

CLASS 3- EVS

WHAT IS COOKING

ITEMS NEED TO COOK FOOD



Cooking Utensils And Nutrition

ITEMS NEEDED TO COOK FOOD



TYPES OF UTENSILS



**MADE OF
ALUMINIUM**



NONSTICK UTENSILS



MADE OF GLASS

TYPES OF FOOD



**FOOD ITEMS
WHICH CAN BE
EATEN RAW**



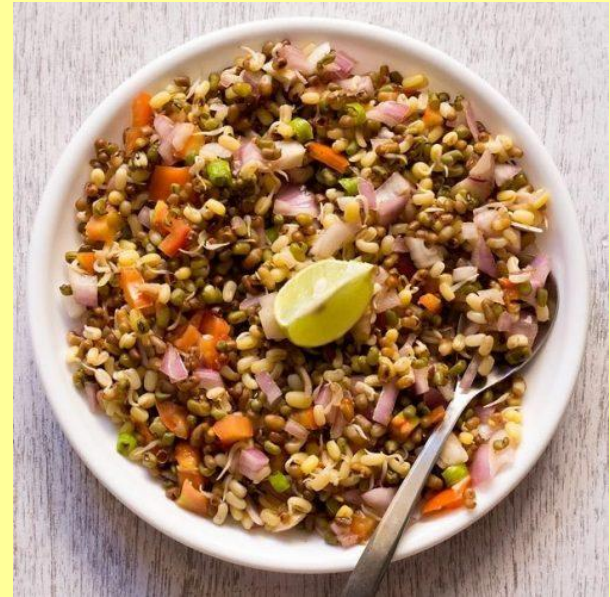
**FOOD ITEMS
THAT NEED TO
COOK**



**FOOD ITEMS
THAT CAN
EATEN
ROASTED**



SOME NUTRITIONS ARE IN RAW FOOD ITEMS



OUR DAILY FOOD ITEM CHAPATI CAN BE COOKED BY A PROCESS



WHY DO WE COOK FOOD?

- **To make it soft**
- **To make it digestible**
- **To make it tasty**

DIFFERENT METHODS OF COOKING

Comparing Different Cooking Methods



Sautéing
Pan-frying
Deep-frying



Grilling
Broiling



Roasting
Baking



Poaching
Boiling
Simmering
Steaming



Braising
Stewing



Thank you