

# **COOKERY**

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*Maximum Marks: 100*

*Time allowed: Two hours*

*Answers to this Paper must be written on the paper provided separately.*

*You will **not** be allowed to write during the first 15 minutes.*

*This time is to be spent in reading the question paper.*

*The time given at the head of this Paper is the time allowed for writing the answers.*

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*Attempt all questions from Section A and any four questions from Section B.*

*The intended marks for questions or parts of questions are given in brackets[ ].*

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## **SECTION A (40 Marks)**

*(Attempt all questions from this Section.)*

### **Question 1**

Choose the correct answers to the questions from the given options.

[20]

(Do not copy the questions, write the correct answers only.)

- (i) The work triangle is a triangle formed between the \_\_\_\_\_.  
(a) Sink, fridge, and preparation centres  
(b) Serving, cooking and preparation centres  
(c) Fridge, cooking and washing centres  
(d) Storage, sink and planning centres
- (ii) The food group which provides high quality proteins is:  
(a) Cereals and grains  
(b) Milk and meat products  
(c) Lemons and oranges  
(d) Fats and sugars

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**This paper consists of 7 printed pages and 1 blank page.**

- (iii) Stirring equipment should be made of \_\_\_\_\_.
- (a) steel  
(b) stone  
(c) aluminum  
(d) plastic
- (iv) Ventilation ensures \_\_\_\_\_ in the kitchen.
- (a) circulation of air  
(b) natural lighting  
(c) morning sun rays  
(d) outer view
- (v) The orientation of the kitchen should be \_\_\_\_\_.
- (a) south-east  
(b) west  
(c) north-east  
(d) south
- (vi) \_\_\_\_\_ rich foods be given to anemia patients.
- (a) Carbohydrate  
(b) Iodine  
(c) Sugar  
(d) Iron
- (vii) Diarrhoea patients need a \_\_\_\_\_.
- (a) Fluid rich diet  
(b) Fibre rich diet  
(c) Soft diet  
(d) Fat rich diet

(viii) Cholera is caused by \_\_\_\_\_.

- (a) Contaminated water
- (b) Dirty clothes
- (c) Air
- (d) Pests

(ix) The heating of milk, to make it safe for consumption and improve its quality is known as \_\_\_\_\_.

- (a) sterilisation
- (b) radiation
- (c) pasteurisation
- (d) maturation

(x) Non-stick cookware has a \_\_\_\_\_ coating.

- (a) nylon
- (b) polyester
- (c) teflon
- (d) viscose

(xi) Fresh peas are \_\_\_\_\_ to preserve them at home.

- (a) salted
- (b) seasoned
- (c) frozen
- (d) steamed

(xii) \_\_\_\_\_ is not a dehydrated product.

- (a) Cashew Nuts
- (b) Raisins
- (c) Papdis
- (d) Butter

- (xiii) Stainless steel vessels are lined at the bottom with \_\_\_\_\_ for better conduction of heat.
- (a) Aluminium  
(b) Tin  
(c) Copper  
(d) Zinc
- (xiv) AGMARK is found on products like \_\_\_\_\_.
- (a) Electrical goods  
(b) Furniture  
(c) Gas stoves  
(d) Ghee
- (xv) \_\_\_\_\_ is a symbol or word picture used by the company to mark all its products.
- (a) Trademark  
(b) Brand name  
(c) Standardization mark  
(d) Agricultural mark
- (xvi) \_\_\_\_\_ is considered as semi-perishable food.
- (a) Rice  
(b) Wheat  
(c) Turmeric powder  
(d) Bajra
- (xvii) A pattern of food behaviour that has no factual basis, which interests people for short periods of time is known as \_\_\_\_\_.
- (a) Therapeutic diet  
(b) Food fads  
(c) Soft diet  
(d) Balanced diet

- (xviii) The fork in a formal table setting is kept to the \_\_\_\_\_.  
(a) top of the plate  
(b) right of the plate  
(c) left of the plate  
(d) next to the dessert spoon
- (xix) Oil is used in preserving pickles to \_\_\_\_\_.  
(a) prevent contact with air  
(b) give a delicious taste  
(c) mix the spices well  
(d) prevent contact with the pests
- (xx) \_\_\_\_\_ is not a nonperishable food.  
(a) Rice  
(b) Wheat  
(c) Gram flour  
(d) Pulses

## Question 2

Answer all the questions:

- (i) List *any two* benefits of retail stores. [2]
- (ii) State *two* ways to store fish at home. [2]
- (iii) State *any two* features of wholesale stores. [2]
- (iv) Why does minced meat spoil faster than pieces of meat? [2]
- (v) State *any two* ways of storing leafy vegetables. [2]
- (vi) State *two* ways how sharp tools are to be stored in the kitchen. [2]
- (vii) List *any two* causes of dysentery. [2]
- (viii) Suggest *any two* ways by which a pregnant woman can overcome morning sickness. [2]

- (ix) Name *any two* foods to be avoided during high fever. [2]
- (x) Mention *any two* points to Reena, a student of Class X regarding her choice of foods to be healthy and fit. [2]

### **SECTION B (60 Marks)**

*(Answer **any four** questions from this Section.)*

#### **Question 3**

- (i) Discuss *any five* advantages of cold storage of food items. [5]
- (ii) List *any five* benefits of food preservation. [5]
- (iii) Name the standardization mark present on the label of a bottle of jam. [5]  
State *any four* salient features of the mark.

#### **Question 4**

- (i) List *five* ways how left-over food of a meal can be used creatively for another meal. [5]
- (ii) State *any five* factors to be kept in mind by a young mother regarding the diet of her two-year-old child. [5]
- (iii) Enumerate *any five* factors to be kept in mind while planning a diet for an aging grandfather. [5]

#### **Question 5**

- (i) Briefly discuss *any five* kitchen layouts. [5]
- (ii) State *any five* important features of kitchen cabinets and shelves. [5]
- (iii) Discuss *any five* ways of taking care of a microwave oven after use. [5]

### **Question 6**

- (i) List *five* ways to be incorporated in the kitchen to make it cockroach free. [5]
- (ii) Mention *any five* ways of disposing kitchen waste. [5]
- (iii) State *any five* techniques of work simplification. [5]

### **Question 7**

- (i) List *any five* changes in the diet for a person suffering from hypertension. [5]
- (ii) State *five* features of a diet for a person recovering from a long illness. [5]
- (iii) Discuss *five* ways to ensure food sanitation at home. [5]

### **Question 8**

Write short notes on the following: (*any five points*)

- (i) Steps in the preparation of lemon squash. [5]
- (ii) Disadvantages of online shopping. [5]
- (iii) Factors affecting the purchase of kitchen tools and gadgets. [5]