2023

QUESTION PAPER

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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

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(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

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(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

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(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

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(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]

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(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. State *any four* salient features of the mark. [5]

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]

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