



Master Lesson Plan

For

What s Cooking

Board	Standard	Subject	Chapter	Language	Reference Link	Creatio
CBSE	STD III	EVS	What s Cooking	English	What's Cooking	2020-12

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What is Cooking

1. MS_Objectives_What is cooking

Notes to the teacher: This asset lays down the proposed plan for transacting this chapter.

It states the asset objectives of the MLP.

This asset is for teacher's reference and need not be taught to the students.

Students will be able to:

- relate to food items and fuels used for cooking
- describe the methods of cooking
- identify the cooking and serving utensils
- select the utensils to make different food items
- relate to traditional utensils and kitchen tools
- appreciate the world record for a large quantity of Khichdi preparation
- realize the importance of having healthy food
- recollect the types of utensils and food items

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Cooking	Raw and Cooked Food, Raw Food

2. IQ_Food Items

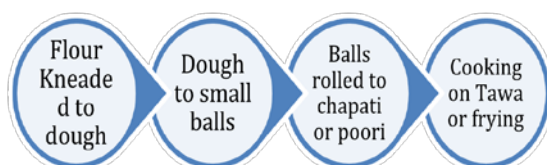
1. What do you mean by the word cooking?

Answer: Cooking is a process of preparing any food item mainly by heating. It is a process of mixing, combining, or preparing the materials by various heating methods like boiling, steaming, roasting etc.

2. Why do we need to cook the foods that cannot be eaten raw?

Answer: We need to cook the foods that cannot be eaten raw because these foods cannot be digested by our body in raw form. Cooking also improves the taste of food and makes it safe to be eaten.

3. How can wheat flour be turned into chapati or poori?



Answer: The wheat flour has to be kneaded with water first to make a dough. The dough is then made into small balls. The balls are then rolled into a circular shape using a roller pin (belan). They are then cooked on a hot tawa to make chapatis. Or they can be deep fried in hot oil to make pooris.

4. Why are few fuels used in cooking harmful for our health?



Answer: Fuels like coal, straw, grass, wood etc. are harmful because they give out smoke on burning.

Image Source:

<https://pixabay.com/photos/dough-cook-recipe-italian-flour-943245/>

<https://pixabay.com/photos/fire-cooking-cook-heat-wood-smoke-4320765/>

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Inquisitive Questions	Cooking	Raw and Cooked Food, Raw Food

3. MS_Methods of cooking

Most of the food items need to be cooked before eating them. But there are a few food items such as salads or sandwiches that can be eaten raw.

Example – salads, sandwich, sprouts etc. There are a few vegetables such as onion, tomatoes, cucumber etc. that can be cooked or eaten raw.



A few basic methods of cooking include:

- 1) Boiling
- 2) Roasting
- 3) Steaming

4) Frying

5) Baking

Boiling is cooking food in boiling water.



Rice, dal, and Vegetables are usually cooked by boiling. This helps to keep the vegetables tender, filled with flavor, and keeps their nutrients intact.

Roasting is cooking food by keeping it uncovered in an oven or directly into the fire (dry heating) to make the food crispy.



It is the easiest and fastest way to get wonderfully crisp colorful vegetables.

Steaming is cooking food in steam.



It is considered as a very healthy way of cooking. There are many Indian dishes made by steaming.

Frying is the cooking of food in hot oil or ghee.

There are two main methods of frying: (1) deep-frying, (2) stir-frying.



In deep-frying, a large amount of oil or ghee is heated, and the food is fully dipped and fried in the heated oil. In stir-frying, also called sautéing, the food is cooked in a small amount of oil or ghee.

Baking is cooking in an oven using dry heat.



The word baking usually refers to the cooking of foods made from a batter or dough. Such foods include breads, cakes, cookies, pastries, and pizza.

Some food items need to be cooked before eating.

For cooking we need fuel to supply heat.

There are different materials that are used as fuel for cooking.

We cook on a gas stove connected to an LPG cylinder through a pipe.

We can also cook on a kerosene stove.



