

ICSE 2024 EXAMINATION
SPECIMEN QUESTION PAPER
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

*(Attempt **all** questions.)*

Question 1

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

[20]

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

- (i) Good knowledge of food groups helps to:
- (a) Plan balanced meals
 - (b) Cook correct portion size
 - (c) Serve guests better
 - (d) Cook delicious meals
- (ii) What do undamaged and free flowing grains of rice indicate?
- (a) Rice is fit for consumption
 - (b) Poor quality rice
 - (c) Infestation in rice
 - (d) Freshly harvested rice

- (iii) How can an unexpected guest be quickly accommodated, for a meal?
- (a) Eat less and serve a small portion to the guest
 - (b) Start cooking all over again
 - (c) Make savouries
 - (d) Turn leftovers into a new dish
- (iv) Which of the following options is a good practice while storing eggs in refrigerator?
- (a) Wash eggs and store them covered
 - (b) Don't wash but store covered
 - (c) Wash but store uncovered
 - (d) Don't wash and store uncovered
- (v) To ensure a satisfactory growth of bones, the diet of an adolescent must have sufficient:
- (a) Vitamin C and magnesium
 - (b) Vitamin D and calcium
 - (c) Vitamin A and carrots
 - (d) Vitamin E and vitamin B
- (vi) A pattern of food behavior that has no factual basis, which interests people for short period of time is known as:
- (a) Therapeutic diet
 - (b) Soft diet
 - (c) Food Fads
 - (d) Balanced diet
- (vii) Which of the following words indicate that the material is suitable for handling food.
- (a) Unbreakable
 - (b) Microwave safe
 - (c) Food grade
 - (d) Less prone to denting.

- (viii) The following is an advantage of buying from a retail outlet over wholesale market.
- (a) Purchase in small quantity
 - (b) Bargaining is not possible
 - (c) Cash payment is acceptable
 - (d) Credit facility available
- (ix) Which of the following is a main cause of Cholera?
- (a) Contaminated water
 - (b) Polluted air
 - (c) Pests in the house
 - (d) Eating burnt food
- (x) The diet of the pre-school child should be rich in:
- (a) Finger foods
 - (b) Carbohydrates
 - (c) All nutrients and energy
 - (d) Favourite food
- (xi) Which of the following is an advantage of buffet service?
- (a) It is a very private meal
 - (b) Many dishes to choose from
 - (c) Few dishes to choose from
 - (d) Wastage of food
- (xii) Which of the following is best suited for storage of Salt and sugar?
- (a) Wooden box
 - (b) Glass bottles
 - (c) Airtight container
 - (d) Metal box

- (xiii) Which type of food should be included in the meal plan during winter?
- (a) Dehydrating
 - (b) Energy giving
 - (c) Rehydrating
 - (d) Energy consuming
- (xiv) Read the following statements carefully and choose the correct alternative which matches the statement (assertion) and its reasoning:
- Assertion (A): A patient of diabetes should avoid small frequent meals.
- Reasoning (R): Small frequent meals help to maintain constant level of sugar in the blood.
- (a) Both A and R are true, R is the correct explanation of A
 - (b) A is true but R is False
 - (c) A is false but R is true
 - (d) Both A and R are false
- (xv) Which of the following options should be considered while planning meals for festivals?
- (a) Nutritional requirement of family
 - (b) Cultural and religious practices of the family
 - (c) Calorie content of the food
 - (d) Composition of the family
- (xvi) Match the list A with list B and choose the correct option.
- | List A | List B |
|-----------------|---|
| A Anemia | 1 Lemon water with sugar and salt |
| B Diarrhea | 2 Avoid sweetmeats |
| C Diabetes | 3 Unrefined pulses and green leafy vegetables |
| D convalescence | 4 Khichdi, poha, dal and rice |
- (a) A-2, B-1, C-4, D-3
 - (b) A-3, B-1, C-4, D-2
 - (c) A-3, B-1, C-2, D-4
 - (d) A-2, B-4, C-1, D-3

- (xvii) With respect to a preschool child, which of the following statement is false?
- (a) Food served should be bite size
 - (b) Meal time should be pleasant
 - (c) Food should be nutritious irrespective of the likes and dislikes of the child
 - (d) Some favourite food should be included in the meal
- (xviii) Pickling is a _____ method of preservation.
- (a) Short term
 - (b) Bacteriostatic
 - (c) Bactericidal
 - (d) Pasteurization
- (xix) The picture below depicts a natural process that takes place in all tomatoes. Answer the following questions with respect to the process.



1. If this process shown in the picture above continues further, the tomatoes will spoil due to:
 - (a) Mechanical damage
 - (b) Microbial spoilage
 - (c) Self-decomposition
 - (d) Fermentation
2. Where should we store tomatoes to delay the spoilage?
 - (a) Refrigerator
 - (b) Cool and dry place
 - (c) Warm sunlit place
 - (d) Overhead unit of kitchen

Question 2

Answer all the questions:

- (i) List *any two* measures to keep the lizard away from the kitchen. [2]
- (ii) Name *two* chemical preservatives that are used to preserve jam and jellies. [2]
- (iii) Seema is overweight and wants to lose some weight. Suggest at least *two* changes in her meal pattern. [2]
- (iv) List *any two* causes of diarrhea. [2]
- (v) Give *four* examples of convenience foods. [2]
- (vi) Sneha is a healthy 28 years old woman who is expecting her first baby. Sneha is now concerned about her as well as baby's health. How can she modify her diet for good growth of the child? Write *any two* recommendations. [2]
- (vii) Give *two* examples of perishable foods. [2]
- (viii) State *any two* important features of kitchen cabinet and shelves. [2]
- (ix) Steel and copper are both excellent conductor of heat. Sometimes steel vessels are lined with copper. Which according to you is then more suitable for making cooking utensils? Give at least *two* reasons to support your answer. [2]
- (x) List at least *two* advantages of one wall kitchen. [2]

SECTION B

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

Question 3

Some methods of preservation preserve food for a short time and some impart a very long shelf life.

- (i) Enumerate the principles of food preservation. [5]
- (ii) Explain one long-term method of preservation of food, which can be used at home. [5]
- (iii) Use of low temperature can store and preserve food for short time. Explain. [5]

Question 4

- (i) What shall one consider while planning meals for an elderly person? [5]
- (ii) Briefly discuss *five* ways of incorporating liquid and soft diet during illness for the early recovery of the patient. [5]
- (iii) List *any five* ways of incorporating good food habits during childhood. [5]

Question 5

- (i) List *any five* techniques for simplifying work in the kitchen. [5]
- (ii) Write a five-point note about the cooking center of the kitchen. [5]
- (iii) List at least *one* advantage of five layouts of the kitchen. [5]

Question 6

- (i) List *any five* ways to maintain good sanitation in the kitchen. [5]
- (ii) What are the advantages and disadvantages of buying from supermarket? [5]
- (iii) State *any five* factors to be considered while setting an informal table arrangement. [5]

Question 7

- (i) List at least *five* objectives of planning meals. [5]
- (ii) List the information that one will find on a packet of orange juice. [5]
- (iii) Why should we use dustbins? List at least *three* measures to maintain a clean dustbin. [5]

Question 8

- (i) List *any five* changes in the diet for a person suffering from hypertension. [5]
- (ii) Is there really a need to plan the kitchen, like other parts of the house? Justify your answer. [5]
- (iii) Amrita has to pay a very high rent for her flat. She is left with a small budget for running her household. How can she manage good nutrition for her family? [5]