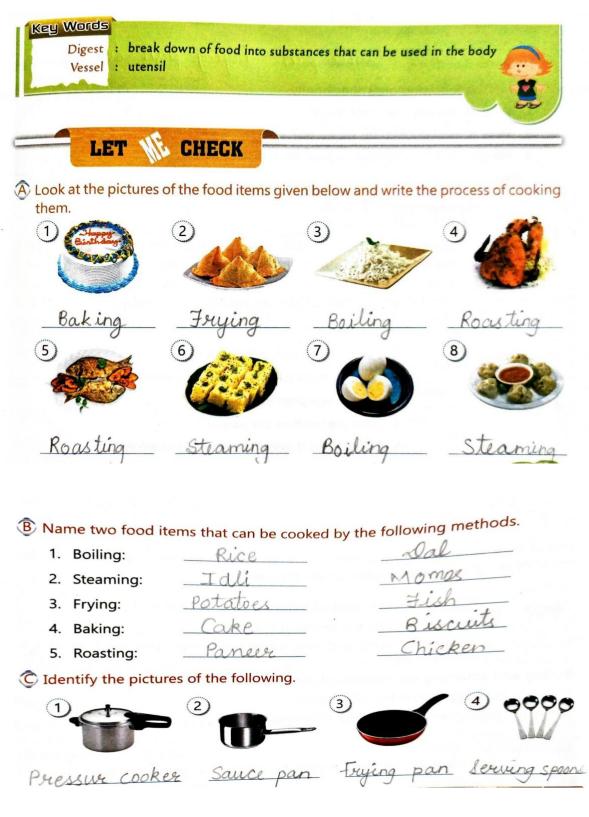
<u>Lesson – 4</u>

COOKING AND EATING IN THE RIGHT WAY



D. Answer the following questions briefly.

- Why do we need to cook food? Ans. We need to cook food because cooking makes food soft, tasty, easy to chew and digest.
- 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