Some burn cow dung cakes, or wood in a chulha (made of mud, stones, or bricks) or use a coal stove to cook foods.



Foods that need to be baked are cooked in an electric oven or a Microwave Oven.



We can also use solar cookers which use sunlight as a source of fuel.



Electric heaters are also used to cook food.

Notes to teachers:

Teachers may interact with the students on the different methods of cooking that the students have observed. Teachers may even question them on the method they have tried with the help of elders.

Image Source:

<https://pixabay.com/photos/salad-mixed-tomato-cucumber-1477486/>

<https://pixabay.com/photos/pakora-paya-salad-lemon-plate-959089/>

Boiling: <https://pixabay.com/photos/pan-water-kitchen-boiling-water-1972258/>

Roasting: <https://pixabay.com/photos/barbecue-grill-party-charcoal-2334934/>

Steaming: <https://pixabay.com/photos/pot-steamed-steamed-food-2455645/>

Frying: <https://pixabay.com/photos/food-oil-food-indian-food-samosas-143622/>

Baking: <https://pixabay.com/photos/bake-oven-passover-cake-5016786/>

Gas Cylinder: <https://pixabay.com/photos/gas-cylinder-indian-hot-766729/>

Primus Stove: https://en.wikipedia.org/wiki/File:Primus_Stove.jp

<https://pixabay.com/photos/fire-cooking-cook-heat-wood-smoke-4320765/>

Cow Dung Cakes: https://commons.wikimedia.org/wiki/File:Cow_dung_cakes_Bangladesh_2010.jpg – Attribute to Melanie Ko

Oven: <https://pixabay.com/vectors/microwave-oven-wireless-cooking-159076/>

Solar Cooker: <https://search.creativecommons.org/photos/4fc18497-c028-4874-9cba-a6cd0fe1e70c>; "Solar cooker" by kehworks is licensed under CC BY-NC 2.0

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Cooking	Methods of Cooking, Method

4. IA_World record for Khichadi

The Himachal Pradesh Department of Tourism along with Durga Devi Behari Lal Charitable Trust Shimla prepared 1995 Kg of Khichdi using rice and lentils on 14 January 2020 (Makar Sankranti) at Tattapani. The town is 51 kilometers away from Shimla, Himachal Pradesh. This dish entered the Guinness World Records for being the largest quantity of Khichdi prepared.

It took 5 hours for 25 chefs to prepare the Khichdi using 405 kg rice, 190 kg pulses, 90 kg ghee, 55 kg spices and 1,100 liters of water. The utensil in which the Khichdi was cooked weighed 270 kg with a dimension of 4ft x 7ft.



The earlier Guinness World Record for the largest quantity of Khichdi was 918.8 Kg. The record was set on November 4, 2017. It was prepared by Chef Sanjeev Kapoor along with a 50-member team. In that about 125 Kg of rice, 45 kg moong dal, 20 kg vegetables, 6.5 kg salt, and several kilograms of jowar, and bajra were used.

Image Source:
Rice: <https://pixabay.com/photos/rice-white-rice-korea-food-3997767/>
Mung Dal: <https://pixabay.com/photos/mung-beans-moong-beans-green-gram-390017/>
Ghee: SSSVV Gallery
Spices: <https://pixabay.com/photos/mat-spices-3251064/>

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Interesting Asides	Cooking	Raw and Cooked Food, Raw Food

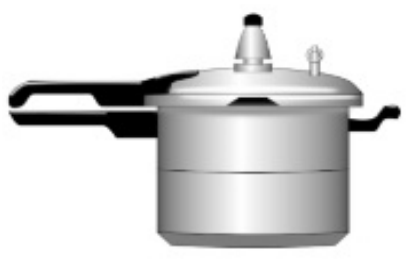
5. MS_Utensils used for cooking



Our kitchens have a variety of utensils for making delicious and healthy food items. They can be used for cooking, storing, serving, baking and as tools for cooking.

