



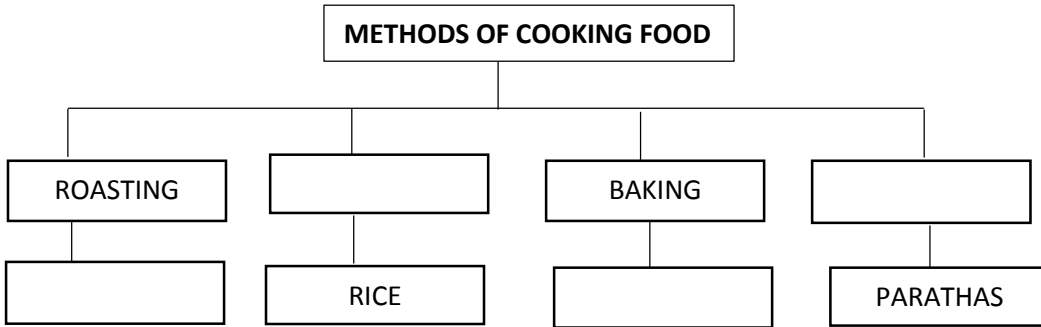
LESSON: COOKING FOOD

WORKSHEET

RESOURCE PERSON: Ms. Rainha Peter

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

I. Complete the following graphic organiser.



II. Match the following heating source to the fuel used in each of them.

1. a Gas Stove	(A) kerosene oil
2. a Solar Cooker	(B) coal and wood
3. a Pressure Stove	(C) LPG
4. a Chullah	(D) electricity
5. an Electric Heater	(E) sunlight
1. _____ 2. _____ 3. _____ 4. _____ 5. _____	

III. State whether the following statements are True or False.

- Pulses need to be cooked before being eaten.
- We can avoid wastage of cooked food by keeping it in a microwave oven.
- We cook puris by shallow frying.
- Cooking makes food soft and easy to digest.

IV. How many cooking utensils used in the kitchen are hidden in the grid given below? Identify and list them.

M	O	R	T	A	R	A	N	D	P	E	S	T	L	E
I	P	H	M	L	G	P	L	A	S	T	I	C	J	U
X	K	T	N	V	R	O	L	L	I	N	G	P	I	N
I	Z	L	E	W	S	T	E	E	L	Z	W	K	F	B
N	T	S	A	U	C	E	P	A	N	H	O	I	Z	G
G	W	K	D	Z	S	L	M	O	N	M	O	T	X	R
B	S	I	C	X	P	V	A	B	M	R	D	C	S	I
O	G	M	L	N	O	T	S	J	F	G	Y	H	I	N
W	E	M	A	C	O	Y	H	E	V	S	L	E	E	D
L	R	E	Y	Q	N	G	E	C	U	V	H	N	V	E
S	P	R	E	S	S	U	R	E	C	O	O	K	E	R
