note down your observations
4. Keep the following on the kitchen slab for three days and note your observations for each: Banana; Mango; Potato; Give reasons for any changes seen.
- 5.You see rats in your local grocery store. Will you continue to buy groceries from there? Give two reasons for your answer. Give two suggestions to the shopkeeper on how to keep his store free of rodents ,insects and pests .
6. List the causes of Food Spoilage. Discuss with your mother how she protects the food from spoilage. Note down the measures given by her in a tabular form
7. When you go with your parents to shop for vegetables and fruits what quality indicators do you look for? Give a reason for choosing them
8. You have to buy milk for your family. What will be your selection criteria? How will you store it
9. List some general precautions that we should take while selecting and storing spices
10. Your family buys oil in bulk, but lately you are observing a stale smell in it after a few months of purchase. Discuss with your family the quality indicators to purchase oil and the right method to store it.