



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

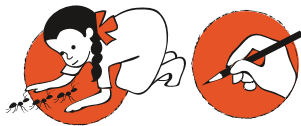


In the picture, you must have found some utensils that are used for cooking. Are there any other utensils used in your house for cooking ? Which are they ?

What are utensils made of ?



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



Think and Tell :

- Which things do we cook before eating?
- Which things do we eat raw ?
- Which are the things we eat both cooked and raw ?

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

You may have seen a *chapati* being made in the kitchen or anywhere else. There are so many things to be done for this – taking out flour in a utensil, kneading it into a dough, making small balls of the dough, rolling out the balls and then cooking it on fire. After so much efforts the *chapati* reaches your plate.



See and Write :

Go to the kitchen and observe something being cooked. What all was done to cook it ?

Name of the item		Ingredients	
Steps			
1. _____	2. _____	3. _____	
4. _____	5. _____	6. _____	

You have seen that food items are cooked in a variety of ways. Some are roasted and some are fried. Some are roasted while some are steamed.



Think and Write :

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.

Method of cooking	Names of things	
By Roasting		
By Boiling		
By Frying		
By Baking		

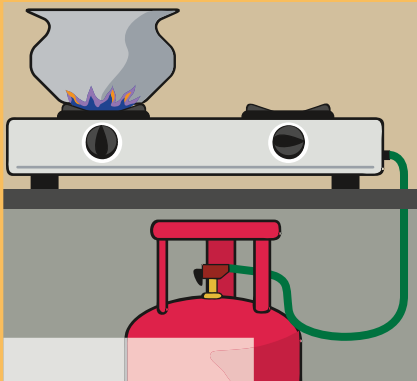
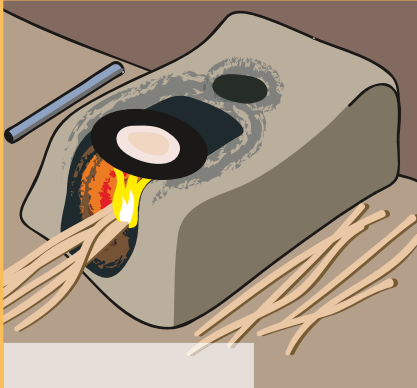


Children can consult their family members too. This will develop in them an understanding, that besides the teacher, other people can also be a source of information.



Think and Write :

- * Which fuel is used to cook food in your house ?
- * Draw a picture in your notebook and write its name.
- * Identify the pictures given below and write their names. Match the picture with the list. Matching can be with more than one thing also.



Kerosene Oil

Coal

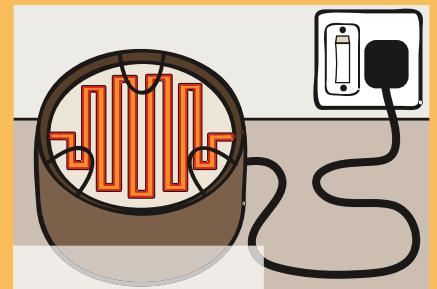
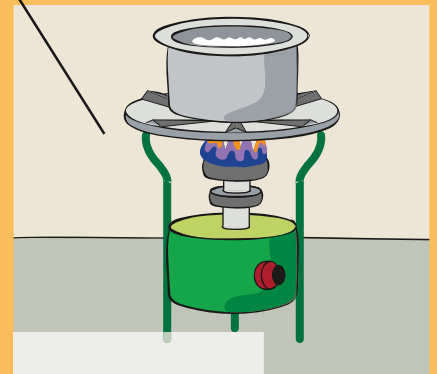
Electricity

Gas

Wood

Sunlight

Cowdung cakes



Children's experiences on methods of cooking may be interesting. A discussion can be held on how the fuel used in our homes affect the environment.





Read and Make :

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 ? Add sliced onions, tomatoes, salt and lemon juice to the *moong* and mix. Share it with your classmates.



Look and Write :

Which are the other things you can prepare without cooking ?

● Lemon Water	Mix sugar in water	→	Add lemon juice	→	Strain it	→	Lemon water is ready
●		→		→		→	
●		→		→		→	



Children enjoy preparing food together. They can prepare things depending on what is easily available and what kind of things are eaten in their region.

