



DATE : 21.10.2021
DAY : THURSDAY

4th STD SCIENCE

WS NOTES-S02-16 pages
CW NOTES-S02-06 pages





II Term

lesson - 1





Learning Objectives

After learning this lesson, students will be able to

- differentiate between raw and cooked food items
- understand the different methods of cooking
- describe the different types of cooking utensils
- identify hygienic food and food to be consumed during illness
- explain the importance of not wasting food



Utensils

Utensils are in different shapes and sizes. We use specific utensils for each cooking method. Clay pots were used earlier. Stainless steel and aluminium vessels are now generally used for cooking.





Clay pot cooking

Clay pots are well-suited for all types of cooking. Cooking in clay pots improves the quality and taste of food and also retains the nutrients.

Benefits of clay pot cooking are,

- Easy to digest.
- Preserves the nutrients.
- Needs less oil for cooking.
- Adds flavour to the dish.
- Keeps the food warm for a long time.
- Keeps the food from becoming stale soon.
- Alkaline property in the pot neutralizes the acidic property in the food.





Hygienic ways of taking foods

- Always cover food to protect them from dust and insects.*
- Eat fresh food always.*
- Avoid taking food that is too cold or too hot.*
- Avoid fast food and fried food.*
- Always wash your hands with soap before and after eating*



Food during illness:

When we are sick, we should avoid food items that are fried in oil. We should take energy-giving, easily digestible food. Some of them are given below:

- *Porridge of rice or cereals.*
- *Fruit juice, tender coconut.*
- *Steamed foods like idly.*





Food Wastage:

We should not waste food. Food that is not eaten is called leftover food. That is discarded as waste. Following are the simple ways to avoid food wastage.

- Take what you'll eat and eat what you take.*
- Share the excess food.*
- Give the excess food to hungry animals.*





Food Preservation

Pickling:

***Mixing fruits and vegetables
with oil and salt.***

Example- Pickle





Refrigerating:
Keeping food in the refrigerators (fridge) to preserve them for a short time.
Example-Fruits, Vegetables



Drying:

***Removing the water content
of the food.***

Example- Fish, Red chillies





Canning:

***Storing food in air tight
containers.***

Example-Jam





May 28





1. Write the cooking utensils used for preparing given foods:

(Pan, Pot, Rice cooker, Tawa, Idli cooker)

S No.	Food items	Name of the cooking utensils
1.	Rice	
2.	Idiyappam, Puttu	
3.	Vada	
4.	Sambar	
5.	Dosa	



2. Tick the appropriate one:

Food	Hygienic food	Junk Food
Fresh fruits		
Samosa		
Nuts		
Panipoori		
Vegetable salad		



10 SCIENTIFIC WAYS TO BE HAPPY





Today (21.10.2021) we are going to write Science classwork. For that we have to use 80 pages ruled notebook. Use ink pen only for classwork.

21.10.2021

Q) Write 'True' or 'False':-

1. Biriyani is a raw food. - False

2. Frying is a method of cooking. True

3. We can cook rice on a tawa. - False

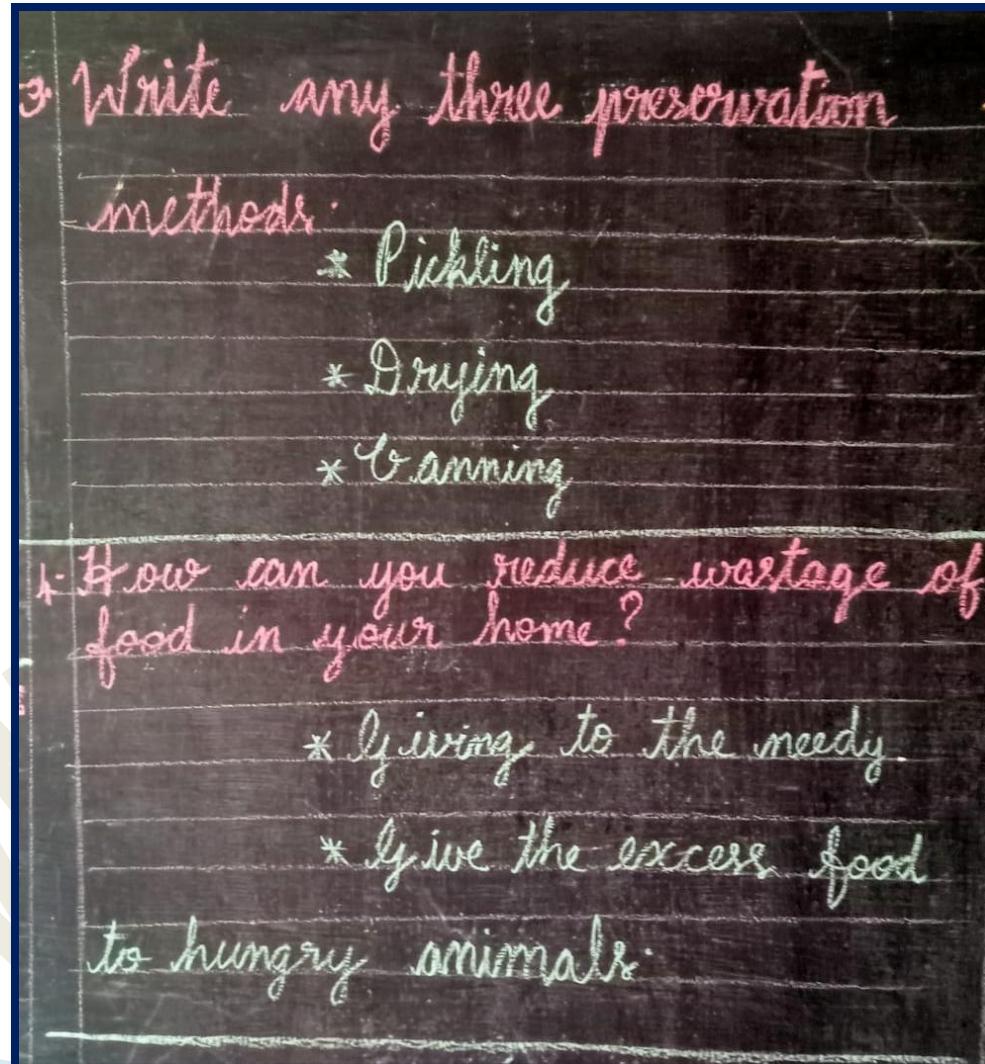
4. Cooking in a solar oven needs sunlight. - True

