

CHAPTER 10

WHAT IS COOKING

TEXT BASED QUESTIONS

Objective Answer Type Questions

1- Select the best option.

(i) A chapati is made out of

(a)rice (b) wheat

(c) flour (d) gram

(ii) A is eaten raw (it is not cooked).

(a)pulao (b) samosa.

(c) omelette. (d) salad.

(iii) is a liquid cooking fuel.

(a)Coal (b) Kerosene

(c) Gas (d) All of these

(iv) Which of these cooking fuels is most environment-friendly?

(a)Gas

(b) Sunlight

(c) Cowdung cakes

(d) Electricity

(v) Cakes are baked in

(a)an oven (b) a tawa

(c) a frying pan (d) None of these

2- Write 'T' for True and 'F' for False statements.







- (i) All food can be cooked in a pressure cooker.
- (ii) All utensils are made of aluminium.
- (iii) Making lemon water requires sugar.
- (iv) For making chapatis, we must knead the dough.
- (v) Cooking food in a pressure cooker saves fuel.
- (vi) A cooking vessel can be made of wood.
- (vii) Fruits and vegetables should be washed after cutting.
- (viii) Cooking makes the food easy to digest.
- (ix) Idli and Dhokla are prepared by frying.
- (x) Glass utensils can be used to cook food in a microwave oven.

LANGUAGE BASED QUESTIONS

3- Fill in the blanks.

- (i) The first step in making a delicious snack with moong seeds is the seeds overnight in water.
- (ii) A chapati is cooked in four stages and the first stage is taking out in a utensil.
- (iii) Onion is a vegetable which can be eaten both raw and
- (iv) Pooris are made by them in a karahi.
- (v) are used for cooking.
- (vi) makes food taste good.
- (vii) peas can be eaten only when
- (viii) Utensils are made up of
- (ix) is the oldest method of cooking food.
- (x) We can cook food on
- (xi) Utensils used in microwave ovens are made from

4- Write the name of the fuel being used in the pictures shown below.

Pictures	Fuel being used
(i) 
(ii) 
(iii) 
(iv) 
(v) 
(vi) 

- 5- Match the method of cooking in Column I with the item that is cooked in Column II by drawing arrows.

Column I	Column II
(i) Baking	(a) Chapati
(ii) Boiling	(b) Idli
(iii) Frying	(c) Bread
(iv) Roasting	(d) Tomato soup
(v) Steaming	(e) Samosa

- 6- Answer in one word or one sentence.

(i) Why do many utensils have wooden handles?

(ii) Which famous South Indian dish is cooked by steaming?

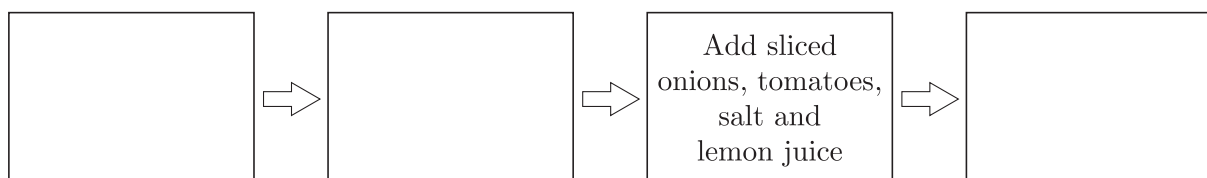
(iii) Name an electrical appliance used in the kitchen.

(iv) Which gives more smoke from the flame, a gas stove or a coal chulha?

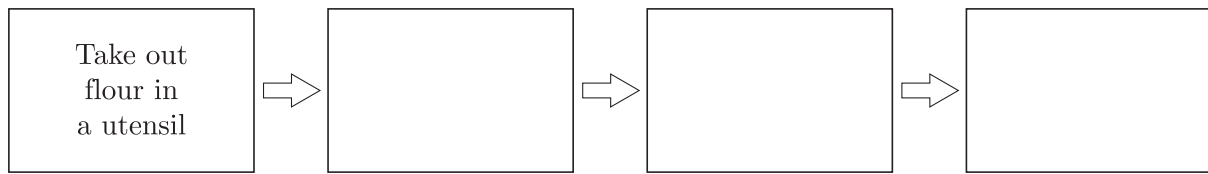
(v) Name three dishes which can be cooked by boiling.

