ICSE QUESTION PAPER

2024

ICSE SUDY MATERIAL

agfasem.com

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) 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

© Copyright reserved.

(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. Why do you recommend these changes? [2]

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]



CISCE STUDY MATERIAL

ICSE ISC

aglasem.com

INFORMATION
1 Time Table
2 Result
3 Syllabus

OTHER RESOURCES
Maps of India, Maps of World
Writing Skill Formats
Periodic Table

CLASS	STUDY MATERIAL
9	Specimen Paper
10	Specimen Paper
11	Specimen Paper
12	Specimen Paper
10	Question Paper
12	Question Paper
9/10	Lab Manuals
11/12	Lab Manuals

BOOKS

- ICSE Class 10 Prescribed Books
- ISC Class 12 Prescribed Books
- ISC Class 12 Project Work

ENTRANCE EXAMS

JEE Main	CLAT	CUET UG
JEE Advanced	NEET UG	Fashion & Design