

CBSE Class 3 EVS

NCERT Solutions

Chapter -10

WHAT IS COOKING

1. Look at the pictures given in the textbook on page 61. Colour the spaces which have dots in them. What do you see.



Ans. Students fill the colours themselves. I can see utensils used for cooking.

2. What are utensils made of?

Ans. Steel, Iron, Copper, Glass, Bronze, Earth (Earthen pots)

3. Ask some elderly people what kind of utensils were used earlier. What were they made of?

Ans. In earlier times utensils were made up of copper and bronze. The utensils were very large in size.

4. We do not cook all the things 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.

Ans.

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Things that are Eaten raw	Things that are Eaten cooked	Things that are eaten both raw and cooked
Tomato	Dal	Carrot
Carrot	Rice	Tomato
Radish	Chappati	Black gram
Cabbage	Potato	Radish
Onion	Brinjal	Cabbage

5. Go to the kitchen and observe something being cooked. What all was done to cook it? Write the sequence. Don't forget to write the name of the item being cooked. Look at the notebook of your classmates and discuss in group.

Ans. Name of the item: Tea (Two cups)

1. Boil half cup water in a bowl.
2. Add two spoons sugar.
3. Add one spoon tea leaves.
4. Add half cup milk on boiling.
5. Turn the gas off on boiling.
6. Put the tea in cups with the help of sieve.

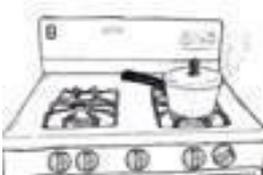
6. Given below are different methods of cooking. Write the names of two things cooked by each of these methods. Add some more methods of cooking to the list and give examples too.

Ans.

Methods of cooking	Name of things	
Roasting	Sweet potato	Corn
Boiling	Potato	Rice
Frying	Poori	Kachaudi
Baking	Chappati	Dosa
Steaming	Idli	Dhokla

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

Ans. Gas



8. Which are the other things you can prepare without cooking? Write their names and the method of preparing them. One example is given below.

Ans. (i) Lemon water: Mix sugar in water – Add Lemon juice – Stain it – Lemon water is ready.

(ii) Chutney: Cut coriander and green chillies – Wash them and grind in the mixer – Add salt – Chutney is ready

(iii) Lassi: Mash curd with the help of a masher – Add sugar – Add ice – Lassi is ready.