

# Dry Cooking Methods Worksheet

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions: Answer ALL questions in the spaces provided on this worksheet. Read each question carefully before responding. Marks awarded are shown in brackets ( ).**

1. Cooking can be described as the preparation of food using a medium of \_\_\_\_\_. This heat can be \_\_\_\_\_, \_\_\_\_\_ or a \_\_\_\_\_ of the two. (2)

2. Give two (2) reasons why foods are cooked.

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(2)

3. Read each statement and write T if the statement is true and F if the statement is false.

a. Foods are cooked to preserve them. \_\_\_\_

b. Baking is a moist heat method. \_\_\_\_

c. Braising is a dry heat cooking method. \_\_\_\_

(3)

4. Match the words in Column A with the description in Column B

Column A

Column B

i. \_\_\_\_ Grilling

a) cooking of food by radiation.

ii. \_\_\_\_ Roasting

b) food does not come in direct contact with liquid.

iii. \_\_\_\_ Baking

c) cooking of meat or vegetables in the oven.

d) cooking food such as flour mixtures by convection.

(3)