Utensils used for cooking

The most commonly used utensils in the Indian kitchen for cooking are pressure cooker, cooking pots or heavy bottomed vessels, Kadai or frying pan and tawa or flat pan.



Pressure cooker is used mostly for cooking rice and dhal. It is also used for cooking vegetables like potatoes. Steamed food items like idly, dhokla etc. can be steamed in the pressure cooker.



The **cooking pots and pans** are used for boiling and cooking vegetables, gravies, and curries. The pots are also used for cooking rice and dhal.

Almost all the dishes that is cooked in the Indian kitchen can be cooked using these pots that come in various sizes and shapes

North Indians cook their dhals, chana, rajma, subjis, pulao, biriyani, masala curries etc. using these pots.

South Indians cook sambar, rasam, curries, mixed rice items etc. using these pots.



Kadai or frying pans are used to deep fry or shallow fry. They are used to make chips, pakoras and crispy curries.



Tawa or flat pan is used to make chapatis, parathas and dosa.

Utensils used for serving

The most commonly used utensils in the Indian kitchen for serving are serving spoons or Ladles, Plates and Serving bowls or Katoris.



Serving spoons or ladles come in different sizes and shapes. These are not only used for serving, they are also used for cooking. Flat ones are used for serving rice, biryani, dry curry, salad, etc. Round ones are used for serving soup, gravies, curries, dal, sambhar etc. Many people use spoon and fork to eat their food.



Plate is the most important utensil that is required to eat our food. Plates come in different sizes and shapes too. They are also made in a number of materials such as metals, porcelain, plastic etc. We also get disposable plates that can be used and thrown away.



Food is also served in small bowls or Katoris. Soup, dhal, sambhar, chutneys and other such liquid or semisolid food items are usually served in small bowls.

Image Source:

<https://pixabay.com/vectors/kitchen-utensils-line-art-pots-5279535/>

<https://publicdomainvectors.org/en/free-clipart/Pressure-cooker/51509.html>

<https://pixabay.com/photos/pots-pans-cook-cooking-cookware-163888>

<https://pixabay.com/photos/banana-chips-frying-deep-fried-285223/>

<https://pixabay.com/photos/cast-iron-cast-iron-pot-carbon-steel-2969673/>

<https://pixy.org/5587698/>

Plate and spoons: Self clicked by the author

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Cooking	Raw and Cooked Food, Raw Food

6. DD_Traditional Utensils and Kitchen Tools

In the olden days, food was always cooked slowly over a fire so that the food retained its nutrients and flavours. But in modern times, where everyone is so busy and there is no time, we make use of mixers, grinders, and pressure cookers to save time and cook quickly.

We can make use of both traditional as well as modern ways of cooking. What is important is the food that we eat should have all the nutrients and provides us with energy.

A few traditional utensils and tools listed below are still being used but the original traditional materials from which they were made have been modified according to the modern needs.

Degchi



A Degchi is one of the most common utensils used for liquid items such as dhals or kheer or any other liquid gravy items. It has a round, deep and thick base with narrow neck. The traditional Degchi is made of brass or copper but now a days they are made of stainless steel also.

Handi



It is a circular clay pot with a lid also made of clay. Traditionally the handi lid was sealed using a thick paste or dough of flour and water. The handi was then placed on an open fire and allowed to cook slowly. This process of cooking under pressure known as Dum Phukt is used to cook biryanis or pulavs.

Kalchatti or the stone pot



This common traditional south Indian utensil is thick walled, heavy, porous, and made of soap stone. The Kalchatti is can also be used to prepare liquid items such as rasam, sambhar etc. As it is heavy the food remains warm for a long time and need not be reheated.

Traditional kitchen tools

Mortar and Pestle



Also known as the Imam / hamman dasta or khal batta or khandni-dasto is used to crush, grind, and mix solid substances to enhance their aroma. The mortar and pestle were one of the important tools in the kitchen and was used for grinding dosa or vada batter, chutneys, and dry spice powders. The mortar and pestle were made of stone, which has been replaced by a smaller version made of steel or wood or granite.

