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# COOKERY

*(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

Give *any two* reasons for the following:

- (a) Seasonal food should be purchased. [2]
- (b) Importance of diet therapy. [2]
- (c) Fruits and vegetables should be blanched before freezing. [2]
- (d) Iodine deficiency affects the pregnant woman and the unborn child. [2]
- (e) Different categories of kitchen equipment used at home. [2]

### Question 2

- (a) Give any two factors leading to obesity. [2]
- (b) Mention two causes of food spoilage. [2]
- (c) How much of protein and calorie content should a breakfast contribute in the diet of an adult? [2]

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**This Paper consists of 3 printed pages and 1 blank page.**

- (d) Name two important work centres in the kitchen. [2]
- (e) How can contamination be controlled while handling food? [2]

**Question 3**

- (a) State two advantages of an L shaped kitchen. [2]
- (b) How is an exhaust fan helpful in the kitchen? [2]
- (c) Name any two types of stains that can be removed from crockery by using baking soda. [2]
- (d) State any two unhealthy dietary practices common among adolescents which suppresses their appetite. [2]
- (e) State the importance of water in the diet of an elderly person? [2]

**Question 4**

- (a) State two factors that are considered when choosing material for kitchen counters. [2]
- (b) Define pasteurization. [2]
- (c) Why should organ meat not be refrigerated for more than a day? [2]
- (d) Deficiency of which two nutrients causes anaemia? [2]
- (e) State two causes of diarrhea. [2]

**SECTION B (60 Marks)**

*Attempt any **four** questions from this Section.*

**Question 5**

Food labeling is an essential component in all food processing industries. In this context:

- (a) State the information printed on a biscuit packet. [5]
- (b) What are the advantages and disadvantages of using convenience foods? [5]
- (c) Differentiate between wholesale and retail shopping. [5]

**Question 6**

- (a) Why is there a need for special considerations while planning a meal for a school going child? [5]
- (b) What precautions should be taken while storing food in the refrigerator? [5]
- (c) Proper nutrition is most essential during convalescence. Explain. [5]

**Question 7**

- (a) Why is the preparation centre an important part of the kitchen? [5]
- (b) How is a diet modified for a person suffering from fever? [5]
- (c) Give any five suggestions to set a formal table. [5]

**Question 8**

- (a) How are convenient foods helpful to a housewife? [5]
- (b) Explain the term “satiety value” of food. Name two foods that have a high satiety value. [5]
- (c) What factors should be kept in mind while purchasing cooking utensils? [5]

**Question 9**

- (a) List the five food groups and their nutritional contribution to a diet. [5]
- (b) Suggest a simple way to clear a blocked sink in the kitchen. [5]
- (c) Why is it not advisable to purchase food items from a supermarket? [5]

**Question 10**

How should the following be stored at home:

- (a) Eggs [5]
- (b) Milk [5]
- (c) Name two metals of which cutlery is made. What care should be taken to maintain it? [5]