

## INTERNET PROOFREADING ASSIGNMENT #4

NAME \_\_\_\_\_

DATE \_\_\_\_\_

**Directions:** Read the following paragraphs. Identify the errors that exist and choose the appropriate proofreader mark that will correct the errors.

### COOKING

Cooking can be great fun. Good cooking today means using healthy, low calorie, and low cholesterol food. Start by selecting quality food and follow up by using the stove and oven. Get rid of your mygrowaive and bring out your pots and pans. You can use a steamer, either iron or bamboo, to cook vegetables or seafood. Bring water to boil on the stove top and place the steamer over it. Steaming vegetables will keep them crisp and color full. You also can vegetables cook over a fire, such as on the grill. This is a great way to prepare corn on the cob. Wash the corn, place it on Aluminum foil, sprinkle the the corn with water, and close the foil so the corn can steam.

meats should have the skin removed and fat cut off to reduce calorie and kolessterall intake. Oven baking, broiling, or grilling are healthy cooking choices. Enhance the flavor of your food by using seasonings. Garlic, onions, peppers, and herbs are great sources of flavor.