

**DAV CENTENARY PUBLIC SCHOOL,
PASCHIM ENCLAVE, NEW DELHI**

CLASS-3

TOPIC-COOKING AND EATING HABITS

Q1. Match the following food items with their cooking method



BAKING



STEAMING



FRYING



BOILING

Q2. Drag and drop the correct option

nutrients

healthy

raw

1. Early man used to eat food in _____ form only.
2. Too much cooking can destroy _____ of the food.
3. Fried food is not _____ for our body.