

RISHIKUL SANATAN COLLEGE
HOME ECONOMICS WORKSHEET 4
YEAR 9

Note: Write questions and answers at the back of your Home Economics exercise book

1. Identify and define the following cooking methods.

a.



Name: _____

Definition:

b.



Name: _____

Definition:

c.



Name: _____

Definition:

d.



Name: _____

Definition:

e.



Name: _____

Definition:

f.



Name: _____

Definition:

g.



Name: _____

Definition:

h.



Name: _____

Definition:

2. Differentiate between the two methods of frying.

a. Deep frying and Shallow frying

3. State the reason for the following statements.

a. When grilling food, brush the food with a little cooking oil.

b. When grilling turn the food occasionally and avoid piercing the food.

c. When boiling food, use a tight fitting lid.

d. Stir frying is a very healthy method of cooking.

e. Butter and margarine are unsuitable for frying.

THE END