Canada's Food Guide – Task 2: Skill-Building Activity 1, Worksheet 1

Healthy Ways of Cooking

Part A: Match the ways of cooking with the pictures.

a) 	**b)** 	**c)** 	**d)** 
e) 	**f)** 	**g)** 	**h)** 

Steam:__ Deep-fry:__ Grill:__ Bake:__

Roast:__ Stir-fry:__ Poach:__ Broil: __

Part B: Work with a partner. Write down all the **foods** you can think of that go with the cooking verbs.

H **1. Steam:** ***broccoli,*** _____

____ **2. Deep-fry:** _____

____ **3. Grill:** _____

____ **4. Bake:** _____

____ **5. Roast:** _____

____ **6. Stir-fry:** _____

____ **7. Poach:** _____

____ **8. Broil** _____

Part C: With your partner, decide if these are ***healthier*** or ***not healthier*** ways of cooking. Write **H** for healthier and **NH** for not healthier next to each way of cooking.

LIVEWORKSHEETS

Canada's Food Guide – Task 2: Skill-Building Activity 1, Worksheet 2

Read the information from Canada's Food Guide.

Choose Healthier Ways of Cooking

1. You bake foods like bread slowly in an oven.
2. You **poach** foods slowly in a pan of boiling water.
3. You **grill** on a barbecue. You can also grill in a pan.
4. You **roast** in an oven.
5. You can **stir-fry** to cook small or thin pieces of foods quickly. It is frying foods with a little oil, vegetable stock or water.
6. You **steam** foods in a basket. The basket sits in a pot above the boiling water.
7. You **broil** in the oven on the top rack (shelf).

Did you guess correctly? Which way of cooking is **NOT** there? _____

Part D (CLB 3): Write *True* or *False.*

1. Baking is a very fast way of cooking. _____
2. You need boiling water to poach foods. _____
3. You can grill in a microwave. _____
4. You don't need a lot of oil for stir-frying. _____
5. You need water for stir-frying. _____



LIVEWORKSHEETS

Canada's Food Guide – Task 2: Skill-Building Activity 1, Worksheet 3

Part E: Look at the table of oils and fats. Guess if they are ***healthy*** or ***saturated.*** Check ✓ the correct box. Compare your answers with your partner. Your teacher will tell you the correct answers at the end.

Oils/ Fats	Healthy (Unsaturated)	Saturated
1. Olive oil 		
2. Sunflower oil 		
3. Butter 		
4. Canola oil 		
5. Coconut oil 		
6. Peanut oil 		
7. Soft Margarine 		

*Now, read the sentences and circle the correct word.

1. It is healthy to **roast / fry** potatoes with **butter / sunflower oil**.

2. It's healthy to **poach / bake** bread with **olive oil / butter**.

3. It's healthy to **deep fry / stir-fry** vegetables with **coconut oil / canola oil.**



LIVEWORKSHEETS