

**National Institute of Open Schooling**  
**Secondary Course : Home Science**  
**Lesson 4 : Methods of Cooking Food**  
**Worksheet - 4**

1. There are many reasons for cooking food. Think what will happen if we ate only raw food?
2. Write all the ways in which a potato can be cooked. Which is your favourite? Write two advantages and two disadvantages of that method of cooking.
3. In summers raw mangoes are easily available. Write three dishes made in your region using raw mangoes and write the method of cooking used.
4. Observe how your mother cooks rajma or chole. How does she shorten the cooking time?
5. Which method of cooking will you use to cook food for a sick person? Why?
6. Identify two methods of cooking that help in conserving energy. Describe.
7. How will you prevent the loss of vitamins while cooking dinner for your family?
8. Select any two cooking oils available in the market. Find out the health benefits of both and decide which is the healthier oil.
9. Find out one dish made by fermentation in different parts of our country. Why is this method used?
10. Prepare a colourful poster on conserving nutrients while cooking- include at least five points.  
For the visually impaired learners- write five ways to help your mother conserve nutrients while cooking food at home.