

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.

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)