

Dr. M.K.K. Arya Model School

Class-III E.V.S Assignment

Chapter-10 'COOKING FOOD'

M.M 25 Marks

Ques1. Match the following with the appropriate answer: -

(3 Marks)

- | | | |
|--------------|----------------|-----|
| a. Cookies | Shallow frying | () |
| b. Idlis | Stir frying | () |
| c. Samosa | Grilling | () |
| d. Sandwich | Deep frying | () |
| e. Chowmein | Steaming | () |
| f. Omelettes | Baking | () |

Ques2. Fill in the blanks: -

(3 Marks)

- _____ are used as fuel in mud stoves.
- Solar cooker uses _____ to produce heat necessary for cooking food.
- Food is necessary for our _____.
- Non-stick utensils have a special _____ on them.
- Most of the foods we eat are _____ before eating.
- Utensils are also called _____.

Ques3. State TRUE or FALSE: -

(2 Marks)

- Solar cooker cooks food very fast. ()
- Gobar gas is a very clean source of energy. ()
- We take junk food for health rather than taste. ()
- Roasting is the method of cooking in which a lot of oil is needed. ()

Ques4. Name the following: -

(7 Marks)

- Two dishes that are normally steamed.
_____, _____
- Two dishes that are prepared by grilling.
_____, _____
- Any Two Equipment used for cooking.
_____, _____
- Full form of "LPG".

- Any two gadgets run by electricity which are used for cooking food.
_____, _____
- Materials used to make frying pan.
_____, _____

g. Two important fuels required for cooking food.

_____ , _____

Ques5. Write a line on each of the following: -

(4 Marks)

A. Pressure Cooker: -

Ans. _____

B. Grilling : -

Ans. _____

Ques6. Answer the following Questions: -

(6 Marks)

A. What is Solar Energy?

Ans. _____

B. Name the different kinds of food cravings of people of any two different age groups.

Ans. _____
