

Bal Bharati Public School, Navi Mumbai.

Class 4 Science

Chapter 1. Food and digestion

Cooking and Preservation

1. **Methods of cooking are frying, roasting, boiling, steaming. You can eat some food even raw!! Identify the food item and the method of cooking.**

A. Put me in hot oil I don't cry,

I get puffed up as you fry,

Eat me with "chickpeas" that's a good try!

B. I am soft and white, made from dal and rice!

I look like mini UFO, eating me makes you wise,

As I am oil free and healthy food choice!

C. You need not fry, you need not steam, and you need not boil!

All you have to do is wash, cut and mix with the herbs and little oil!

D. I can be a ribbon, I can be a cylinder, and I can be a spiral

But... for all that you know, the taste is same,

It's the sauce which makes me different!

2. **Is it the right way to do? If not, why?**

A. Rima's mother washes Chana at least twice before soaking in water. She cooks it in the soaked water.

B. Ram made a very tasty mixed vegetable. He cut the vegetables and then washed it.

C. Beena boils vegetables in lots of water for a long time and then eats it.

D. Ranveer's mother gives him fried food ones a week.

E. Seema skips her breakfast every day.

3. **What is preservation? OR Define the term "preservation".**

4. There are various methods of preserving food. From the helper box select the type of preserving which best fits for the description given.

Freezing Drying Pickling Canning Vacuum Packing Jellying

1. Food is processed and sealed in an airtight container.
2. Food is dried.
3. Food is rapidly frozen.
4. Soaking food in a salt water, vinegar or oil.
5. Food stored in an airtight bag under vacuum.
6. Food is boiled with sugar and gelatin.

5. Where will you store the following food items? In a refrigerator or a kitchen Cupboard?

