



VIDYA SHREE ACADEMY

SR. SEC. SCHOOL

An English Medium Co.Ed. School | Science & Commerce



W : www.vsajaipur.com | E : vsajaipur@gmail.com M. : +91 9460356652, 8058999828

Add. : 84, Krishna Vihar, Behind Narayan Niwas, Gopalpura Bypass, Jaipur - 302015



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Subject- EVS

Class- III

Topic- Cooking food

Learn and write the following hard words-

1. Germs
2. Boiling
3. Steaming
4. Shallow
5. Frying
6. Baking
7. Roasting
8. Sieve
9. Vitamins
10. Tasty
11. Digest
12. Slices
13. Wastage
14. Prevented

Learn and write the following book exercises-

EXERCISES

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A. Tick (✓) the correct answers.

- We must wash fruits and vegetables
 (a) before cutting. (b) while cutting. (c) after cutting.
- This food is eaten both raw and cooked.
 (a) potato (b) rice (c) radish
- This food is deep fried.
 (a) chapati (b) puri (c) rice
- Flour is used to make
 (a) sandwich. (b) chapati. (c) lemonade.

B. Circle the odd ones. Give reasons for your answers.

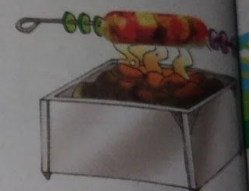
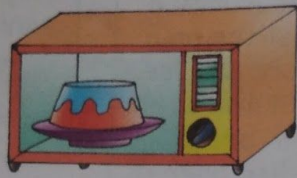
- apple grapes banana carrot
- puri pakoras rice French fries
- roasting cooling boiling baking

C. Fill in the blanks.

- Cooking kills the germs that may be present in raw food.
- Chapati is cooked by roasting.
- We cook rice by boiling and steaming.

- We cook dosas and parathas by shallow frying.
- cake is cooked by baking.

D. Write the names of the methods of cooking on the dotted lines.



- Steaming
- Baking
- deep fry
- Roasting

Learn and write the following question answers-

Very short answer questions-

Q1. Name one kitchen utensil made of the following

- Steel
- Plastic

- A1. A. Pan
B. Sieve

Q2. Name the way of cooking

- A. Pulses**
B. Bread

- A2. A. Boiling and steaming
B. Baking

Short answer questions-

Q1. What is cooked food? Name any 2 things that need to be cooked.

A1. The food that has to be cooked before eating is called cooked food, eg. rice and potato.

Q2. Why should we not wash fruits and vegetables after cutting?

A2. We should not wash fruits and vegetables after cutting as many minerals and vitamins get washed away.

Long answer questions-

Q1. Why do we need to cook food?

- A1. We should cook food because
- A) Cooking makes the food tasty.
 - B) Cooking makes the food soft and easy to digest.
 - C) Cooking also kills the germs that may be present in raw food.