

# **COOKERY**

***Maximum Marks: 100***

***Time allowed: Two hours***

1. *Answers to this Paper must be written on the paper provided separately.*
2. *You will **not** be allowed to write during the first 15 minutes.*
3. *This time is to be spent in reading the question paper.*
4. ***The time given at the head of this Paper is the time allowed for writing the answers.***
  
5. *Attempt **all** questions from **Section A** and **any four** questions from **Section B**.*
6. *The intended marks for questions or parts of questions are given in brackets[ ].*

## ***Instruction for the Supervising Examiner***

*Kindly read aloud the Instructions given above to all the candidates present in the  
Examination Hall.*

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**This paper consists of 11 printed pages and 1 blank page.**

**T25 691**

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**Turn Over**

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

*(Attempt all questions from this Section.)*

### **Question 1**

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

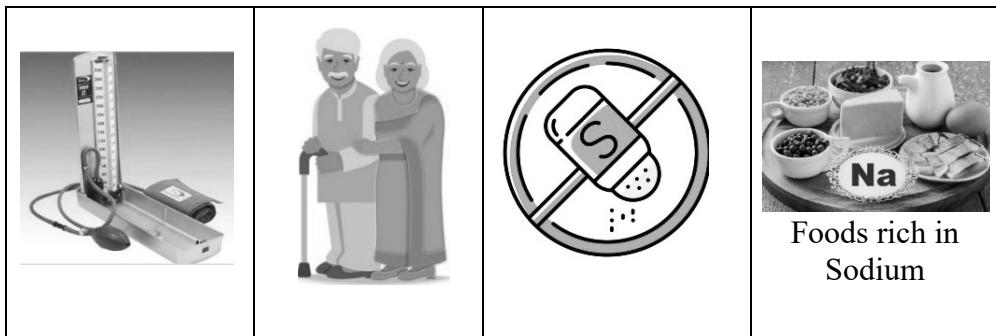
[20]

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

- (i) Which of the following is perishable as well as a source of energy?
- (a) Mango
  - (b) Potato
  - (c) Wheat flour
  - (d) Glucose biscuit
- (ii) Which of the following statements is correct?
- (a) A fresh egg has a small air cell.
  - (b) A fresh egg will float in water.
  - (c) A fresh egg should be washed to open the pores.
  - (d) Egg should be stored by placing its broad portion downwards.
- (iii) Patients suffering from loose motions and vomiting need a \_\_\_\_\_.
- (a) fluid rich diet
  - (b) fibre rich diet
  - (c) solid diet
  - (d) fat rich diet

- (iv) Which of the following is an advantage of a *one-wall kitchen* design?
- (a) Accommodates double sink.
  - (b) Has a linear workflow.
  - (c) Offers good ventilation.
  - (d) Can accommodate extra base cabinets.
- (v) **Assertion (A):** A five-year old, active child, needs a high carbohydrate and protein diet.
- Reason (R):** A five-year old child should be given a balanced diet.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
  - (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
  - (c) (A) is false and (R) is true.
  - (d) Both (A) and (R) are false.
- (vi) Which of the following methods of food preservation employs high temperature to enhance shelf life?
- (a) Pickling
  - (b) Freezing
  - (c) Canning
  - (d) Cold storage

- (vii) Observe the images given below and complete the following sentence with the suitable dietary suggestion.



During old age, one must \_\_\_\_\_.

- (a) increase salt intake to maintain normal blood pressure
- (b) restrict salt and sodium in the diet to prevent high blood pressure
- (c) avoid salt but consume sodium rich food
- (d) remain happy, enjoy food and avoid health problems

- (viii) Identify the missing food item:

<b>SALT</b>	<b>OIL</b>	<b>SUGAR</b>	<b>?</b>
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- (a) Pickle masala
- (b) Vinegar
- (c) Turmeric
- (d) Raw mango

(ix) **Assertion (A):** Genes of a person play *no* role in making one obese.

**Reason (R):** Excess consumption of food and lack of exercise only can make a person obese.

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- (c) (A) is false and (R) is true.
- (d) Both (A) and (R) are false.

(x) Food fads are:

- (a) quick diet trends to lose weight
- (b) diet plans
- (c) false superstitions or notions about foods
- (d) food related illnesses

(xi) \_\_\_\_\_ is a bacteriostatic method of food preservation.

- (a) Dehydration
- (b) Blanching
- (c) Canning
- (d) Pasteurisation

(xii) A ‘cover’ in table setting is:

- (a) table cover and table mats used on the dining table.
- (b) placemats and linen used on the dining table.
- (c) an individual’s place at the dining table.
- (d) a transparent cover spread on food.

