

Lesson – 4

COOKING AND EATING IN THE RIGHT WAY

Key Words

Digest : break down of food into substances that can be used in the body
Vessel : utensil



LET ME CHECK

A Look at the pictures of the food items given below and write the process of cooking them.

1



Baking

2



Frying

3



Boiling

4



Roasting

5



Roasting

6



Steaming

7



Boiling

8



Steaming

B Name two food items that can be cooked by the following methods.

1. Boiling:

Rice

Dal

2. Steaming:

Idli

Momos

3. Frying:

Potatoes

Fish

4. Baking:

Cake

Biscuits

5. Roasting:

Paneer

Chicken

C Identify the pictures of the following.

1



Pressure cooker

2



Sauce pan

3



Frying pan

4



Serving spoons

D. Answer the following questions briefly.

1. Why do we need to cook food?

Ans. We need to cook food because cooking makes food soft, tasty, easy to chew and digest.

2. How is food cooked by steaming?

Ans. Food is cooked in the steam of the boiling water.

3. Name the different vessels used for cooking.

Ans. The different vessels used for cooking are :

- Pressure cooker
- Sauce pan
- Frying pan
- Wok
- Serving spoons
- Knives
- Forks