



মহাশিক্ষা বিভাগ (সি)
DEPARTMENT OF EDUCATION (S)

Government of Manipur

CLASS III: EVS
CHAPTER -9
COOKING OF FOOD

Key Notes:

- Various foods are eaten in many different ways.
- Some foods are cooked, either boiled, steamed, fried or roasted while some are eaten raw.
- Many different types of utensils are also used for cooking foods.
- Many different types of stoves or fuels are also used for cooking foods.

Question and Answers:

1. Encircle the following food items which can be eaten raw. Encircle twice the foods which can be eaten raw as well as cooked.

Maize

Onion

Cucumber

Milk

Brinjal

Grape

Watermelon

Banana

Pumpkin

Turnip

Rice

Potato

Apple

Papaya

Radish

2. Name three more foods that can be eaten raw and three more foods that are eaten only when cooked.

Ans: Foods that are eaten raw:

Carrot

Cabbage

Orange

Foods that are eaten when cooked:

Fish

Bitter gourd

Capsicum

3. Observe how your mother prepares rice or chapatti. Write the sequence in which rice is made.

Ans: i) Put water into the rice pot and let it boil.

ii) Wash the rice and put it into the rice pot.

iii) let it boil for sometimes.

iv) then lower the flame and keep it for few more minutes and the rice is ready to serve.

4. Name some food that are boiled and eaten.

Ans: Sweet Potatoes, Maize.

5. Name some foods that are steamed.

Ans: Idli, Momo.

6. Name some more food items which are fried.

Ans: Pakora (Bora), Samosa (Singhara)

7. List 5 food items which are cooked with or without water.

Food Cooked using water	Food Cooked without water
1. Rice	1. Omlete
2. Dal	2. Sandwiches
3. Cabbage curry	3. Pizza
4. Paneer curry	4. Fried Chicken
5. Eromba	5. Fried Potato Chips

Chapter End Questions:

Q1. What kind of stoves were used for cooking in grandmother's lime?

Ans: Wood Chulhas

Q2. How was the kitchen at her time?

Ans: Simple, small with chulhas using firewoods.

Q3. Which fuel was used for cooking at that time?

Ans: Wood, Charcoal, Cowdung cakes etc.

Q4. Which fuel is used for cooking now?

Ans: Gas (LPG), Electricity (Electric rice cooker, induction stove etc.)

Q5. What did your grand-parents use for grinding?

Ans: Mortar and pestle and chakkari.

Q6. What is used for grinding now?

Ans: Electric grinder.

Q7. When did your family use pressure cookers?

Ans: (*Write your answer after asking to your parents*).