

Name:

Grade:

Cooking Methods Assignment

Word Bank

Baking	Digest	Steam	Grill	100°C	Boil
Bacteria	Roast	Nutrients		Simmering	Broil
Moist Heat Cooking		Stewing	Baste	Dry Heat Cooking	

Fill in the blanks with an appropriate answer from the Word Bank.

- _____ is cooking food just below boiling point
- One reason to cook food is to destroy harmful _____
- _____ is cooking food directly over intense heat.
- Methods using dry heat without any liquid or moisture is called _____.
- _____ liquid is sometimes thickened with a starchy ingredient such as flour or corn flour
- _____ oven cooking, but food is basted occasionally.
- Methods that cook food in liquid or in steam which rises from boiling water.
- Steaming is cooking food in _____ that rises from boiling water.
- The boiling point of water is _____.
- Cooking food directly under intense heat is called _____.
- _____ cooking by dry heat in the oven.
- During boiling _____ can be lost

Identify the cooking methods illustrated below.

