



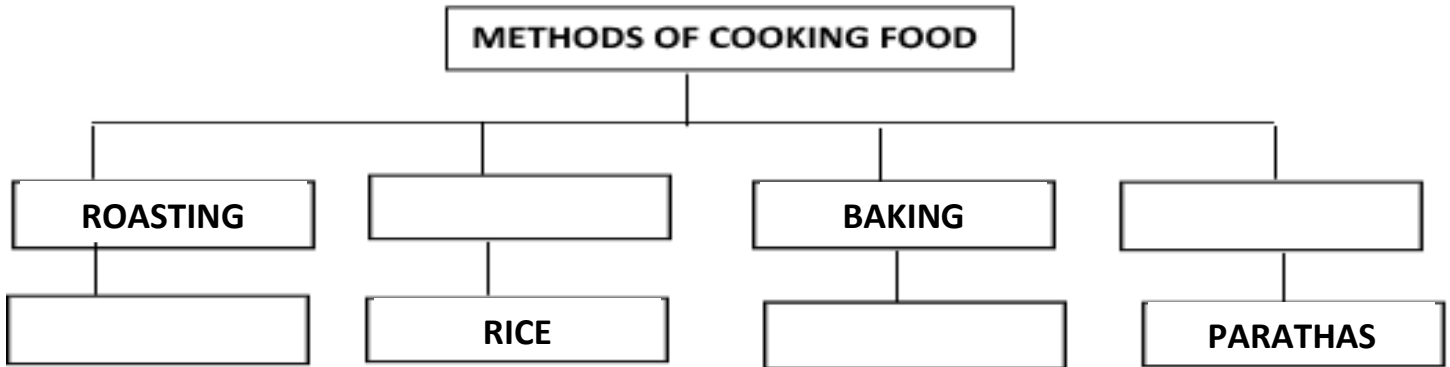
LESSON: COOKING FOOD

WORKSHEET -2

RESOURCE PERSON: Ms. RASHMI K.

NAME: _____ CLASS: III SEC: _____ DATE: _____

I. Complete the following table with the missing methods of cooking and their examples.



II. Colour the option that correctly identifies X and Y given in the table B.

Table -A

Cooked food	Raw food
fish	Banana
X	Cucumber
wheat	Y

Table -B

X	Y
1. apple	1. rice
2. carrot	2. pineapple
3. pulses	3. flesh

III A. Imagine you are having a party with your friends and family. Each person has to bring dishes to share. Your mother prepared samosas and momos.

Observe the following pictures and answer the questions that follow.



1. Which cooking method is used to prepare samosas?

Ans: _____

2. Momos are prepared by _____ method.

3. Which of the above cooking method do you think is healthier? _____

4. Name the cooking utensil which is used here to turn the samosa. _____

5. Your mother cooked these food items on a gas stove. Can you name the fuel used in this heating source? _____

6. Think about the different ways you can prepare samosas using less oil. Which cooking method or utensil would you choose? _____

B. Observe the picture given below and answer the questions that follow.



1. Name the picture shown alongside.

Ans: _____

2. Which food in the refrigerator can spoil in a day, if left outside?

Ans: _____

3. Is there any food in the refrigerator that wouldn't spoil if kept outside the refrigerator? _____

C.









1. Name the picture shown alongside. _____

2. Name the fuel used in this heating source. _____

3. What are the benefits of using this heating source? _____

Ans: _____

IV. Following are the steps involved in making chapati. Write the correct sequence of chapati preparation.

1.	Using a rolling pin, roll out the dough ball into thin circular patty.		
2.	Your chapati is ready.		
3.	Rub a little oil on the palms and knead the dough into small balls.		
4.	Take some flour in a deep bowl.		
5.	Add some water and mix well with the hand, kneading into a dough.		
6.	Heat the tawa and put the patty on it to cook. Turn the patty on the other side when it is slightly brown.		

**PLEASE
DON'T WASTE
FOOD**



**Scan the QR code to learn
more about different
methods of cooking.**



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