


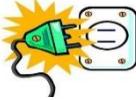










LESSON: COOKING FOOD
RESOURCE PERSON: MS. FATIMA
NAME: _____

WORKSHEET

DATE: _____ CLASS: III SEC: ____

1. Match the following heating sources with the fuels used.

| HEATING SOURCES | FUEL USED |
|---|---|
| 1. Chullah  | a. electricity  |
| 2. Pressure Stove  | b. coal and wood  |
| 3. Gas Stove  | c. sunlight  |
| 4. Electric Heater  | d. kerosene oil  |
| 5. A Solar Cooker  | e. LPG  |

1- _____ 2- _____ 3- _____ 4- _____ 5- _____

2. Name the methods of cooking for the following.

- food is cooked by heating with added water - _____
- baking bread - _____
- food is cooked in lots of hot oil - _____
- food is cooked directly on fire - _____
- food is kept away in such a way that it comes in contact with steam to get it cooked - _____

3. Fill in the blanks with the words given in the help box and choose the correct option.

wastage, precious, germs, refrigerator, tasty, digest

Cooking makes food _____. It makes food easy to _____. Cooking also kills the _____ that may be present in the raw food. We must avoid _____ of cooked food. Keeping fruits, vegetables and cooked food in a _____ avoids wastage. We must take only as much food as we can eat. Food is _____.

4. Complete the below given table with examples for the plant products that we eat:

| RAW | COOKED | COOKED AND RAW |
|-----|--------|----------------|
| | | |
| | | |
| | | |
| | | |