

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.

(2)

3. Cooking methods are chosen based on
 - a. the needs of the individual being catered for.
 - b. how we want the food to look and taste.
 - c. making the food safe to eat. (1)
4. Read each statement and write T if the statement is true and F if the statement is false.
 - a. Blanching is a cooking method. ____
 - b. Foods are cooked to preserve them. ____
 - c. Baking is a moist heat method. ____ (3)

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

Column A	Column B
i. ____ Boiling	a) describes food being cooked in liquid over low heat.
ii. ____ Stewing	b) food does not come in direct contact with liquid.
iii. ____ Steaming	c) suitable for tough meats.
iv. ____ Simmering	d) frying foods in a little fat.
	e) heating liquids to boiling point. (2)