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.

LIVEWORKSHEETS