



**DATE : 21.10.2021**  
**DAY : THURSDAY**

**4<sup>th</sup> STD SCIENCE**

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



**GOOD MORNING**

 SmitCreation.com 

**You create  
your thoughts.  
Your thoughts  
create your intentions.  
Your intentions  
create your reality...**

smitcreation.com



## *II Term*

### *Lesson - I*





### *Learning Objectives*

After learning this lesson, students will be able to

- ▢ differentiate between raw and cooked food items
- ▢ understands 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:

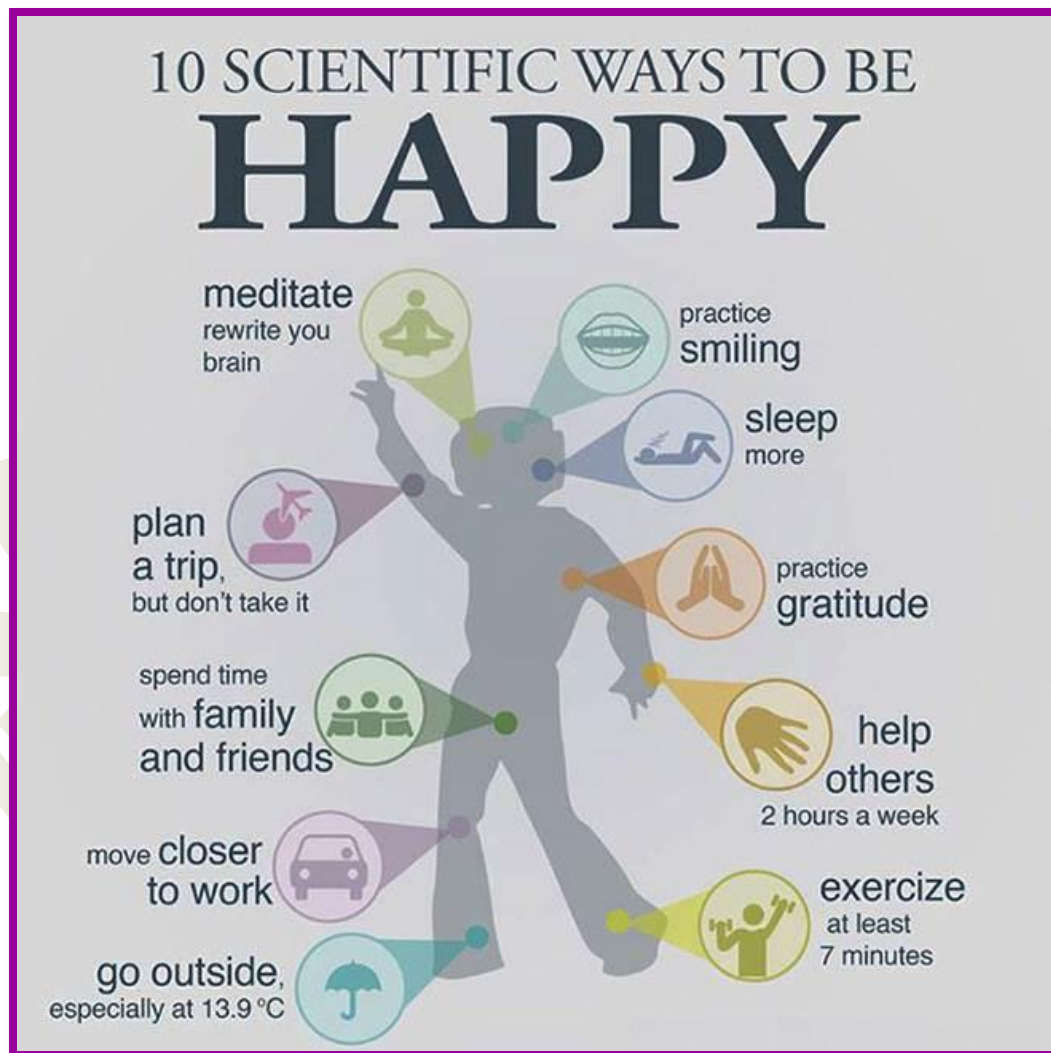
Food	Hygienic food	Junk Food
Fresh fruits		
Samosa		
Nuts		
Panipoori		
Vegetable salad		



