

COOKERY

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.

*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 [].

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) Spoilage of eggs can be delayed by:

- (a) Storing under refrigeration
- (b) Washing and storing under refrigeration
- (c) Storing with narrow end upwards
- (d) Storing at high temperature in the slotted racks

(ii) The most effective and expensive household method of preservation:

- (a) Pasteurization
- (b) Sun drying
- (c) Freezing
- (d) Making jam and jellies

This paper consists of 8 printed pages.

- (iii) Wood is best used to make the following kitchen equipment:
- (a) Rolling pins and stirring spoons
 - (b) Microwave safe dishes and stirring spoons
 - (c) Baking trays and skewers
 - (d) Butcher knife and peelers
- (iv) Deficiency of iodine during pregnancy causes:
- (a) anaemia
 - (b) goitre
 - (c) osteoporosis
 - (d) diabetes
- (v) Which of the following methods will help one to preserve and eat mangoes even in winter?
- (a) Refrigeration
 - (b) Cooking
 - (c) Pasteurization
 - (d) Pickling
- (vi) A good quality knife will have:
- (a) Long handle and firm grip
 - (b) Short handle and firm grip
 - (c) Short blade secured firmly between the handles
 - (d) Firm grip with well-balanced handle and blade
- (vii) Which of the following can be included in clear fluid diet?
- (a) Tea
 - (b) Coconut water
 - (c) Pineapple juice
 - (d) Milk

- (viii) The cheaper substitute to meat is:
- (a) fish
 - (b) almonds
 - (c) egg
 - (d) peas
- (ix) Which of the following is most suitable as microwave cookware?
- (a) Shallow, ceramic baking dish with beautiful metallic rim
 - (b) Shallow, round, glass baking dish
 - (c) A tall, ceramic coffee mug
 - (d) A round, shallow, aluminium baking dish
- (x) If someone is showing the tendency of weight gain, then calories should be:
- (a) increased
 - (b) decreased
 - (c) kept normal
 - (d) decreased with increase in proteins
- (xi) The following is widely used for fermenting foods at home and in the food industry:
- (a) Baking powder
 - (b) Yeast
 - (c) Moulds
 - (d) Virus
- (xii) Which of the following is a kitchen fixture?
- (a) Bottle used for storing spices
 - (b) The tap on the sink of the kitchen
 - (c) Absorbent kitchen tissues
 - (d) Mixer grinder

(xiii) For whom will you recommend a low calorie, nutrient rich diet?

- (a) A construction labourer
- (b) A computer programmer
- (c) A football player
- (d) A student in secondary school

(xiv) Name the kitchen shown in the picture given below which has no work triangle:



- (a) Pullman kitchen
- (b) Two wall kitchen
- (c) Corridor kitchen
- (d) L-shaped kitchen

(xv) Match the following:

- | | |
|-------------------|-----------------|
| A. A fluid diet | 1. Obesity |
| B. Low fat diet | 2. Diabetes |
| C. Low salt diet | 3. Fever |
| D. Low sugar diet | 4. Hypertension |
- (a) A-1, B-2, C-4, D-3
 - (b) A-2, B-3, C-4, D-1
 - (c) A-3, B-1, C-4, D-2
 - (d) A-4, B-3, C-2, D-1

- (xvi) **Assertion (A):** In spite of many advantages steel may not be good for cooking some types of food.
- Reason (R):** Protein rich food sticks to the bottom and burns when steel is used.
- (a) A and R are true.
(b) A and R are false.
(c) A and R are true and R is the reason for A.
(d) A and R are true but R is not the reason for A.
- (xvii) Name the disease caused by consuming contaminated food:
- (a) Hypertension
(b) Diabetes
(c) Anaemia
(d) Dysentery
- (xviii) Which of the following ICMR groups provides protein rich foods?
- (a) Cereals and grains
(b) Fruits and vegetables
(c) Pulses and legumes
(d) Fats and sugars
- (xix) Which of the following has a higher satiety value?
- (a) A glass of juice
(b) A glass of milk
(c) A glass of water
(d) A glass of soft drink
- (xx) Which of the following is effective in removing stains from crockery?
- (a) Baking powder
(b) Epsom powder
(c) Common salt
(d) Baking soda

Question 2

Answer all the questions:

- (i) What is a work triangle? Explain its importance. [2]
- (ii) Sudha is a working lady who uses processed food indiscriminately. Give *two* reasons for her to restrict such food in the diet. [2]
- (iii) List *any two* measures, which will be effective in preventing entry of ants in the kitchen. [2]
- (iv) What is pasteurization? List *two* foods, which are preserved by pasteurization. [2]
- (v) Mention an advantage and a disadvantage of using iron cooking utensils. [2]
- (vi) What should one consider while planning windows for the kitchen? [2]
- (vii) Variety in the meals can make a meal plan more acceptable. List *two* ways to introduce variety in meals. [2]
- (viii) Write an advantage and a disadvantage of the L-shaped kitchen layout. [2]
- (ix) List *any two* weekly cleaning tasks, which ensure that the kitchen remains clean. [2]
- (x) List at least *two* changes that one should make in the meal plan during summer. [2]
Why do you recommend these changes?

SECTION B (60 Marks)

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

Question 3

- (i) What is a diet therapy? List at least *four* ways in which diet can be modified to be used as therapy. [5]
- (ii) Write *five* most important suggestions for modifying the diet of a pregnant woman. [5]

- (iii) How do the following affect a meal plan? [5]
- (a) Stress
- (b) Age of an individual

Question 4

- (i) Ravi harvests a large crop of fruits and vegetables from his fields. How should he store his freshly harvested produce? [5]
- (ii) Canning is a very good method of food preservation. Explain *any five* processes followed while canning fruits and vegetables. [5]
- (iii) Dehydration is a very simple method for preserving food. Explain the process of dehydration. [5]

Question 5

- (i) Asha is just learning to cook. Explain the safety measures she should follow while using pressure cooker to avoid accidents. [5]
- (ii) Explain *any five* factors that affect the choice of serving equipment. [5]
- (iii) How shall one take care of the following? (*Minimum three points for each*) [5]
- (a) Glassware
- (b) Silverware

Question 6

Write *any five* points on the following:

- (i) Modular kitchen [5]
- (ii) Storage in the kitchen [5]
- (iii) Washing centre of the kitchen [5]

Question 7

- (i) Ramesh is a diabetic patient. List *any three* foods restricted in Ramesh's diet [5] and any two foods which can be consumed liberally.
- (ii) List *any five* considerations while planning water supply and drainage of the [5] kitchen.
- (iii) Give *any five* suggestions of storing milk and grains to a young homemaker. [5]

Question 8

- (i) Why should a homemaker plan meal? State *any five* reasons. [5]
- (ii) Write *three* advantages of each of the following: [5]
- (a) Buying from street market
- (b) Including seasonal foods in the meal plan
- (iii) Rita is an obese teenager trying to lose weight. List *any five* reasons for Rita's [5] obesity.