

# Grade 3: Exploring Food: Changes with Cooking, Freezing, and Drying



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How does food change?

**cooking**



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# Ways to cook food

## bake or roast



oven

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# Ways to cook food

## **slow cook**



**slow cooker**

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# Ways to cook food

## grill or broil



barbecue  
griddle  
oven

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# Ways to cook food

## sauté or pan fry



frying pan

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# Ways to cook food

## **boil or poach**



**stove**

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# Ways to cook food **steam**



**stove  
pressure cooker**

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# Ways to cook food **magnetrons**



**microwave**

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# How does food change? **freezing**



freezer

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# How does food change?

## drying



dehydrator

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# What did we learn?

Which of these cooking methods makes the best food?

Which of these cooking methods have you tried before?

