

A close-up photograph of a pizza with melted cheese and a pizza cutter. The pizza is the central focus, showing a golden-brown crust and melted cheese with some browning. A pizza cutter with a wooden handle and a metal blade is positioned on the right side of the pizza. A green speech bubble with a white border is overlaid on the top left of the pizza, containing the text "Cooking Matter Changes It".

**Cooking
Matter
Changes It**



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We heat and cool food.



Food is matter.

Heating and cooling change matter.

We heat and cool some foods.



Heat changes water.

Heat can make water boil.

Heat can change water to steam.



noodles before heat

noodles after heat



Heat can change foods, too.
Heat can change how foods feel and look.

solid cheese



melted cheese

Heat can melt foods, too.

Heat can change a solid food into a liquid.



solid ice

drink cooled by ice

Cooling changes matter, too.
Cooling can freeze water.
Freezing changes water to ice.

before



after



We make meals by heating and cooling foods.
Heating changes foods.
Cooling changes foods, too.

Responding

Observe and Record Cooking Changes

Work with an adult at home to prepare a meal. Draw pictures or write sentences to record the changes that happen to the different foods you use. Explain whether the changes happen from heating or cooling. Share your results with a partner.

Write About Heating and Cooling

Copy the following sentences onto a piece of paper. Use a vocabulary word to complete each sentence.

1. If you heat water, it may _____.
2. With heat, water changes to _____.
3. Water is a _____.
4. Ice is a _____.
5. Heat causes ice to _____.

Vocabulary

boil	matter
cool	melt
freeze	solid
heat	steam
liquid	



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