

CHAPTER-X

WHAT IS COOKING

2 MARK QUESTIONS

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



ANSWER:

I can see the following utensils after colouring the spaces that have dots in them:

1. Skimmer spoon
2. Ladle
3. Cooker
4. Pot
5. Tawa
6. Spatula
7. Cauldron
8. Frying pan

2. In the picture, you must have found some utensils used for cooking. Are there any other utensils used in your house for cooking? Which are they?

ANSWER:

Yes, various cooking apparatus such as a baking bowl, measuring cups, a hand grinder, and a grill are utilized for domestic purposes.

3. What are utensils made of?

ANSWER:

Stainless steel, cast iron, glass, and other materials have been used for manufacturing utensils.

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

ANSWER:

Back then, earthen pots, iron and brass utensils were primarily used for cooking purposes.

5. 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?

ANSWER:

Yes, after one day, I saw that the moong seeds had changed. They began to sprout.

5 MARK QUESTIONS

1. 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.

ANSWER:

Things that are Eaten Raw	Things that are Eaten Cooked	Things that are Eaten Both Raw and Cooked
Cucumber	Meat	Cabbage
Radish	Fish	Broccoli
Carrot	Mushroom	Cottage cheese (Paneer)
Sugarcane	Vegetables like brinjal, potato, okra, etc	Carrot
Fruits	Rice	Tomato
Beetroot	Pancake	Onion

2. 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 a group. Name of the item.

ANSWER:

Pulao is the name of the dish. Following are the steps to prepare this recipe:

1. Soak one cup of rice in two cups of water for one hour.
2. Prepare vegetables such as carrots, onions, green chilies, peas, and tomatoes by rinsing and cutting them.
3. Finely chop herbs like coriander and mint.
4. In a pressure cooker, heat the ghee and add the bay leaf, star anise, cardamom, cumin seeds, cinnamon, ginger garlic paste, and chopped vegetables and shallow fry for a while.
5. Pour in the soaked rice and water.
6. Put the lid on the cooker and cook on medium heat.
7. Turn off the gas after 2 whistles.
8. Remove the lid cover once the pressure has been released.
9. Serve hot with any vegetable gravy.

3. 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.

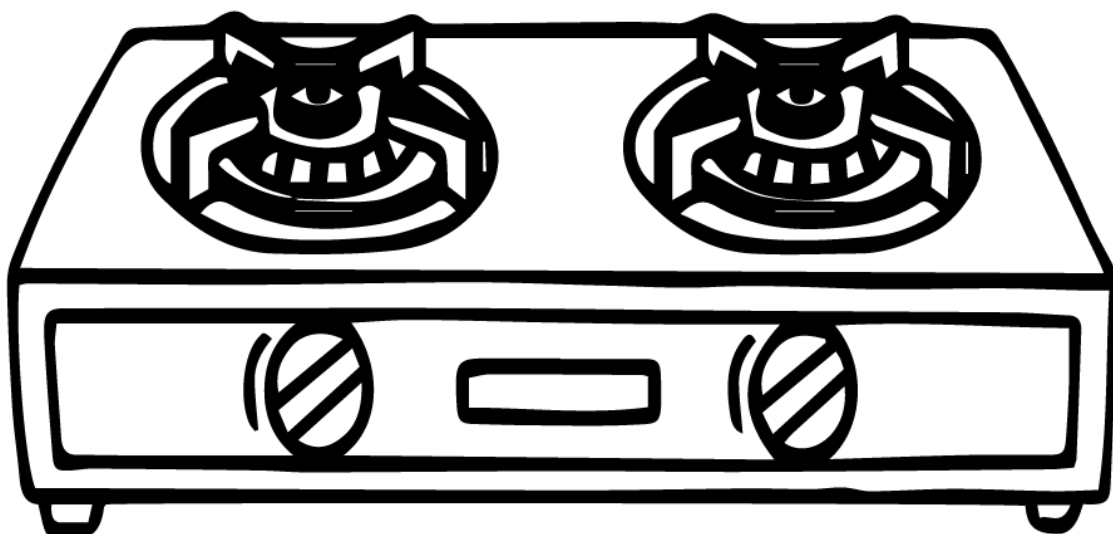
ANSWER:

Method of Cooking	Names of Things
Boiling	Rice, Dal, Eggs, Vegetables
Baking	Bread, Cake, Bunnns, Muffins
Roasting	Fish and Meat chops
Frying	Chicken 65, Potato chips, Onions rings
Grilling	Vegetables, Chicken, Paneer

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

ANSWER:

In my residence, meals are prepared on a gas burner.



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

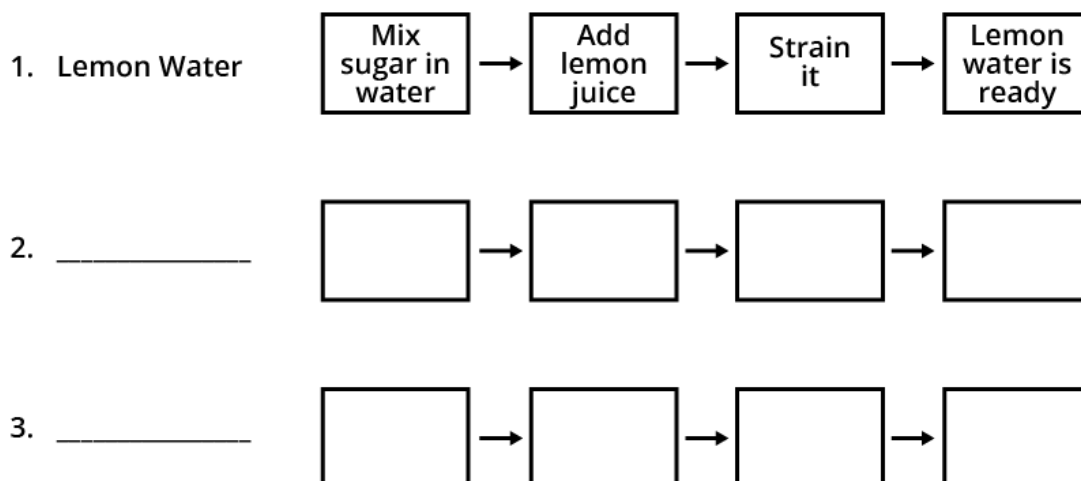
ANSWER:

Sprouts chaat:

Take mixed sprouts-----> Add finely chopped onions, tomatoes, mashed potatoes, and coriander-----> Sprinkle salt, turmeric, black pepper powder, and chaat masala-----> Mix well and serve.

Lassi:

Take a bowl of creamy curd/yogurt -----> Add Sugar and a pinch of salt for taste-----> Add mango puree or vanilla essence (optional)-----> Pour cold water-----> Churn properly for 2-3 mins-----> Transfer that into a tumbler----> Garnish with finely chopped almonds and pistachios.



MULTIPLE CHOICE QUESTIONS

1. What are cooking utensils made of :

1. Steel
2. Glass
3. Silver
4. Gold

Ans: 1) Steel

2. Things that are eaten raw:

1. cucumber
2. Tomato
3. Onion
4. All

Ans: 4) All

3. Things that are eaten cooked:

1. Potato
2. Brinjal
3. Cauliflower
4. All

Ans: 4) All

4. Things that are eaten raw and cooked both:

1. Tomato
2. Cabbage
3. Carrot
4. All

Ans: 4) All

SUMMARY

Rich or poor, all people do cooking. We use different types of utensils to cook food. Some common utensils which are used every day are tawa, pressure cooker, kadahi, frying pan, saucepan, etc. Utensils used in cooking are made up of different materials.