

Food and Cooking Vocabulary

Worksheet

Food and cooking vocabulary includes ingredients, cooking methods (boil, fry, bake), kitchen tools, and dishes. These terms help you follow recipes, order food, and discuss cuisines in English.

Questions

1. Which method cooks food in hot oil quickly?
A) Boiling
B) Frying
C) Steaming
D) Grilling
2. What does 'dice' mean in cooking?
A) Mix together
B) Cut into small cubes
C) Slice thinly
D) Blend smooth
3. What is a 'whisk' used for?
A) Cutting
B) Mixing and aerating
C) Straining
D) Measuring
4. What does 'al dente' describe?
A) Very soft pasta
B) Pasta cooked just firm to the bite
C) Raw pasta
D) Overcooked pasta
5. Name three common cooking methods.
6. What are basic ingredients in a tomato sauce?
7. Identify kitchen tools for food prep.
8. Define: What is 'dicing'?
9. Define: What does 'al dente' mean?
10. Define: What is a 'marinade'?

Answer Key

1. B) Frying — Frying uses hot oil to cook food fast and create a crispy exterior.
2. B) Cut into small cubes — Dicing means to cut food into small, uniform cubes.
3. B) Mixing and aerating — A whisk mixes ingredients and incorporates air for volume.
4. B) Pasta cooked just firm to the bite — Al dente (Italian: 'to the tooth') means cooked but still slightly firm.
5. 1. Boiling — heating in hot water 2. Frying — cooking in oil 3. Baking — cooking in an oven
6. Tomatoes (main ingredient) Garlic and onion (flavor base) Olive oil (fat) Herbs like basil or oregano (seasoning)
7. Knife — for cutting Cutting board — surface for prep Pot and pan — for cooking Whisk — for mixing
8. Cutting food into small, uniform cubes.
9. Pasta or food cooked until just firm to the bite, not soft.
10. A liquid mixture (oil, vinegar, spices) in which food soaks for flavor.

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