

## Grade 4 EVS Worksheet:1 (Difficulty Level: Easy)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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### Part 1: What is Cooking?

Answer these questions to test your knowledge about cooking food!

1. What does cooking mean?
    - a) Playing with food
    - b) Mixing ingredients to make something tasty and healthy
    - c) Drawing pictures of food
  
  2. What are recipes?
    - a) Treasure maps for making delicious dishes
    - b) Pictures of food
    - c) Instructions on how to wash dishes
  
  3. Which of these is a cooking tool?
    - a) Spoon
    - b) Toy car
    - c) Backpack
  
  4. Name one food that you can cook and one food that you can eat raw:  
**Cooked food:** \_\_\_\_\_  
**Raw food:** \_\_\_\_\_
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### Part 2: Fun Cooking Activity – Let's Make a Fruit Salad!

Fill in the blanks to learn how to make a simple fruit salad!

1. Wash all the \_\_\_\_\_ (fruits/vegetables).

2. Cut the fruits into \_\_\_\_\_ (big/small) pieces.
3. Arrange the fruits on a \_\_\_\_\_ (plate/table).
4. Drizzle \_\_\_\_\_ (honey/salt) on top for extra taste!

**Bonus Question:** What would you name your fruit salad? Write your creative name here:

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### Part 3: Cooking and Science!

**Match the food with its science fact:**

1. Popcorn pops because...
  - a) Steam inside makes it burst.
  - b) It turns into chocolate.
  
2. Bread rises because...
  - a) Yeast makes tiny bubbles inside the dough.
  - b) It's full of cheese.
  
3. When you cook an egg, it turns solid because...
  - a) The proteins change shape.
  - b) It gets really sleepy!

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### Part 4: Design Your Dream Recipe

**Create your own recipe!**

1. Name your recipe: \_\_\_\_\_

2. Ingredients:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. Steps to make it:

- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_

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**Part 5: Cooking Fun – Draw and Name Your Dish!**

**Draw your dream dish in the box below and give it a fun name!**

 **Draw Here:**

[Big empty box for kids to draw their dish]

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**Part 6: Quick Q&A**

1. What is your favorite food to cook or eat?

\_\_\_\_\_

2. Why do you think cooking is important?

\_\_\_\_\_

3. Name one tool you would use in the kitchen:

\_\_\_\_\_

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**Fun Challenge!**

**Ask an adult to help you make a simple snack or sandwich. Write down how you made it and share it with your friends or teacher!**

**-Be Champion-**