The mortar is a circular stone bowl, and the pestle is a rounded stone tool used for grinding. This mortar and pestle are used for grinding dosa batter.

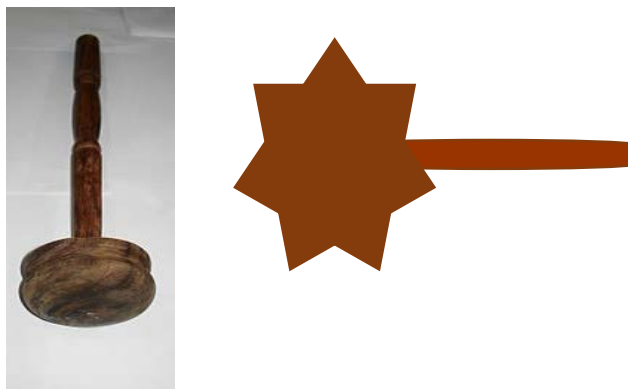
Sil Batta



This is another type of mortar and pestle used for making chutneys and pastes. The Sil is a flat rough stone slab and batta is cylindrical stone which is moved to and fro on the Sil to grind the material.

Nowadays the mortar and pestle have been replaced by the electric mixer grinders to save time and energy.

Churner or Mathani



It is made of wood having a long handle with a circular or star shaped base. The wooden handle is moved either by hands or using a rope to churn cream into butter. It is also used to beat curd or whisk butter milk or pound dhals or leafy vegetables.

It has been replaced by the electric beater.

Image Source:

https://commons.wikimedia.org/wiki/File:Handi_with_Lid_and_Doi.JPG

Stone Pot: <https://pixabay.com/photos/dolsot-nutrition-rice-bob-stone-pot-209200> Stone Mortar:

<https://pixabay.com/photos/mortar-pestle-wooden-old-tool-89048/>

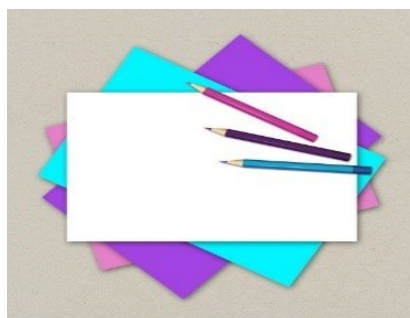
Mortar Stone: <https://pixabay.com/photos/salt-molcajete-cuisine-mortar-648111/>
Degchi, Kalchatti- Self clicked_Author

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Day-to-day Relevance	Cooking	Raw and Cooked Food, Raw Food

7. SA_Food and Utensils

Aim: To make the children understand the usage of utensils to make different food items.

Materials Required: Chart paper or coloured A 4 sheet Paper, pencil, eraser, colour pencils or sketch pens.



Procedure: The teacher can ask the children to select very simple food items and draw models of utensils needed for the preparation of the item. The children can list out the ingredients; write the steps involved in preparing the food and indicate the method of cooking in a chart paper. They can draw the utensils used or stick pictures.



Example 1: Ginger Tea

Utensils needed to make Tea: vessel, or saucepan to boil water, tongs to hold the vessel, tea strainer, cups and spoon to mix and serve.

