

CLASS 5

EVS

NCERT SOLUTIONS

NCERT Solutions for Class 5 EVS Chapter 3: The Mystery of Food – Free PDF Download

Chapter 3 of Class 5 EVS, Our Wondrous World, The Mystery of Food, follows Detective Disha as she investigates why food spoils, and explores preservation methods old and new.

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NCERT Solutions for Class 5 EVS Chapter 3: The Mystery of Food

What this chapter teaches.

Why food spoils — microbes need moisture, air, and the right temperature to grow and multiply; how cooking makes some raw foods safer and easier to digest, while other foods (like fruit) are safe to eat raw; traditional preservation methods — drying, salting, smoking, fermenting; and modern preservation methods — freezing, canning, pasteurisation.

Activity 1 — Solve the Case.

Following Detective Disha's investigation, children figure out why the uttapam spoiled in the lunchbox, connecting it to moisture, warmth, and time.

Activity 2 — Old vs New Preservation.

Children match traditional preservation methods (drying, salting) with modern ones (freezing, canning) for the same type of food.

Activity 3 — Foods That Don't Need Cooking.

Children list foods that are safe to eat raw versus foods that must be cooked, and discuss why.

Why This Chapter Matters

Understanding why food spoils and how to preserve it safely builds practical food-safety awareness children will use throughout life.

How to Use These Solutions

Check your own kitchen for examples of dried, salted, or frozen foods, and discuss why each method works. Download the full chapter from our [Class 5 EVS NCERT book page](#), or browse the [Class 5 hub](#).