DATE : 21.10.2021  
DAY : THURSDAY

4<sup>th</sup> STD SCIENCE

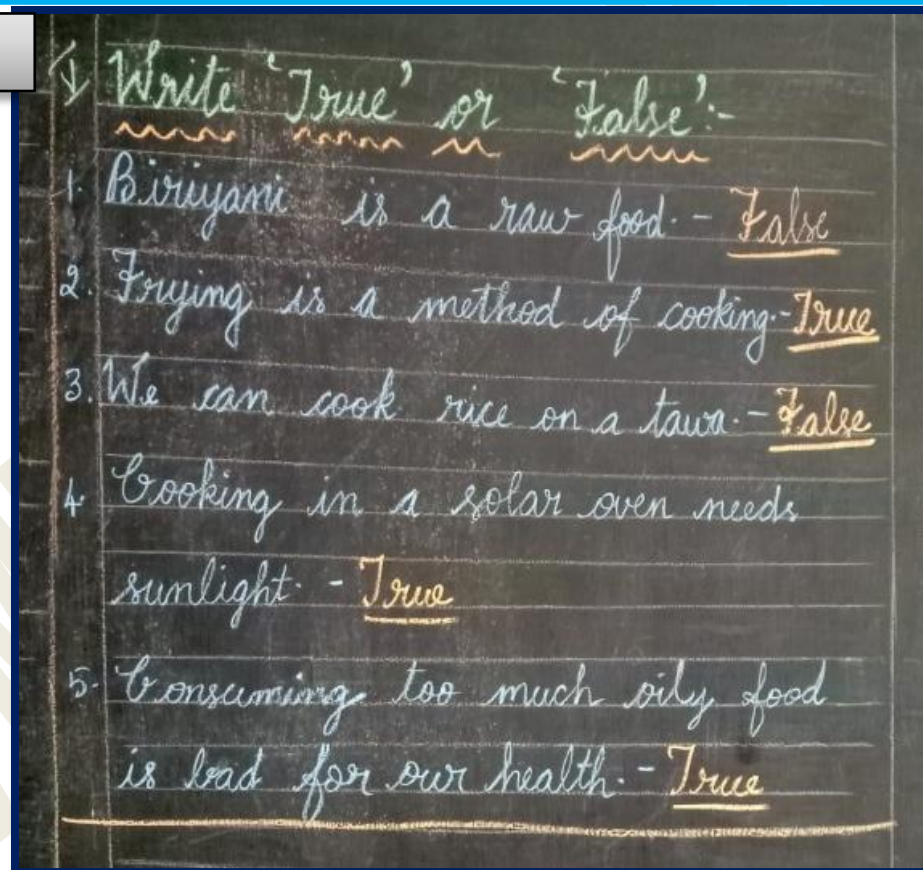
WS NOTES-S02-16 pages  
CW NOTES-S02-06 pages





