

**National Institute of Open Schooling**  
**Senior Secondary Course: Home Science**  
**Lesson 8: Preparation of Food**  
**Worksheet - 8**

**Based on the given below situations, answer the following questions.**

1. **As a pre-preparation practice, Ram and Mohan follow two different methods of washing vegetables. Ram washes vegetables before peeling and cutting them, whereas Mohan washes them after peeling and cutting.**
  - a) Which method will you choose and why?
  - b) Mention some of the healthy practices that one should adapt as pre-preparation of food before cooking vegetables.
  
2. **I was observing my mother cooking food in the kitchen. After some time, I noticed that the food cooked by her undergoes certain changes.**
  - a) What all changes did you notice in the appearance of the food when it was cooked on flame/heat for some time?
  - b) Do these changes have some affect on food? Justify your answer with the help of suitable examples.
  
3. **Food is an important source of energy and also provides essential nutrients to our body. During cooking, food undergoes some internal changes in context to the chemical composition of different nutrients present in it.**
  - a) What all nutrients are present in food? Mention any two sources for each of them.
  - b) How heat will affect the composition of each nutrient, during the process of cooking?
  
4. **Health related issues are increasing tremendously in India, hampering the growth and development of our country. Most of the concerns are related to the increase in the ratio of deficiency diseases due to improper intake of nutrients in diet. You are part of a health organisation that is planning to run a campaign for making the people aware of deficiency diseases and also guide them about different ways to enhance nutritive value of food using different methods. Answer the following questions to gather important information for your campaign.**
  - a) What are the different methods used to enhance the nutritive value of food at home and manufacturing level? Give suitable examples of food item for each method.
  - b) Create a poster for your campaign to explain the ways through which you can enhance the nutritive value of your daily meal/food intake. While designing your poster, do mention

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some important key information like: - different methods or ways used, food involved and effect on the nutritional status of the food.

**5. My mother always encourages me to avoid wastage of food as a lot of effort and money goes into food production.**

- a) Define wastage of food.
- b) How will you store the leftover food at home?
- c) Last night your mother prepared vegetable pulao and dry potato sabzi in dinner. Plan and prepare a recipe using these leftover food items into a healthy breakfast for your family. Think of some creative name for your recipe and also note down its preparation procedure.
- d) What values did you learn from the task of utilising and re-using your leftover dinner to create a new healthy recipe for breakfast?

**6 I am 'Sunflower Oil', which is form of a fat. I am an energy giving nutrient. I provide energy to the body to perform various tasks. In cooking, I am being used in different ways and quantity; depending upon the nature of food, time for cooking or different methods of cooking used for preparing food.**

- a) Cooking the food by partially or fully immersing in hot fat till brown is called \_\_\_\_\_.
- b) Using suitable examples, explain different methods of cooking food with fat.
- c) While cooking food with fat, what all points will you keep in mind?
- d) Write down which method of cooking with fat is used for the following food items:-
  - i. Omelette.
  - ii. Puris
  - iii. Cooking vegetables for making noodles.
  - iv. Cooking of Sausages.
  - v. Samosas.
  - vi. Cooking of Bacon.
  - vii. Tikki.
  - viii. Cooking mashrooms for soup.
  - ix. Making of Dosa.