

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

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

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

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### Part 1: Match the Cooking Terms

Match the word with its correct description:

1. **Boil** → a) Cooking food by using dry heat in an oven
  2. **Grill** → b) Cooking food by placing it in hot water
  3. **Fry** → c) Cooking food in hot oil
  4. **Bake** → d) Cooking food on a grill with heat from below
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### Part 2: Fill in the Blanks

Fill in the blanks using the words below:

*(stirring, chopping, mixing, baking, frying)*

1. When you cut vegetables into small pieces, it is called \_\_\_\_\_.
  2. When you heat oil in a pan and cook food, it's called \_\_\_\_\_.
  3. To make a cake, you need to put it in the oven for \_\_\_\_\_.
  4. Before adding ingredients to a bowl, you need to \_\_\_\_\_ them together.
  5. While making soup, you need to keep \_\_\_\_\_ the ingredients to avoid burning.
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### Part 3: True or False

Write "True" or "False" next to the statements below:

1. You should always wash your hands before cooking. \_\_\_\_\_
2. You can use a knife without any help from an adult. \_\_\_\_\_
3. Mixing different types of food can be fun and creative. \_\_\_\_\_
4. You need to cook everything before eating it. \_\_\_\_\_
5. Always put a lid on the pan when frying food. \_\_\_\_\_

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## Part 4: Multiple Choice Questions

Choose the correct answer for each question:

1. Which of these is a kitchen tool used to measure ingredients?
  - a) Spoon
  - b) Cup
  - c) Scale
2. What should you do after you use a knife to cut food?
  - a) Leave it on the counter
  - b) Wash it and put it away
  - c) Keep using it for other tasks
3. Which appliance is best for cooking food at high heat?
  - a) Microwave
  - b) Oven
  - c) Fridge
4. When making a sandwich, which tool would you most likely use?
  - a) Knife
  - b) Whisk
  - c) Rolling pin

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## Part 5: Cooking Tools and Safety

Circle the correct safety rule for the kitchen:

1. Always use a towel to touch hot pots and pans.
2. Run around the kitchen while the stove is on.
3. Always ask an adult for help when using sharp knives.
4. Use the stove without turning the heat down.

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## Part 6: Recipe Steps

List the steps to make a simple peanut butter and jelly sandwich:

1. Step 1: \_\_\_\_\_
  2. Step 2: \_\_\_\_\_
  3. Step 3: \_\_\_\_\_
  4. Step 4: \_\_\_\_\_
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### **Part 7: What's the Difference?**

**Circle the correct answer:**

1. **What's the difference between boiling and frying?**
    - a) Boiling is with water, frying is with oil.
    - b) Boiling is with oil, frying is with water.
    - c) There is no difference.
  
  2. **What's the difference between grilling and baking?**
    - a) Grilling is done with heat from below, baking is done with heat from all sides.
    - b) Grilling is done in the oven, baking is done on a grill.
    - c) There is no difference.
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### **Part 8: Kitchen Safety Quiz**

**Answer the questions below:**

1. What should you do if a pot starts to smoke?  
\_\_\_\_\_
  2. Why is it important to wear an apron while cooking?  
\_\_\_\_\_
  3. What should you do if you spill water on the kitchen floor?  
\_\_\_\_\_
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### **Part 9: Cooking Measurement Challenge**

**Write the measurement for each ingredient below:**

1. How much sugar do you need for a cake? \_\_\_\_\_

2. How many cups of water do you need to make soup?

\_\_\_\_\_

3. How much flour do you need for pancakes? \_\_\_\_\_

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### Part 10: My Dream Meal

Imagine you could cook anything in the world. Write your dream meal:

1. What is the name of your meal? \_\_\_\_\_

2. What ingredients will you use? \_\_\_\_\_

3. How long will it take to make? \_\_\_\_\_

4. What will it taste like? \_\_\_\_\_

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### Bonus: Food Around the World

Pick one dish from another country that you would love to try. Write a few sentences about it:

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Great job, Chef! You're ready to try out your new cooking knowledge in the kitchen.



**-Be Champion-**