Fuel: Gas, Gas stove



Ingredients required: Water, tea leaves, ginger pieces, milk, and sugar



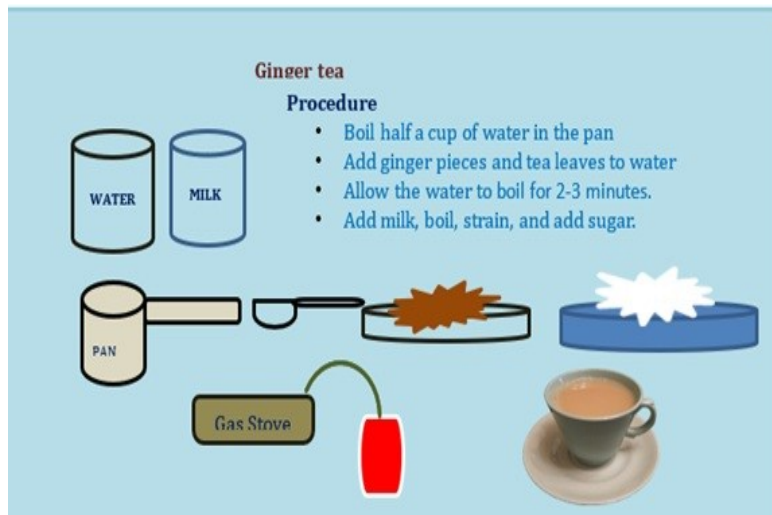
Procedure:

Method of cooking – Boiling, and straining

Cut ginger into very small pieces. The ginger can be crushed or grated also. Boil half a cup of water in the vessel or saucepan. Add the cut ginger pieces. Let the water boil for a minute. Add one teaspoon of tea leaves to the water. Add half a cup of milk to the tea water. Allow it to boil for another minute. Strain the tea into a cup. Add required quantity of sugar. Mix the sugar with a spoon and serve.

Conclusion: The charts prepared by the students are to be displayed in the classroom.

Chart showing Ginger tea preparation



Example 2: Making Rice

Utensils Needed: Pressure cooker, vessel for rice

Fuel: Gas, Stove

Ingredients required - Water, rice Procedure:

Method of cooking – Steaming

Take a cup of rice in a vessel. Wash it well. Add one cup water in the pressure cooker. Place the rice vessel inside the cooker. Add two cups of water to the rice. Close the cooker with the lid. Add the whistle when the steam starts coming. Allow the rice to cook for two whistles. Switch off the gas stove. Allow the cooker to cool. Open the cooker and the rice is ready.

Notes to teachers: The teacher can discuss with the class and decide a few simple food items. The class can discuss about the utensils needed and the procedure to make the food item selected. The children can note down and prepare the chart. It can be a group activity also.

Image Source:

Colour Pens: <https://pixabay.com/photos/paper-fanned-out-pens-2902327/> Stove: <https://pixabay.com/photos/pan-stove-fire-boiling-water-1927783/>
 Glass: <https://pixabay.com/photos/glass-water-napkin-sky-reflection-2875091/>
 Ginger: <https://pixabay.com/photos/ginger-fresh-root-spice-flavor-20306/>
 Tea Powder: <https://pixabay.com/photos/green-tea-dried-tea-green-herb-1290781/>
 Milk: <https://pixabay.com/photos/milk-glass-glass-milk-tall-220496/>
 Sugar: <https://pixabay.com/photos/sugar-spoon-cutlery-sweeteners-485057/>
 Cup of Tea: https://commons.wikimedia.org/wiki/File:Cup_of_tea.png - Attribute to Ian Pegg

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Suggested Activity	Cooking	Utensils, Food Items, Utensi

8. VC_As is the food so is the mind

Healthy eating means eating a balanced diet that gives enough nutrition to maintain our health, makes us feel good, and gives energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.



Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein, and fat. But the amount of nutrients required by a person differs according to the age.

Growing children love to eat junk (unhealthy) foods like fries, sweets, chips, salty and fast foods because of their attractive packaging and taste. They do not prefer eating healthy foods such as fruits, vegetables, rice etc.



Eating junk or unhealthy food may stop the growth of the body and slowly affect the mind. The child will become lethargic and dull. This may also lead to lack of concentration in studies. So, it is rightly said:

As is the food, so is the mind.

As is the mind, so are the thoughts.

As are the thoughts, so is the conduct; As is

the conduct, so is the health.

It is very important that we do not waste food.

There are millions of people in this world who don't get even one proper meal a day.

So much effort and hard work goes into getting the food ready for you to eat.



Think of the journey of the grain from the time the farmer sows the seeds to the time it reaches you as food. Think of the amount of effort, hard work and resources that make it happen.

