

## Chapter 9

### Cooking and Eating Habits

1. Fill in the blanks

- \_\_\_\_\_ is not very healthy method of cooking food.
- Indirect heating with or without oil is known as \_\_\_\_\_.
- \_\_\_\_\_ shortens the duration of cooking.
- Steam cooked food is also easy to\_\_\_\_\_.
- Eggs can also be cooked by \_\_\_\_\_ them.
- Many fruits and vegetables like cucumber, peas etc are often eaten\_\_\_\_\_.
- Too much cooking can destroy many of the \_\_\_\_\_ of vegetables.
- \_\_\_\_\_ also makes the food germ free and safe to eat.
- Early man used to eat food in \_\_\_\_\_ only.

2. Match the following

Column A	Column B
Chappatis	Pressure cooker
Frying of pakodas	Helps in conserving nutritive value
Baking	Unhealthy cooking
Steaming	Direct heating
Boiling	Indirect heating

3. State whether given statements are true/ false

- Food like dhokla is prepared by baking.
- Pulses are boiled with water for different timing.
- Chappatis are also usually prepared by direct heating over flame.
- Frying is not very healthy method of cooking food.
- Different cooking methods require utensils of same type.

4. Multiple choice questions

A. Steaming is cooking method that

- Is unhealthy
- Shortens the duration of cooking
- Is indirect heating
- none of the above

B. Baking is usually done in

- A deep vessel
- an oven
- griddle ( tawa)
- none of the above

C. Which method of cooking is that of indirect heating?

- Boiling
- Steaming
- Baking
- Frying

D. What helps in preserving the food?

- Cooking
- Washing
- Eating them raw
- none of the above

5. Answer the following questions

- Which discovery led to man learning to cook?
- What are the different uses of cooking?
- Why is too much cooking not good?
- What people need to ensure before eating any fruit and vegetables raw?

- e) Are all the foods cooked in the same manner?
  - f) How is steaming good method of cooking?
  - g) Name a cooking method in which indirect heating is used.
  - h) How is boiling different from steaming?
  - i) Name the food that can be prepared by direct heating over the flame.
6. The student should make a list of food they like and their method of cooking.

S.N	Food they like	Methods of cooking
1	Cake	Baking

7. The student should make list of food their mother makes or gives them to eat, method of cooking and whether the method is healthy and unhealthy.

S.N	Foods made /given by mother	Methods of cooking	Method used healthy& unhealthy
1	Idli	Steaming	Healthy

## Water

### 1. Fill in the blanks

- \_\_\_\_\_ is essential for all living beings.
- Water is also drawn from the underground with the help of \_\_\_\_\_.
- Picnic spots are often developed near \_\_\_\_\_ and rivers.
- Rivers, lakes, ponds and wells get water mainly from \_\_\_\_\_ and snow.
- \_\_\_\_\_ is main natural source of water.
- A part of rain water that goes underground is called \_\_\_\_\_ water.
- \_\_\_\_\_ is natural source of irrigation of plant and crops.
- \_\_\_\_\_ enjoys the rain and feels happy.
- India is surrounded by \_\_\_\_\_ on the south.

### 2. Match the following

Column A	Column B
Godavari	West side of India
Ganga	East side of India
Arabian Sea	River in north India
Bay of Bengal	River in south India

### 3. State whether given statements are true/ false

- A dam stores river water in it. This stored water can be used to generate electricity.
- India is surrounded by the Indian Ocean on the east.
- During summer a part of the snow melts and changes to water.
- The snow falls in form of small droplets.
- Rain water washes away dust and dirt from the leaves,

### 4. Multiple choice questions

- In cities we get water from
  - The hand pump
  - the tap
  - the well
  - the river
- The rivers, lakes get water mainly from
  - Rain and snow
  - Ground water
  - dam
  - none of the above
- A part of rain water goes underground is known as
  - River
  - Ground water
  - Ocean
  - none of the above
- \_\_\_\_\_ is natural source of irrigation for plants and crop.
  - Ground water
  - Rain
  - Ocean
  - none of the above

### 5. Answer the following questions

- Do you notice change in the behavior of animals in the rain?
- In hill stations what are small white cotton like flakes that fall in the winter?
- How can you say snow is major natural source of water?
- Name 2 major rivers of south India.
- What is dam? What is it used for?
- Name 2 cities in India located on the bank of river.
- How do people draw out ground water?
- Name 3 water bodies which get their water mainly from rain.

- i) Where is water present in living being?
  - j) Which water bodies cover a large part of earth?
  - k) What are the changes that occur due to rain in plants and animals?
6. Make a collage showing the different water bodies covering the major part of earth.
7. List the 2 main natural source of water and state their use.

S.N	Name of natural source	Use

8. The student should take an outline map of India and mark the position of Arabian Sea, Indian Ocean and Bay of Bengal on it.
9. The student should note down the name of river in and around the city they live in.

