

Class 3 EVS

TOPIC Cooking and eating in the right way

Q1 Fill in the blanks:

- 1.Cooking makes food soft , tasty and _____ to chew.
2. _____ we can eat raw.
- 3.Momos is a method cooked by _____.
- 4.By boiling we can cook _____,_____.
- 5.A _____ pan is used for frying.

Q2. State true or false:

- 1.Cooker is used for frying potato chips.
- 2.Cake can be baked in sauce pan.
- 3.Knife is used to cut vegetables.
- 4.Cooking kill the germs in the food.
- 5.Vegetable such as potato, spinach or cauliflower can be eaten raw.

Q3. Match the following:

- | | |
|-------------|--------|
| 1.Steaming | bread |
| 2. Roasting | dal |
| 3. Boiling | idli |
| 4. Baking | paneer |

Q4. Tick the correct option:

- 1.Food that can be eaten after cooking
(a) carrot (b) spinach
2. It's a method of cooking food
(a) frying (b) cutting
3. This is use to cut fruits.
(a) fork (b) knife
4. Dhokla can be prepared by
(a) roasting (b) steaming

5. This is a cooking utensils.

(a) pressure cooker (b) cup

Q5. Answer in one word:

1. This is use to serve dishes.
2. Samosa can be prepared by this method.
3. The process make our food soft , tasty and easy to digest.
4. Food that is prepared by boiling.
5. Tis is used to fry dishes.

Q6. Draw and colour.

1.Food we eat raw/uncooked.

2.types of utensils used in your kitchen.