- 7- Just like the flowchart given in the textbook for making lemon water, flowcharts for making delicious sprouts and chapatis (as explained in the book) are given below with many steps missing. Fill in these blank steps.

(i) Flowchart for making sprouts



(ii) Flowchart for making chapatis



8- Pictures of many eatables are given below. Segregate them appropriately into different groups given in the table.



GRAPES, TURNIP, POTATO, RADISH, CARROT, APPLE, CABBAGE, TOMATO, BANANA, EGG, BRINJAL, RICE, CHICKEN, FLOUR, FISH, CAULIFLOWER, PEAS

Things that can be eaten raw	Things that can be eaten cooked	Things that can be eaten both raw and cooked.
.....
.....
.....
.....
.....
.....
.....

9- Fill in the blanks with the help of given words.

fuels, plants, raw, Baking, electricity

- (i) We get our food from and animals.
- (ii) is a method of cooking.
- (iii) A Microwave runs on
- (iv) Many fruits can be eaten
- (v) LPG, coal, wood and cow dung are some common examples of

10- Match the utensils with their uses.

Column A	Column B
(i) Ladle	(a) They are is used to remove hot pan from stove.
(ii) Rolling pin	(b) It is used for cooking food.
(iii) Tongs	(c) It is used for storing food.
(iv) Wok	(d) It is used for cooking food faster.
(v) Pot	(e) It is used to roll dough to make chapati.
(vi) Sauce pan	(f) It is used to stir and serve food.
(vii) Pressure cooker	(g) It is used for deep frying anything

11- Given are the five processes for cooking food. Describe the following processes and write any two food items prepared through these processes.

(i) Boiling

(ii) Frying

(iii) Steaming

(iv) Baking

(v) Roasting

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



.....

.....

.....

.....

.....

.....

Think, Find and Write

1- Names of some Indian states are given in the table below. Find out one food item unique to each state and the raw vegetable, grain or meat items required to make it. Fill in the information you have found.

Indian state	Name of food item	Items are required
Kerala
West Bengal
Punjab
Gujarat
Andhra Pradesh
Maharashtra

2- Besides the dishes given in the textbook which can be prepared without cooking, find out two others which do not required cooking. Also find out what items are required for making them and write your answers below.

Dish 1 Name What is required?

.....

Dish 2 Name What is required?

.....

3- Various fuels are used for cooking by people. Find out which of them are harmful for our environment and why. Write below what harm each of these fuels may cause. Among them, which is the least harmful?

- 4- Find some words mentioned in the chapter in this word puzzle by outlining them. These words are given in the box below.

Hint The words are: Baked, Sequence, Chapati, Coal, cook, Cowdung Cakes, Kitchen, Electricity, Utensils, Gas, Heat, Dough, Kneading, Roasted, Flour, Salt, Kerosene Oil, Balls, Lemon Juice, Steamed, Raw, Wood

F	L	O	U	R	K	I	T	C	H	E	N
H	S	E	Q	U	E	N	C	E	R	A	W
E	L	E	C	T	R	I	C	I	T	Y	Z
A	Y	L	E	M	O	N	J	U	I	C	E
T	B	A	L	L	S	X	W	C	B	S	V
R	O	A	S	T	E	D	R	H	A	T	T
C	O	W	D	U	N	G	C	A	K	E	S
D	C	O	A	L	E	A	Q	P	E	A	A
O	W	O	O	D	O	S	P	A	D	M	L
U	T	E	N	S	I	L	S	T	M	E	T
G	C	O	O	K	L	L	K	I	J	D	H
H	K	N	E	A	D	I	N	G	D	F	G

- 5- You want to give a surprise to your mother on Mother Day/her Birthday by presenting morning tea along with cucumber sandwiches to her as she wakes up. Prepare a flow chart how you will proceed to do this.

Preparation of Tea

Preparation of Sandwiches

6- What is used to cook food in your house? Draw a picture and write its name.

