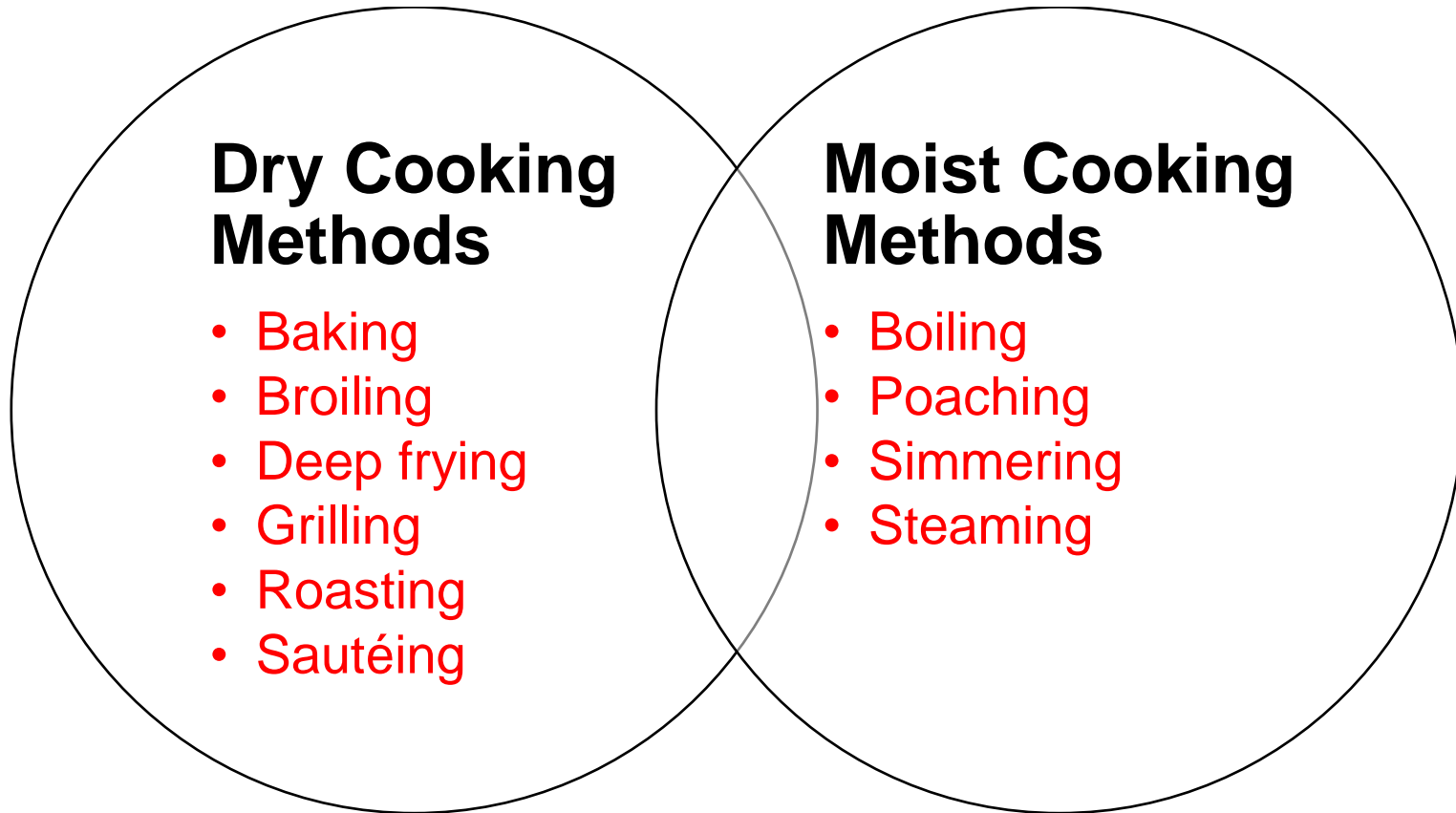


Dry and Moist Cooking Methods (Key)

Identify the cooking techniques for each type of method.



Combination cooking includes _____ **braising and stewing** _____

Which of these cooking techniques is the unhealthiest? _____ **Deep frying** _____

It can destroy heat-sensitive vitamins and add calories and fat. _____