

SCIENCE WORKSHEET

CLASS-III

Read the following passage and answer the following questions:

Cooking is a process to make food ready to eat by heating it. Cooking can kill bacteria that may be in the food. Raw food is food that is not cooked. Some foods are good to eat raw. Other foods are not good for the body when they are raw, so they must be cooked. Some foods are good to eat either raw or cooked. There are several different ways to cook food. Boiling cooks food in hot water. Frying cooks food in hot butter, fat or oil. Baking and roasting cook food by surrounding it with hot air. Grilling means cooking food on a metal grill that has heat under it. People often cook meat by boiling, roasting, frying, or grilling it. Some foods such as bread or pastries are usually baked. A person whose job is to cook food may be called a cook or a chef.

Fill in the blanks with the help of words given in the help box.

| | | | | |
|-----|---------|------|----------|-------|
| Raw | Cooking | Chef | Grilling | Baked |
|-----|---------|------|----------|-------|

- I. _____ is a process to make food ready to eat by heating it.
- II. A person whose job is to cook is called a _____.
- III. _____ food is a food that is not cooked.
- IV. _____ means cooking food on a metal grill that has heat under it.
- V. Food item such as bread or pastries are usually _____.

Choose the correct option (a, b, c, d) for the picture given below:

1.



- a. Spatula
- b. Frying pan
- c. Strainer
- d. Griddle

2.



- a. Ladle
- b. Peeler
- c. Rolling Pin
- d. Mixer

3.



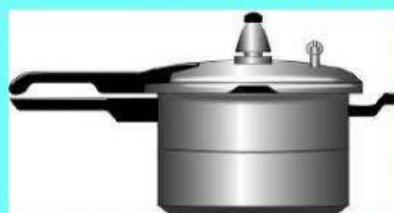
- a. Fork
- b. Knife
- c. Tong
- d. None of the above

4. Name the Method of cooking used in making the following dish.



- a. Roasting
- b. Grilling
- c. Boiling
- d. Steaming

5. A _____ is used for boiling pulses.



- a. Pressure cooker
- b. Griddle
- c. Frying Pan
- d. None of the above

6. Write true (T) or False (F):

- a. Rice can be eaten raw.
- b. Cooked food cannot be preserved for a longer time.
- c. Too much cooking increases the nutritive value of the food.
- d. Steam cooked food is difficult to digest.
- e. Cakes, biscuits and breads are made by frying.

7. Match the following with the help of clues:

| Column A | Column B |
|-------------|----------------------------------|
| Baking | Components that make up food |
| Boiling | Container used for cooking |
| Ingredients | Unhealthy method of cooking food |
| Utensil | Kill germs |
| Frying | Cakes and cookies |

8. Identify the following cooking method and write down its name in the box:

a.



b.



c.



d.

