

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) The work triangle is a triangle formed between the _____.
- (a) Sink, fridge, and preparation centres
 - (b) Serving, cooking and preparation centres
 - (c) Fridge, cooking and washing centres
 - (d) Storage, sink and planning centres
- (ii) The food group which provides high quality proteins is:
- (a) Cereals and grains
 - (b) Milk and meat products
 - (c) Lemons and oranges
 - (d) Fats and sugars

This paper consists of 7 printed pages and 1 blank page.

- (iii) Stirring equipment should be made of _____.
- (a) steel
 - (b) stone
 - (c) aluminum
 - (d) plastic
- (iv) Ventilation ensures _____ in the kitchen.
- (a) circulation of air
 - (b) natural lighting
 - (c) morning sun rays
 - (d) outer view
- (v) The orientation of the kitchen should be _____.
- (a) south-east
 - (b) west
 - (c) north-east
 - (d) south
- (vi) _____ rich foods be given to anemia patients.
- (a) Carbohydrate
 - (b) Iodine
 - (c) Sugar
 - (d) Iron
- (vii) Diarrhoea patients need a _____.
- (a) Fluid rich diet
 - (b) Fibre rich diet
 - (c) Soft diet
 - (d) Fat rich diet

- (viii) Cholera is caused by _____.
- (a) Contaminated water
 - (b) Dirty clothes
 - (c) Air
 - (d) Pests
- (ix) The heating of milk, to make it safe for consumption and improve its quality is known as _____.
- (a) sterilisation
 - (b) radiation
 - (c) pasteurisation
 - (d) maturation
- (x) Non-stick cookware has a _____ coating.
- (a) nylon
 - (b) polyester
 - (c) teflon
 - (d) viscose
- (xi) Fresh peas are _____ to preserve them at home.
- (a) salted
 - (b) seasoned
 - (c) frozen
 - (d) steamed
- (xii) _____ is not a dehydrated product.
- (a) Cashew Nuts
 - (b) Raisins
 - (c) Papdis
 - (d) Butter

- (xiii) Stainless steel vessels are lined at the bottom with _____ for better conduction of heat.
- (a) Aluminium
 - (b) Tin
 - (c) Copper
 - (d) Zinc
- (xiv) AGMARK is found on products like _____.
- (a) Electrical goods
 - (b) Furniture
 - (c) Gas stoves
 - (d) Ghee
- (xv) _____ is a symbol or word picture used by the company to mark all its products.
- (a) Trademark
 - (b) Brand name
 - (c) Standardization mark
 - (d) Agricultural mark
- (xvi) _____ is considered as semi-perishable food.
- (a) Rice
 - (b) Wheat
 - (c) Turmeric powder
 - (d) Bajra
- (xvii) A pattern of food behaviour that has no factual basis, which interests people for short periods of time is known as _____.
- (a) Therapeutic diet
 - (b) Food fads
 - (c) Soft diet
 - (d) Balanced diet

- (xviii) The fork in a formal table setting is kept to the _____.
(a) top of the plate
(b) right of the plate
(c) left of the plate
(d) next to the dessert spoon
- (xix) Oil is used in preserving pickles to _____.
(a) prevent contact with air
(b) give a delicious taste
(c) mix the spices well
(d) prevent contact with the pests
- (xx) _____ is not a nonperishable food.
(a) Rice
(b) Wheat
(c) Gram flour
(d) Pulses

Question 2

Answer all the questions:

- (i) List *any two* benefits of retail stores. [2]
- (ii) State *two* ways to store fish at home. [2]
- (iii) State *any two* features of wholesale stores. [2]
- (iv) Why does minced meat spoil faster than pieces of meat? [2]
- (v) State *any two* ways of storing leafy vegetables. [2]
- (vi) State *two* ways how sharp tools are to be stored in the kitchen. [2]
- (vii) List *any two* causes of dysentery. [2]
- (viii) Suggest *any two* ways by which a pregnant woman can overcome morning sickness. [2]

- (ix) Name *any two* foods to be avoided during high fever. [2]
- (x) Mention *any two* points to Reena, a student of Class X regarding her choice of foods to be healthy and fit. [2]

SECTION B (60 Marks)

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

Question 3

- (i) Discuss *any five* advantages of cold storage of food items. [5]
- (ii) List *any five* benefits of food preservation. [5]
- (iii) Name the standardization mark present on the label of a bottle of jam. [5]
State *any four* salient features of the mark.

Question 4

- (i) List *five* ways how left-over food of a meal can be used creatively for another meal. [5]
- (ii) State *any five* factors to be kept in mind by a young mother regarding the diet of her two-year-old child. [5]
- (iii) Enumerate *any five* factors to be kept in mind while planning a diet for an aging grandfather. [5]

Question 5

- (i) Briefly discuss *any five* kitchen layouts. [5]
- (ii) State *any five* important features of kitchen cabinets and shelves. [5]
- (iii) Discuss *any five* ways of taking care of a microwave oven after use. [5]

Question 6

- (i) List *five* ways to be incorporated in the kitchen to make it cockroach free. [5]
- (ii) Mention *any five* ways of disposing kitchen waste. [5]
- (iii) State *any five* techniques of work simplification. [5]

Question 7

- (i) List *any five* changes in the diet for a person suffering from hypertension. [5]
- (ii) State *five* features of a diet for a person recovering from a long illness. [5]
- (iii) Discuss *five* ways to ensure food sanitation at home. [5]

Question 8

Write short notes on the following: (*any five points*)

- (i) Steps in the preparation of lemon squash. [5]
- (ii) Disadvantages of online shopping. [5]
- (iii) Factors affecting the purchase of kitchen tools and gadgets. [5]