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

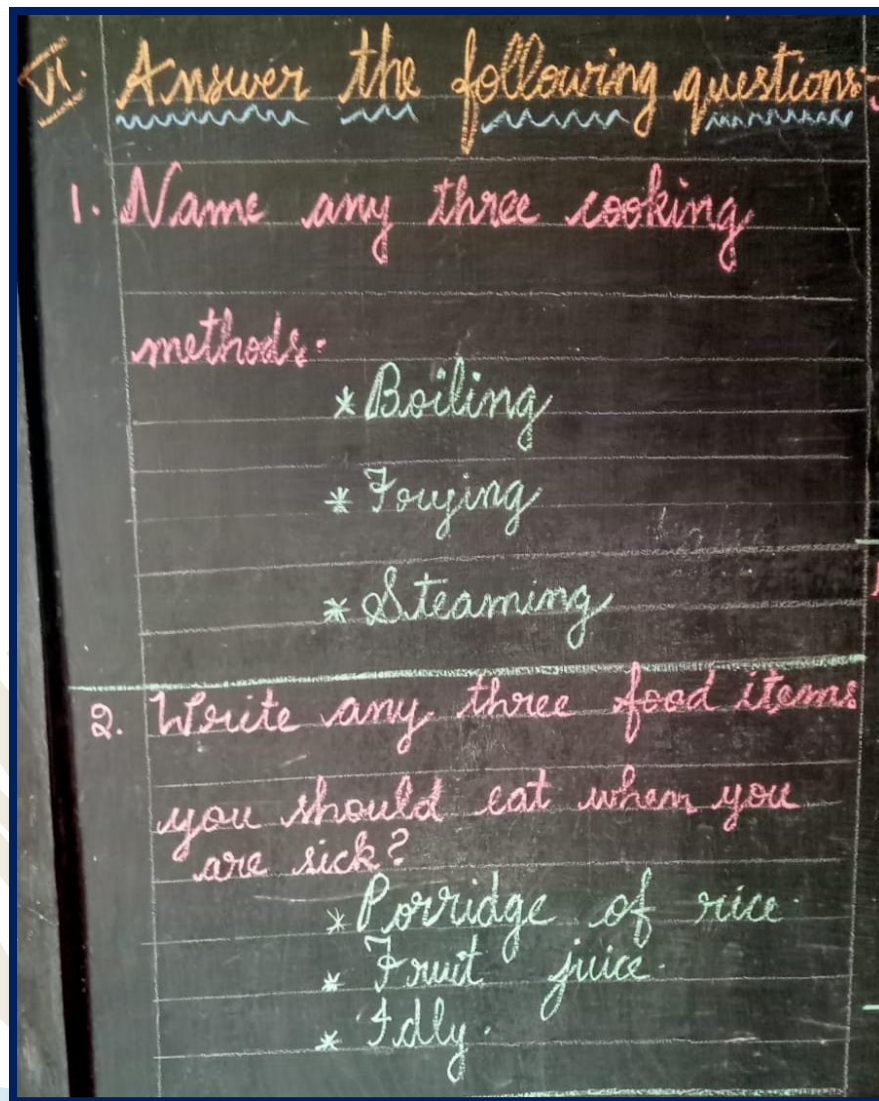




DATE : 21.10.2021  
DAY : THURSDAY

4<sup>th</sup> STD SCIENCE

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





DATE : 21.10.2021  
DAY : THURSDAY

4<sup>th</sup> STD SCIENCE

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



3 Write any three preservation methods:

\* Pickling

\* Drying

\* Canning

4 How can you reduce wastage of food in your home?

\* Giving to the needy

\* Give the excess food to hungry animals.



DATE : 21.10.2021  
DAY : THURSDAY

4<sup>th</sup> STD SCIENCE

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



VII 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

Canning:-

Storing food in air tight containers.

Example:- jam.



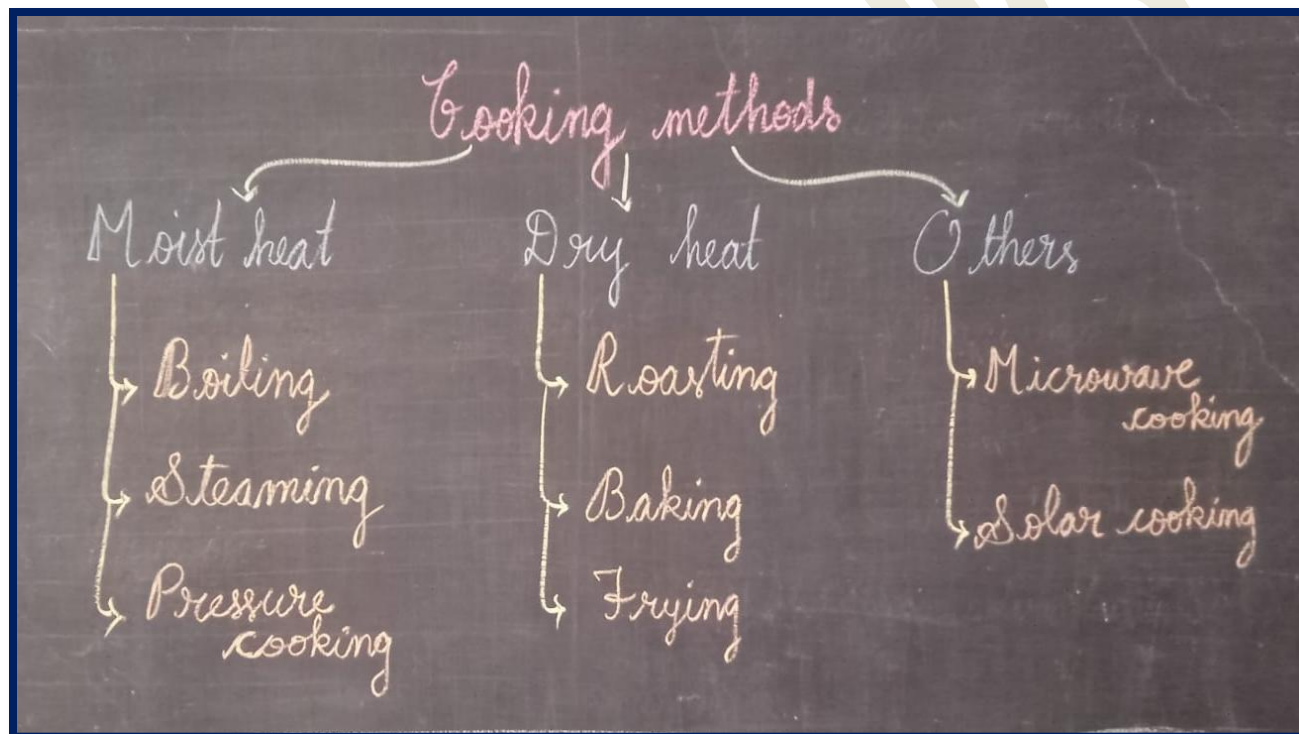
DATE : 21.10.2021  
DAY : THURSDAY

4<sup>th</sup> STD SCIENCE

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



2. Write the methods of cooking.





**DATE : 21.10.2021**  
**DAY : THURSDAY**

**4<sup>th</sup> STD SCIENCE**

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

