



**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.



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.



### 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<br>(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**.

