COOKING

Cooking is a process to make food ready by heating it. Cooking can kill bacteria that may be in the food.

Raw food is the food that is not cooked. Some foods are good to eat raw like herbs. Other foods are not good when they are raw.

Cooking is often done in a kitchen using stove or oven. It can also done over the fire.

The heat for cooking can be made in different ways. It can be from an open fire that burns wood. It can be on a stove that uses natural gas or electricity.

There are several different ways to cook food. Boiling cooks food in hot water. Frying cooks food in hot oil or fat. Baking and roasting cook food in the oven. Some food such as bread or cakes are usually baked. Grilling means cooking food over hot fire. Sometimes people cook food by wrapping in leaves before putting it into fire.

1) What is cooking?
A. a process of washing bacteria
B. a process of heating the food
C. a process of killing the bad virus

2) Raw food is the food that
A. is not good to eat
B. is green like herbs
C. is not cooked

3) What do we use to cook?
A. oven
B. fire
C. both A and B

4) The heat for cooking can be made
A. from woods, gas and electricity
B. from water and gas
C. only from gas and electricity

5) Boiling means
A. cook in oil
B. cook in hot water
C. cook in the oven

6) What are different ways to cook food?
A. Boiling, frying and roasting and grilling
B. Wrapping in leaves and putting in the fridge
C. Grilling in the microwave

LIVEWORKSHEETS