

Question 1:

Look at the picture. Colour the spaces which have dots in them. What do you see?

Answer:



Pan, Ladle, Pot, Mesh Skimmer, Roti Tawa, Frying Pan, Cooker, and Turning Spatula.

Question 2:

What are utensils made of?

Answer:

Utensils are made of steel, copper, aluminium, iron, glass, etc.

Question 3:

Ask some elderly people what kind of utensils were used earlier. What were they made of?

Answer:

Earlier, utensils used to be bigger in size. They used to be made of copper, soil (earth), brass, etc.

Question 4:

We do not cook all the things that we eat. Find out which things we eat raw and which ones we cook before eating. Which are the things we eat, both cooked and raw? Fill in the table given below.

Answer:

Things that are eaten raw	Things that are eaten cooked	Things that are eaten both raw and cooked
Carrot	Dal	Tomato
Radish	Rice	Onion
Lettuce	Chapati	Cabbage
Apple	Rajma	Broccoli
Pomegranate	Bottle-gourd	Spinach

Question 5:

Go to the kitchen and observe something being cooked. What was done to cook it? Write the sequence. Don't forget to write the name of the item being cooked. Look at the notebook of your classmates and discuss in a group.

Answer:

Name of the item: Dal

1. First of all, take a bowl of raw pulses.
2. Put water in the bowl and wash the pulses twice.
3. Pour the pulses from the bowl into a pressure cooker.
4. Pour 3 bowls of water into the cooker.
5. Let it cook until the pressure cooker gives 3 whistles.

Question 6:

Given below are different methods of cooking. Write the names of two things cooked by each of these methods. Add some more methods of cooking to the list and give examples too.

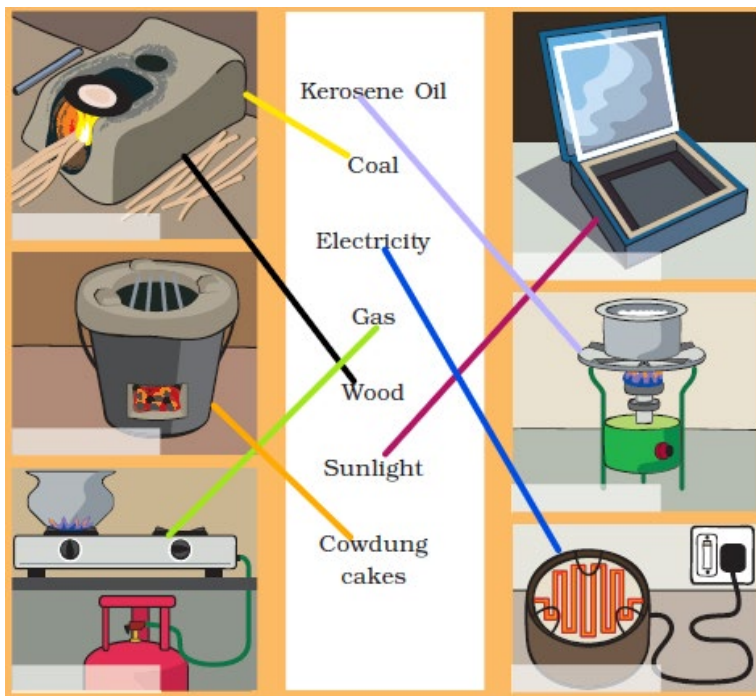
Answer:

Method of Cooking	Name of Things	
Roasting	Bread	Corn
Boiling	Potato	Broccoli
Frying	Poori	Samosa
Baking	Cake	Muffins
Steaming	Idli	Dhokla

Question 7:

Identify the pictures given below and write their names. What produces heat in each of them? Match the picture with the list. Matching can be with more than one thing also.

Answer:



MAKE AND EAT**Question 1:**

Soak whole moong seeds overnight in water. In the morning, wrap the soaked moong in a wet cloth and cover it. Take it out after a day. Do you find any difference?

Answer:

Yes, the moong seeds get sprouted/germinated.

Question 2:

Which are the other things you can prepare without cooking? Write their names and the method of preparing them. One example is given below.

Answer:

Buttermilk– Take half a glass of curd, and pour a glass of water into it. Now, sprinkle salt and masala onto it, and mix everything well. Buttermilk is ready.

Salad– Chop onions, tomatoes, carrots, radishes and coriander leaves. Sprinkle salt and chat masala onto it. Mix everything well, and the salad is ready.

