

Grade 4 EVS Worksheet:1 (Difficulty Level: Intermediate)

Name: _____

Date: _____

Part 1: What Does It Mean?

Match the words to their correct meanings:

Boil → a) Cooking food in water at a very high temperature.

Bake → b) Mixing ingredients to make something yummy.

Chop → c) Cooking food in an oven.

Stir → d) Using a knife to cut food into small pieces.

Cooking → e) Moving a spoon in circles to mix ingredients.

Part 2: Name the Kitchen Tools

Look at the clues and name the kitchen tool!

I help you stir soup. What am I? _____

I slice bread perfectly. What am I? _____

I'm big and round, used for cooking pasta. What am I? _____

I bake cookies and cakes. What am I? _____

I help measure small amounts of salt or sugar. What am I? _____

Part 3: Food Sorting Fun!

Write the foods in the correct category:

Foods: Rice, Strawberry, Potato, Fish, Milk, Mango, Bread

Foods You Cook Before Eating Foods You Can Eat Raw

Part 4: Cooking Math

Answer the following questions:

If you need 3 bananas and 2 apples to make a fruit salad, how many fruits do you have in total?

You bake 12 cookies and eat 4. How many cookies are left?

You are making sandwiches. Each sandwich needs 2 slices of bread. How many sandwiches can you make with 10 slices of bread?

Part 5: Creative Recipe Writing!

Create your own sandwich recipe. Be creative!

Recipe Name: _____

Ingredients:

Steps to Make It:

Part 6: True or False?

Write T for True or F for False:

Boiling food means cooking it in water. _____

A knife is used to measure ingredients. _____

Ovens are used for baking. _____

Recipes tell us how to make food step by step. _____

Part 7: Solve the Riddles!

Can you guess these foods?

I'm white, fluffy, and you can pop me. What am I?

I'm long, yellow, and monkeys love to eat me. What am I?

I'm a red fruit that's juicy and sweet. What am I?

Part 8: Fun Art Time!

Design Your Dream Dish

Draw a picture of a meal you would love to create. Be creative and colorful!

 Draw Here:

[Big empty box for drawing]

Name Your Dish: _____

Part 9: Kitchen Safety Rules

Circle the safe cooking habits:

Wash your hands before cooking.

Use a knife without asking for help.

Clean up spills immediately.

Touch a hot pan with bare hands.

Ask an adult to help you with cooking.

☀ Bonus Question!

If you could cook any dish for your family, what would it be and why?

Great work, future chef! Keep exploring the fun of cooking!

-Be Champion-