

Techniques Used to Cook Foods and Balanced Diets.

Fill in the boxes to show that you understand about the different ways of cooking food.

Try and join together the description with the type of cooking.

fry To cook in very hot water

boil To cook underneath a direct heat.

bake To cook over very hot water.

steam To cook in a pan with a little oil.

grill To cook in a hot oven

What would be the advantage of cooking vegetables by steaming rather than boiling ?

What would be the advantage of grilling sausages rather than frying ?

Circle the foods below which would give you a balanced meal, and then write down why.

	apple	baked beans
chips	peas	cabbage
steak	cheese	gateau
tomatoes	bacon	bread
potatoes	chicken	ice-cream
