

## 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) 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

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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 and any two foods which can be consumed liberally. [5]
- (ii) List *any five* considerations while planning water supply and drainage of the kitchen. [5]
- (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 obesity. [5]