

Worksheet

What Is Cooking

Q.1. Which of the following is a cooking utensil?

- (a) Pin**
- (b) Soap**
- (c) Cooker**
- (d) Vegetable**

Ans. (c) Cooker

Q.2. Identify the dal shown in picture.



Ans. Moong Dal

Q.3. Name the following cooking utensil.



Ans. Frying pan.

Q.4. Mention the steps involved in preparing vegetable of your choice.

Ans. Making of Potato - Tomato Vegetable involves following steps:

- Wash the potato, tomato, onion and some green chili properly.
- Cut the vegetables.
- Lit the gas burner.
- Put some cooking oil in the cooker.
- Fry onion and add some salt and other spices.
- Add potato, tomato and water.
- Close the lid of cooker and let the vegetable cook.

Vegetable is ready.

Q.5. Fill in the blanks:

Cooker is made up of _____

- (a) Metal**
- (b) wood**
- (c) Paper**
- (d) All of the above**

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Ans.(a) Metal

Q.6. Mention the steps involved in making chapatti



Ans.

Making of chapatti involves following steps:

- Taking out flour in some utensil.
- Kneading the flour into a dough.
- Preparing small dough balls.
- Rolling out the balls to make it flat.
- Cooking it on fire.

Q.7. Name two things which are eaten raw.

Ans. Fruits and dry fruits

Q.8. Give the name of a drink which you can prepare without cooking. Mention the steps by which the drink is prepared.

Ans. Lemon water.

- Following are the steps:
- Take a glass of water.
- Add some lemon juice in it.
- Add some sugar according to the taste.
- Add some salt if you want.
- Stir the mixture.
- Strain it and the drink is ready.

Q.9. Name two things which are eaten cooked.

Ans. Pulses and potato.

Q.10. Fill in the blanks:

_____ method of cooking is used to prepare cookies.

Ans. Baking method of cooking is used to prepare cookies.

Q.11. Which of the following can be eaten raw and cooked both?

(a) Tomato

(b) Garlic

(c) Both of the above

(d) None of the above

Ans. (c) Both of the above

Q.12. Fill in the blanks:

_____ is the method of cooking is used to prepare onion pakauda.



Ans. Frying is the method of cooking is used to prepare onion pakauda.

Q.13. State whether the following statement is true or false?

Roasting and Boiling are the cooking methods.

Ans. The given statement is true.

Q.14. Suggest some items to eat which can be prepared without cooking.

Ans. Salad, Fruit chaat, Sprouts etc.

Q.15. Name two things which are cooked through the Roasting method.

Ans. Meat and Potato.

Q.16. Which of the following are used as a fuel for cooking?

(a) Wood

(b) Coal

(c) Gas

(d) All of the above

Ans. (d) All of the above

Q.17. Give two examples of food which are cooked through Boiling.

Ans. Egg and soup.

Q.18. Give names of 3 instruments which are used to generate heat for cooking.

Ans.

1. Gas stove

2. Heater

3. Induction cooker

Q.19. Name two things which are cooked through Frying.

Ans. Dry vegetable and omelet.

Q.20. Give two examples of food which are cooked through Baking.

Ans. Biscuits and cake.