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Time : 2 Hours

BASIC COOKERY (E)

(For Children With Special Needs)

Subject Code

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Total No. of Questions : 3

(Printed Pages : 5)

Maximum Marks : 40

INSTRUCTIONS : (i) All questions are compulsory and carry marks as indicated against each question.

(ii) Answer each question on a fresh page.

(iii) Write the number of the question and sub-question clearly.

(iv) Figures to the right indicate full marks for the question.

I. Fill in the blanks with the correct answer given in the brackets :

(1 mark × 16 = 16 marks)

(1) Half kg =

(250 grams, 500 grams 750 grams)

(2) The abbreviation of measurement millilitre is

(lit, kg, ml)

(3) Eggs can be stored for a longer period in the

(refrigerator, cupboard, oven)

(4) Almond is also called in India.

(badam, pistachio, cashew)

(5) To stay healthy we should eat food.

(fried, junk, nutritious)

(6) Lunch is had between

(9 pm to 10 pm, 7 am to 9 am, 1 pm to 2 pm)

(7) It is important that we drink at least glasses of water every day.

(8, 2, 1)

(8) Meals have to be eaten every hours at regular intervals.

(3 to 4, 5 to 6, 8 to 10)

(9) Sugar and jaggery are ingredients.

(perishable, non-perishable, semi-perishable)

(10) Cumin is also known as in India.

(mustard, jeera, haldi)

(11) Boiling method is used to cook

(rotis, rice, chapatis)

(12) We need to weigh and measure correctly to prevent wastage of food.

(tools, equipment, ingredients)

(13) Cereals are a rich source of

(Vitamin C, carbohydrates, fat)

(14) Eggs provide us with

(protein, fibre, water)

(15) We get from milk and milk products.

(calcium, fibre, Vitamin C)

(16) We should try and use amount of oil while cooking.

(maximum, minimum, huge)

II. State whether the following statements are *true* or *false* :

(1 mark × 16 = 16 marks)

- (1) Meat and poultry does not need refrigeration.
- (2) Dry beans and pulses are perishable ingredients and needs to be kept in a refrigerator.
- (3) Butter and curds are milk products.
- (4) Wheat and rice are examples of cereals.
- (5) Vegetables are high in fat, sugar and carbohydrates.
- (6) It is ideal to consume lot of sugar.
- (7) Nuts provide us with vitamin A and B, fibre and iron.
- (8) Refined flour is also known as atta in India.
- (9) Sautéing means deep frying food in lot of oil.
- (10) Good breakfast consists of biscuits and chips.
- (11) Usually a vegetable soup is consumed at dinner as it is nutritious and light.
- (12) We should not consume a lot of sweets like ice cream and chocolates in our daily diet.
- (13) We should have a salad at least once a day.

(14) 1 Kg = 250 grams.

(15) 1 teaspoon is equivalent to 5 grams.

(16) 1 dozen eggs are equal to 30 eggs.

III. Answer the following questions in brief : (2 marks × 4 = 8 marks)

(1) Write down any **2** tips for healthy eating.

(2) What is perishable ingredient? Give **2** examples.

(3) Write down any **2** health benefits of grains and cereals.

(4) Why is steamed food healthier than fried food.