

Grade 4 EVS Worksheet: 2 (Difficulty Level: Advance)

Name: _____

Date: _____

Part 1: Match the Ingredients with Their Category

Match the ingredient with the correct category (Fruit, Vegetable, Protein, Grain, Dairy):

1. Carrot → _____
 2. Chicken → _____
 3. Rice → _____
 4. Milk → _____
 5. Banana → _____
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Part 2: Cooking Steps Sequence

Arrange the steps to make a simple salad in the correct order (1-4):

- ___ Add dressing on top of the salad.
 - ___ Wash the vegetables.
 - ___ Chop the vegetables into small pieces.
 - ___ Put the vegetables in a bowl.
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Part 3: Fill in the Blanks

Complete the sentences with the correct cooking word from the box:

(oven, frying, boiling, chopping, baking)

1. When you cook a cake, you put it in the _____.
2. _____ is when you cook food in hot water, like pasta.
3. When you cut vegetables into small pieces, it's called _____.
4. To cook food in hot oil, like eggs, is called _____.
5. When you cook something in the oven, it's called _____.

Part 4: True or False

Write “True” or “False” for the following statements:

1. You should always cook food with clean hands. _____
 2. A blender can be used to chop vegetables into pieces. _____
 3. Eggs should always be cooked before eating. _____
 4. You should never touch sharp objects like knives. _____
 5. It’s okay to eat food that has been left out for hours. _____
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Part 5: Multiple Choice Questions

Choose the correct answer for each question:

1. Which of these is used to measure the temperature of food?
 - a) Spoon
 - b) Thermometer
 - c) Fork
 2. Which food needs to be boiled before eating?
 - a) Ice cream
 - b) Potatoes
 - c) Bread
 3. What does “frying” food mean?
 - a) Cooking food in hot water
 - b) Cooking food in hot oil
 - c) Cooking food in the microwave
 4. Which of these is a healthy snack?
 - a) Potato chips
 - b) Apple slices
 - c) Candy
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Part 6: Identify the Cooking Tool

What tool is used for each of these tasks?

1. To mix cake batter. _____
 2. To slice bread. _____
 3. To fry pancakes. _____
 4. To stir soup. _____
 5. To measure flour. _____
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Part 7: Recipe Writing Challenge

Write your own recipe for a simple snack:

1. Name of the Recipe: _____
 2. Ingredients you need: _____
 3. Steps to make the snack:
 1. _____
 2. _____
 3. _____
 4. How long will it take to prepare? _____
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Part 8: Cooking Safety Quiz

Answer the following questions about cooking safety:

1. Why should you wash your hands before cooking?

 2. What should you do if you get cut while cooking?

 3. Why is it important to turn the pot handles away from the edge of the stove?

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Part 9: Kitchen Vocabulary

Write the meaning of these cooking words:

1. **Boil:** _____
2. **Chop:** _____

3. **Stir:** _____
 4. **Grill:** _____
 5. **Simmer:** _____
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Part 10: Fun Cooking Activity Idea

Imagine you are hosting a cooking show! Answer the following questions:

1. What is the name of your cooking show? _____
 2. What will you cook in the show? _____
 3. Who will be your special guest to help cook? _____
 4. What cooking tips will you share with the viewers?

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Bonus Challenge

If you could invent a new food dish, what would it be? Write about it:

Great job! You're one step closer to becoming a master chef! 🍳👨🍳

-Be Champion-