Once the ingredients reach home so much of effort and hard work is put in by your parents and elders to prepare the food and serve.

Think of the time, effort, money, and love that goes into making the food and you will never waste food.



Image Source:

<https://pixy.org/796442/>

<https://pixabay.com/photos/boy-eat-cake-bite-off-child-cap-286375/>

<https://pixy.org/716564/>

<https://www.needpix.com/photo/241150/woman-poor-cooking-kitchen-hot-heat-home-meal-pancake>

<https://creazilla.com/nodes/38228-school-girl-is-eating-lunch-clipart>

Time to teach	Value Type	Value Sub Type	Value Attribute
3 Minutes	Truth		Group Activities

9. QA_Types of Utensils and Fuel used

I) Give two examples for the following:

1. Utensil used for mixing and serving
2. Fuels used for cooking
3. Electricity as fuel
4. Material used to make utensils
5. Most common utensil in the kitchen

6. Food items prepared by boiling
7. Food items prepared by frying
8. Food items prepared by steaming
9. Baked food items
10. Roasted food items

Answer: 1. Ladle, Spoon 2. Wood, coal 3. Electric heater, oven 4. Copper, steel 5. Frying pan, Pressure cooker
6. Milk, Rice 7. Poori, vada 8. Idli, dhokla 9. Cakes, biscuits 10. Papad, potato

- II) Arrange the following food items in the column according to whether they can be eaten raw, can be eaten after cooking, can be eaten both raw and cooked.

carrot	sprouts	onion
Chapati	melon	cucumber
tomatoes	cabbage	cauliflower
beans	radish	apples
Dosa	groundnuts	Brinjal

Answer:

Can be eaten Raw	Can be eaten after cooking	Can be eaten both raw or cooked
Melon	chapati	carrots
apples	Dosa	groundnuts
tomatoes	beans	sprouts
cucumber	Cauliflower	Radish
Onion	brinjal	cabbage

- III) Rearrange the order of making soup:

1. Your mixed veg soup is ready
2. Add zeera, onions and fry for 1 minute.
3. Heat oil in the pressure cooker.
4. Add water and pressure cook for 3 whistles
5. Mix well and cook for 2 minutes.

6. Fry or saute the vegetables for 2-3 minutes
7. Add the chopped tomatoes and other vegetables to the cooker
8. Wash and cut the vegetables
9. Heat a pan and transfer the mixture into a pan
10. Remove the lid after the cooker cools.
11. Blend the vegetables in a mixer
12. Add salt and pepper powder

Answer:

1. Wash and cut the vegetables
2. Heat oil in the pressure cooker.
3. Add zeera, onions and fry for 1 minute.
4. Add the chopped tomatoes and other vegetables to the cooker
5. Fry or saute the vegetables for 2-3 minutes.
6. Add water and pressure cook for 3 whistles
7. Remove the lid after the cooker cools.
8. Blend the vegetables in a mixer
9. Heat a pan and transfer the vegetable mixture into a pan
10. Add salt and pepper powder
11. Mix well and cook for 2 minutes.
12. Your mixed veg soup is ready

IV) Match the following

Iron	Frying samosa
stove	Mixing and Serving food
Kadai	Different size
Ladles	Making utensils
Pots and pans	Coal or kerosene

Answer:

Iron	Making utensils
stove	Coal or kerosene
Kadai	Frying samosa
Ladles	Mixing and Serving food
Pots and pans	Different size

Notes to the teacher:

Teacher may print these worksheets and make the students answer them or the teacher may even use these questions to set up the question paper.

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Assessments	Cooking	Utensils, Utensils

10. MS_Summary_What is cooking

In this lesson we discussed:

- food items that are eaten raw or cooked
- methods of cooking
- utensils used for cooking and serving
- traditional utensils
- importance of food
- eating healthy food
- avoid wasting food

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Main Script	Cooking	Raw and Cooked Food, Raw Food