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परमाणु ऊर्जा शिक्षण संस्था, मुंबई  
Atomic Energy Education Society  
Session 2023 -24

Class : III

Subject :EVS

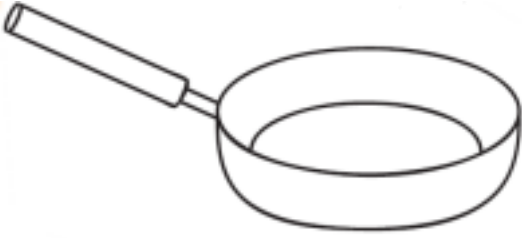
WORKSHEET NO-1

Name of the student: \_\_\_\_\_ Roll no. \_\_\_\_ Class/Section: \_\_\_\_

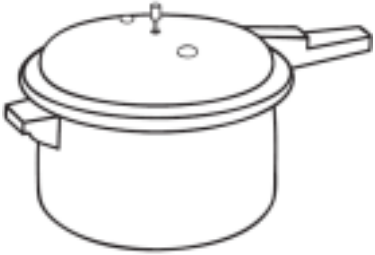
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10. What is Cooking?

I. Name the following cooking utensils.



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\_\_\_\_\_



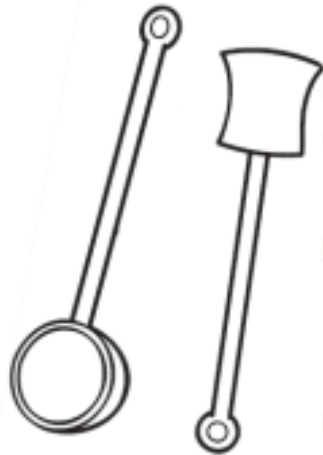
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**II. Answer the following questions**

1. What are utensils made of?

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2. What kind of utensils were used earlier. What were they made of?

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3. 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.

Things that are eaten raw	Things that are eaten cooked	Things that are eaten eaten both raw and cooked

4. What is cooking?

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5. What are the uses of cooking?

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**III. Write in the correct sequence (order) 1.**

**Making of Chapati**

- Make small balls of the dough.
- Take out flour in a utensil.
- Roll out the balls and then cooking it on fire. •
- Knead it into a dough.

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**Making Rice**

- Boil on the stove.
- Wash them with plain water.
- Take a bowl of rice grains.
- Put rice grains in the pan.
- Take about two glasses of water in a pan.

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**IV. 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.**

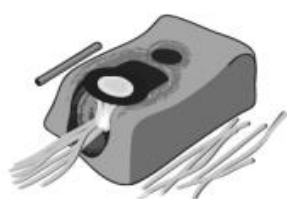
<b>Method Of cooking</b>	<b>Names of things</b>	
Roasting		
Boiling		

Frying		
Baking		
Steaming		

**V. What is used to cook food in your house? Draw a picture in the notebook and write its name.**

Ans:

**VI. 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.**



Kerosene Oil

Coal

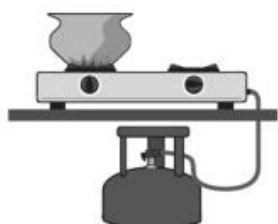
Electricity



Gas

Wood

Sunlight



Cowdung cakes



Electric heater

Chulha

Kerosene Stove

Gas stove

Angithi

**VII. 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?**

Ans:

**VIII. Which are the other things you can prepare without cooking? Write their names and the method of preparing them**