

Year 4 Activity 4c

Can you connect the cooking technique with the correct description? An example has been done for you...

Cooking Technique

Description

Pre heat

Using steam, instead of water, to cook food. This technique keeps more vitamins and minerals locked into vegetables!

Steam

To cut into small pieces

Bake

To squash food with a fork, spoon or masher

Boil

Turning the oven on, before cooking, so it reaches temperature before it needs to be used

Chop

Drain

To heat food to a high enough temperature so that bubbles from the liquid rise to the surface

Grill

Cooking food usually on a metal rack under high heat

Mash

To stir ingredients together

Mix

To cook food in an oven

To remove all excess liquid from a dish