5. Consuming too much oily food is bad for our health. - True



Q1. Answer the following questions:

1. Name any three cooking methods.
 - * Boiling
 - * Frying
 - * Steaming
2. Write any three food items you should eat when you are sick?
 - * Porridge of rice
 - * Fruit juice
 - * Tidy.





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Q. Answer in detail :-

1. Explain any three preservation methods.

Pickling :- Mixing fruits and vegetables with oil and salt.

Example :- pickle

Drying :- Removing the water content of the food.

Example :- fish, red chillies

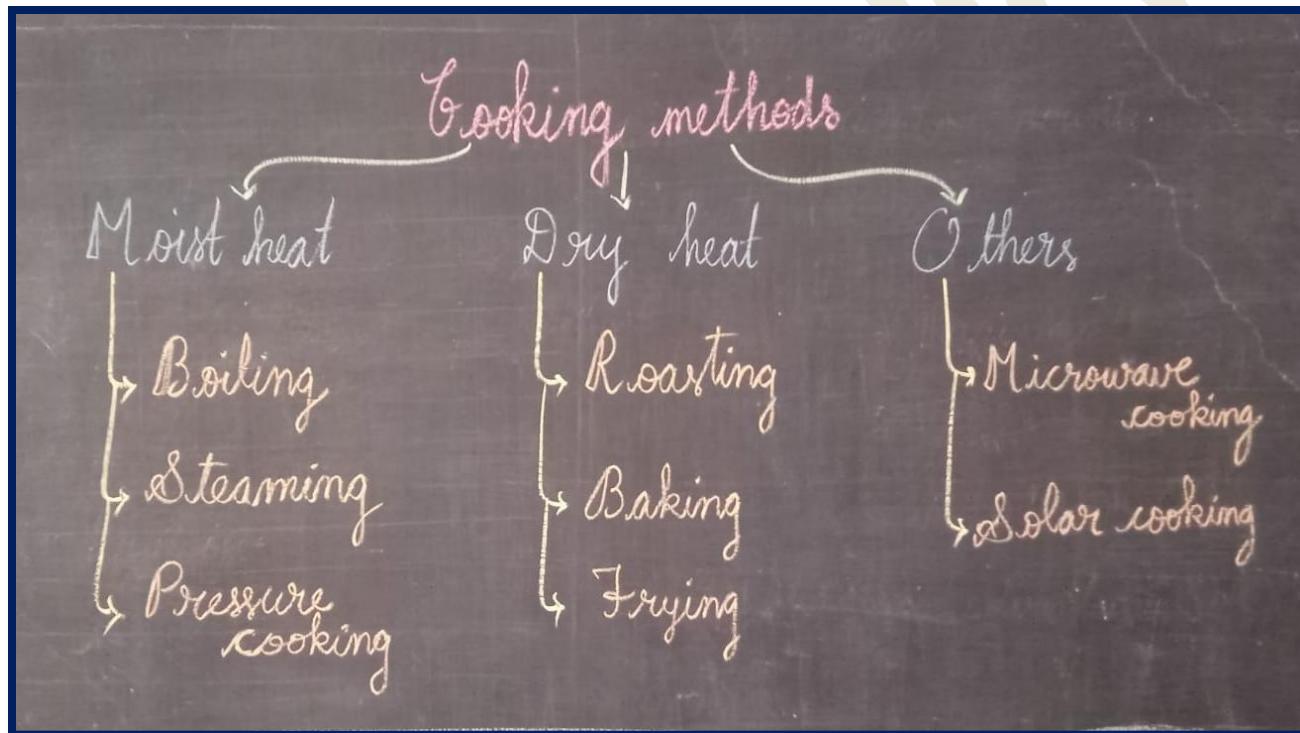
WIPES

Canning :- Storing food in air tight containers.

Example :- jam.



2. Write the methods of cooking.





VINAYAKAR MATRICULATION HR SEC SCHOOL & PLAY SCHOOL, SIVAKASI

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