

**Canada's Food Guide – Task 2: Skill-Building Activity 1, Worksheet 1****Healthy Ways of Cooking****Part A:** Match the ways of cooking with the pictures.

Steam:___

Deep-fry:___

Grill:___

Bake:___

Roast:___

Stir-fry:___

Poach:___

Broil: ___

Part B: Work with a partner. Write down all the **foods** you can think of that go with the cooking verbs.

- | | | |
|----------|--------------|------------------|
| H | 1. Steam: | <u>broccoli,</u> |
| _____ | 2. Deep-fry: | _____ |
| _____ | 3. Grill: | _____ |
| _____ | 4. Bake: | _____ |
| _____ | 5. Roast: | _____ |
| _____ | 6. Stir-fry: | _____ |
| _____ | 7. Poach: | _____ |
| _____ | 8. Broil | _____ |

Part C: With your partner, decide if these are **healthier** or **not healthier** ways of cooking. Write **H** for healthier and **NH** for not healthier next to each way of cooking.



Canada's Food Guide – Task 2: Skill-Building Activity 1, Worksheet 2

Read the information from Canada's Food Guide.

Choose Healthier Ways of Cooking

1. You bake foods like bread slowly in an oven.
2. You **poach** foods slowly in a pan of boiling water.
3. You **grill** on a barbecue. You can also grill in a pan.
4. You **roast** in an oven.
5. You can **stir-fry** to cook small or thin pieces of foods quickly. It is frying foods with a little oil, vegetable stock or water.
6. You **steam** foods in a basket. The basket sits in a pot above the boiling water.
7. You **broil** in the oven on the top rack (shelf).

Did you guess correctly? Which way of cooking is **NOT** there? _____

Part D (CLB 3): Write *True* or *False*.

1. Baking is a very fast way of cooking. _____
2. You need boiling water to poach foods. _____
3. You can grill in a microwave. _____
4. You don't need a lot of oil for stir-frying. _____
5. You need water for stir-frying. _____



**Canada's Food Guide – Task 2: Skill-Building Activity 1, Worksheet 3**

Part E: Look at the table of oils and fats. Guess if they are **healthy** or **saturated**.

Check ✓ the correct box. Compare your answers with your partner. Your teacher will tell you the correct answers at the end.

Oils/ Fats		Healthy (Unsaturated)	Saturated
1. Olive oil			
2. Sunflower oil			
3. Butter			
4. Canola oil			
5. Coconut oil			
6. Peanut oil			
7. Soft Margarine			

*Now, read the sentences and circle the correct word.

1. It is healthy to **roast / fry** potatoes with **butter / sunflower oil**.
2. It's healthy to **poach / bake** bread with **olive oil / butter**.
3. It's healthy to **deep fry / stir-fry** vegetables with **coconut oil / canola oil**.

