

Grade 4 EVS Worksheet: 3 (Difficulty Level: Easy)

Name: _____

Date: _____

Part 1: Cooking Basics

Fill in the blanks with the correct word from the box:

[Mix, Recipe, Knife, Raw, Cook]

1. A _____ is like a treasure map for making delicious food.
 2. You need a _____ to cut vegetables (with an adult's help).
 3. Some foods can be eaten _____, like fruits and nuts.
 4. To make a cake, you need to _____ the ingredients together.
 5. Cooking food means turning raw ingredients into something tasty and healthy to _____.
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Part 2: Cooking Quiz

Choose the correct answer:

1. Which food needs to be cooked before eating?
 - a) Apple
 - b) Rice
 - c) Chocolate
 2. What does a recipe do?
 - a) Tells a story about food
 - b) Gives step-by-step instructions for making a dish
 - c) Describes how food looks
 3. Which of these is a cooking method?
 - a) Painting
 - b) Frying
 - c) Playing
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Part 3: Recipe Fun!

Let's practice writing a simple recipe!

Name of the Recipe: _____

1. Ingredients Needed:

- _____
- _____
- _____

2. Steps to Make It:

- a) _____
 - b) _____
 - c) _____
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Part 4: True or False?

Write T for True or F for False:

- 1. You can eat eggs raw without cooking. _____
 - 2. Bread rises because of bubbles made by yeast. _____
 - 3. All foods need to be cooked to be eaten. _____
 - 4. Recipes are helpful for making dishes taste good. _____
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Part 5: Cooking and Creativity

Draw and design your own dream dish in the space below.

Hint: Add fun toppings, crazy ingredients, or even make a rainbow pizza!

 **Draw Here:**

[Big empty box for kids to draw their dish]

Name of Your Dish: _____

Part 6: Fun Science in the Kitchen

Match the food with its cool science fact:

- 1. Bread rises because of...
 - a) _____ Heat turning water into steam.
 - b) _____ Tiny bubbles made by yeast.
- 2. Popcorn pops because...
 - a) _____ Water inside it turns into steam and makes it burst.
 - b) _____ It melts in the pan.

3. Cooking an egg turns it solid because...
- a) _____ The heat makes the proteins change shape.
 - b) _____ It cools down.
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Part 7: Cooking Q&A

- 1. What is your favorite dish to eat?

 - 2. What ingredient do you think makes food taste better?

 - 3. Who is the best cook in your family? Why?

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☀ Fun Challenge!

Ask an adult to help you make a snack or dish at home. Write the recipe and bring it to class to share with your friends!

Great job, Future Chef! Remember, cooking is all about having fun, learning, and sharing tasty creations with others! 😊

-Be Champion-