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Methods of cooking food.

Different methods of

cooking food.

- ↳ **Boiling** → Boiling means to cook in water. Eg. rice, dal are cooked by boiling.
- ↳ **Frying** → Frying means cooking food items in hot boiling oil.
Eg → Puri, Pakora, French Fries.
- ↳ **Steaming** → Steaming means to cook food with the help of steam or heat in the cooker.
Eg → Idli, Dhokla, Momos, Pulao.
- ↳ **Baking** → Baking is done in an oven or microwave at an accurate and particular Temperature.
Eg → Biscuits, Bread, Cake.

Some methods of Preserving Food Items:

Preservation →

Preservation is a process by which food is protected from getting spoiled so that it can be used later. Some common way of preserving food items are.

- ↳ **Heating** → At heating high Temperature when the liquid evaporates leaving behind solid part.
Eg → Milk preserved as milk powder.

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Salting to preserve → Adding salt to draw out moisture to preserve meat, vegetables.

Pickling :- Adding to salt solution oil or vinegar to preserve carrots, mangoes, chillies, cauliflower etc. as pickles.

Sweetening → Adding sugar to preserve fruits as jams, chutnies and murabbas.

Cold storage :- Keeping fruits, vegetable, meat, eggs in low temperature.

H.W.

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Dictation word : write down in your science notebook.

Preserve

(i) Moisture

Evaporates

(iv) Spoiled

Protected

(vi) Roughage

Excretion

(viii) Cauliflower

Circle

Date

Chapter - 1 Food we eat

Summary of chapter.

Roughage →

It is the fibrous material present in cereals, fruits, and vegetables.

It helps in the easy bowel movement and keeps digestive system healthy.

Water →

It is also a very important part of our diet. It helps in digestion and excretion of waste from our body. We must drink 8 to 10 glasses of water daily.

Balanced Diet →

It is a diet which contains all the nutrients in the right amount along with enough water and dietary roughage.

Food is cooked to

- ↳ make it edible and tasty.
- ↳ make it soft, easy to chew and digest.
- ↳ kill harmful germs present in food.

Some Tips for cooking Food →

- ↳ Wash pulses, rice, vegetables before cutting.
- ↳ Cook food items in just enough water to retain the nutrients.
- ↳ Do not over cook the food. It destroys the nutrients.