

Topic-Cooking Food(Chapter.9)

Based on your understanding of the E-Lectures-cum-PPT'S, video links and other e-resources shared with you, answer the following questions.

I. Give one word answer for the following: -

(4 Marks)

1. A food item that can be eaten raw as well as cooked.
2. We can avoid wastage of cooked food by keeping in it.
3. A kitchen utensil made of steel.
4. This makes the food soft and tasty.

II. Fill in the blanks: -

(4 Marks)

1. Cooking kills the _____ that may be present in raw food.
2. Most fruits and vegetables are called _____ food.
3. Cooking utensils are made of _____, _____, _____ and _____.
4. We cook _____ and _____ by shallow frying.

III. Paste or draw the pictures of four heating sources with the fuel used in it. (2 Marks)

You-tube Link:

1. https://www.youtube.com/watch?v=vp6vZWB_cgE&feature=share

TOPIC:- THE STORY OF FOOD (Chapter-10)

Based on your understanding of the E-Lectures-cum-PPT'S, video links and other e-resources shared with you, answer the following questions.

I. Give one word answer (4 marks)

1. An underground stem that we eat .
2. A flower eaten as vegetable.
3. An example of a spice.
4. A medicinal plant used to cure fever .

II. Fill in the blanks :- (4 Marks)

1. A farmer sells food items to the _____.
2. _____ and _____ are the milk products.
3. We take the fruit of _____ to cure constipation.
4. For a newborn baby _____ is enough.

III. What is a balanced diet? Draw a balanced diet plate which includes all types of healthy food . (2 Marks)

You-tube Link:

<https://youtu.be/vvhVo85xh9I>

1. **Date of submission:29th October,2021**
2. **Send your answers here:**
(Class III A-D) to Ms. Rose Mary Email:rm5432q@gmail.com
(Class III E-H) to Ms. Meenu Gupta Email:meenugupta33424@gmail.com (Class III I-L) to Ms.Radhika Gambhir Email:sandeeprainajammu@rediffmail.com
3. **Students must mention their name, class/section and date in their assignments.**
4. **Your assignment will be marked for internal/Term assessments. Therefore, it is necessary for you to submit it on time.**