- (xiii) Tea and coffee stains on crockery can be removed by using:
- (a) Baking soda
  - (b) Mild soap solution
  - (c) Boric acid
  - (d) Lemon juice
- (xiv) Water fetched from borewell is often muddy. If this water is to be used for drinking and cooking, it should be:
- (a) kept in a cool dry place.
  - (b) kept covered.
  - (c) boiled, filtered and kept covered.
  - (d) strained with a cotton cloth.
- (xv) Sun dried foods will need extra care during \_\_\_\_\_ to prevent spoilage.
- (a) Winter
  - (b) Summer
  - (c) Monsoon
  - (d) Spring
- (xvi) Following is a list of breakfast ingredients. Which of these is likely to contain sodium benzoate?
- (a) Butter
  - (b) Eggs
  - (c) Bread
  - (d) Jam

(xvii) Match the columns:

- |              |  |
|--------------|--|
| A. Steel     | 1. Needs tinning                         |
| B. Aluminium | 2. Needs to be seasoned before first use |
| C. Copper    | 3. Changes colour of some foods          |
| D. Iron      | 4. Is neutral to food                    |
- (a) A-4, B-3, C-1, D-2  
(b) A-3, B-4, C-2, D-1  
(c) A-2, B-3, C-1, D-4  
(d) A-1, B-3, C-4, D-2

(xviii) If walls of the kitchen are painted, the paint should be dark in colour.

- (a) True  
(b) False

(xix) Owing to the high mineral and fibre content, green leafy vegetables can replace many expensive foods.

- (a) True  
(b) False

(xx) Consumption of stale or over fermented food may lead to:

- (a) Fever  
(b) Diarrhoea  
(c) Typhoid  
(d) Measles

## **Question 2**

Answer all the questions:

- (i) Write *two* advantages of a modular kitchen over a custom-made kitchen. [2]
- (ii) List *two* factors that can help one in selecting a good knife. [2]
- (iii) While purchasing food from a wholesale market may be more economical, many people may not prefer to do so. Why? [2]
- (iv) List *at least two* criteria for selecting the right type of microwave proof cookware. [2]
- (v) Somesh and Suma, along with their family, have moved into a new house with a two wall kitchen. List the possible difficulties that they may face in this type of a kitchen. [2]
- (vi) How does salt help in food preservation? Give examples of two foods that are preserved using *salting method*. [2]
- (vii) How does occupation of family members affect the meal plan of the family? [2]
- (viii) Mention *two* precautions to be taken while storing non-perishable foods. [2]
- (ix) Mention *any two* points that one should consider while planning storage fixtures of the kitchen. [2]
- (x) List *two* precautions that one should take while cleaning glass dishes. [2]

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

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

### **Question 3**

- (i) What is a balanced diet? Explain *five* food group system as suggested by ICMR. [5]
- (ii) The health of an elderly person is a matter of concern for the family. In this context elaborate:
- (a) which nutrients need to be reduced in their diet and why?
  - (b) why is good intake of water necessary for them?
- (iii) List *any five* dietary features of a meal plan for an adolescent girl. [5]

### **Question 4**

- (i) For each of the food items listed below, state *one* possible cause of its spoilage. [5]  
Suggest a remedy to prevent the spoilage mentioned by you.
- (a) Rice
  - (b) Butter
  - (c) Jam
  - (d) Soya chips
  - (e) Banana

- (ii) Identify the methods of preservation and explain each method briefly. [5]
- (a) Preserving fresh milk for a short time before it reaches customers.
- (b) Keeping fruits fresh, till consumption.
- (iii) It is a regular practice by households to freeze seasonal foods. Write a short note on *freezing*. [5]

### Question 5

- (i) Suggest *five* steps one must take to make the washing area of a kitchen user friendly. [5]
- (ii) State *five* points which should be considered while planning lighting and ventilation in the kitchen. [5]
- (iii) Write a short note on *preparation centre* of a kitchen. [5]

### Question 6

- (i) Name *five* small tools used in a kitchen and mention their functions. [5]
- (ii) Write *three* points on the care for each of the following: [5]
- (a) Sinks
- (b) Bins
- (iii) Explain the inter space relationship between the three major work centres of the kitchen. [5]

### **Question 7**

- (i) Mita decides to hire a cook at home. List *any five* important personal hygiene measures that Mita should request the cook to follow while cooking for her. [5]
- (ii) How do the following features affect the selection of dinnerware? Explain each feature briefly. [5]
- (a) Cost
  - (b) Easy to handle
  - (c) Safety
  - (d) Durability
  - (e) Design and aesthetics
- (iii) Plasticware requires as much care as other equipment in the kitchen. List *five* ways to maintain plasticware used in kitchen. [5]

### **Question 8**

Write short notes on the following:

- (i) Segregation of kitchen waste and its disposal. [5]
- (ii) Convenience foods. [5]
- (iii) Storage of meat and vegetables. [5]