



# NCERT Solutions for 3rd Class Environmental Studies: Chapter 10-What is Cooking?



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## NCERT Solutions for 3rd Class Environmental Studies: Chapter 10-What is Cooking?

Class 3: Environmental Studies Chapter 10 solutions. Complete Class 3 Environmental Studies Chapter 10 Notes.

### NCERT Solutions for 3rd Class Environmental Studies: Chapter 10-What is Cooking?

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**1.What are utensils made of?**

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Ans. Steel, Iron, Copper, Glass, Bronze and Earth (earthen pots) etc.

2. Ask some elderly people what kinds of utensils were used earlier. What were they made of?

Ans. In earlier times utensils were bigger in size than they are today. There were beautiful carvings on them. They were made of bronze, brass and copper.

3. We do not cook all the things we eat. Find out which things we eat raw and which ones we cook before eating. Which are the things we eat both cooked and raw? Fill in the table given below.

<i>Things that are eaten raw</i>	<i>Things that are eaten cooked</i>	<i>Things that are eaten both raw and cooked</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____

Ans.

<i>Things that are eaten raw</i>	<i>Things that are eaten cooked</i>	<i>Things that are eaten both raw and cooked</i>
Tomato	Dal	Carrot
Carrot	Rice	Tomato
Radish	Chapatti	Black gram
Cabbage	Brinjal	Cabbage

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4. Go to the kitchen and observe something being cooked. What all was done to cook it? Write the sequence. Don't forget to write the name of the item being cooked. Look at the notebook of your classmates and discuss in a group.

Ans. Name of the item: Rice

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1. Take a bowl of rice grains.
2. Wash them with plain water.
3. Take about two glasses of water in a pan.
4. Put rice grains in the pan.
5. Boil on the stove.
6. Cook till rice is done.

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**5. Given below are different methods of cooking. Write the names of two things cooked by each of these methods. Add some more methods of cooking to the list and give examples too.**

<i>Method of cooking</i>	<i>Names of things</i>	
Roasting	_____	_____
Boiling	_____	_____
Frying	_____	_____
Baking	_____	_____
_____	_____	_____
_____	_____	_____

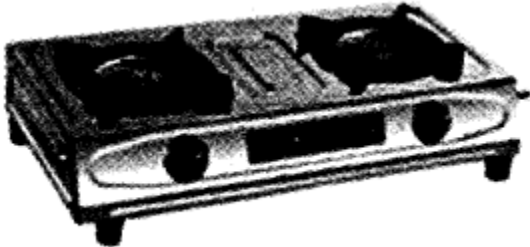
Ans.

<i>Method of cooking</i>	<i>Names of things</i>	
Roasting	Sweet potato	Corn
Boiling	Potato	Rice
Frying	Poori	Pakodi
Baking	Chappati	Cake
Steaming	Idli	Dhokla

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**6.What is used to cook food in your house? Draw a picture in the notebook and write its name.**

**Ans.**



**Gas Stove**

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### **Make and Eat**

**1.Soak whole moong seeds overnight in the water. In the morning wrap the soaked moong in a wet cloth and cover it. Take it out after a day. Do you find any difference?**

**Ans.** Yes, the moong seeds germinate after a day.

Add sliced onions, tomatoes, salt and lemon juice to the moong and mix. Share it with your classmates.

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**2.Which are the other things you can prepare without cooking? Write their names and the method of preparing them. One example is given below.**

1.Lemon water: Mix sugar in water —> Add lemon juice -4 Strain it —>Lemon water is ready

2.Fruit salad: Chop some fruits in small pieces -> Sprinkle salt, sugar and chaat masala -4 Fruit chaat is ready

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3.Lassi: Take one cup curd -4 Add sugar —> Add crushed ice —>Mix well using a mixer —> Lassi is ready.

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