



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2023-2024]

LESSON: COOKING FOOD

WORKSHEET -2

RESOURCE PERSON: Ms. Veda Vijay

NAME: \_\_\_\_\_ CLASS: III SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

## I. Neena wants to make chapatti. Help her to sequence the steps, so that she can make a perfect chapatti.

\* Rub a little oil on the palms and knead the dough into small balls.

\* Your chapatti is ready.

\* Add some water and mix well with the hand, kneading into a dough.



\* Using a rolling pin, roll out the dough ball into a thin circular patty.



\*Heat the tawa and put the patty on it to cook. Turn the patty on the other side when it is slightly brown.

\*Take some flour in a deep bowl.



## II. Find the odd one and give reasons.

a. rice                      wheat                      potato                      tomato

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b. puris                      french fries                      dosa                      pakoras

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c. LPG                      water                      sunlight                      electricity

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**III. Rama cooked some rice and there was some left over.**

- a. What was the method she followed to cook the food? \_\_\_\_\_
- b. The leftover food can be stored in a \_\_\_\_\_.
- c. Cooked food remains \_\_\_\_\_ for a long time in a refrigerator.
- d. Food is \_\_\_\_\_. We must not \_\_\_\_\_ it.

**IV. Tiju and his friends went to a birthday party. Help them to identify the various dishes and say which method was used to cook them.**



- a. \_\_\_\_\_  
method: \_\_\_\_\_.
- b. \_\_\_\_\_  
method: \_\_\_\_\_.
- c. \_\_\_\_\_  
method: \_\_\_\_\_.



- d. \_\_\_\_\_  
method: \_\_\_\_\_.
- e. \_\_\_\_\_  
method: \_\_\_\_\_.
- f. \_\_\_\_\_  
method: \_\_\_\_\_.

**V. Answer the following.**

1. What are cooking utensils made of?

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2. Why do we need food?

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