

2025 III 19

0930

Marks	E	M	CM	3
Pg. 3				

Time : 2 Hours

BASIC COOKERY (E)

(For Children With Special Needs)

Subject Code

S	1	0	6	5
---	---	---	---	---

Total No. of Questions : 36 (Printed Pages : 15)

Maximum Marks : 40

INSTRUCTIONS : (1) All questions are compulsory.

(2) Answer in the provided space.

Fill in the blanks with the correct alternative from those given in the brackets. **1×8=8**

1. The chemical substances present inside of a food are called

(wheat, nutrient, pulses)

2. is a method of cooking where food is cooked without coming in direct contact with water.

(boiling, baking, steaming)

3. Seasonal fruits and vegetables have a high value.

(fat, nutritive, fibre)

4. A serving dish can be defined as a dish in which food is

(Served, Eaten, Stored)

S-1065

P.T.O.

5. Vitamin K is required for

(Healthy skin, blood clotting, proper vision)

6. Milk that has been first boiled to a high temperature and rapidly cooled to make it safe from microorganisms is known as milk.

(pasteurized, cold, milk shake)

7. Mix different flours to increase the protein quality of the flour.

(cereal and pulse, wholegrain and refined, rice and wheat)

8. For Traditional Indian Dinning is used for eating.

(only one hand, both hands, fork and knife)

Tick the odd one out :

1×6=6

9. Fats :

• Butter

• Sunflower oil

• Ghee

Marks	E	M	CM
Pg. 4 & 5			

5

10. Cooking by Dry heat :

- Baking
- Grilling
- Steaming

11. Tableware :

- Cutlery
- Glassware
- Tablemat

12. Roasting :

- Quick cooking
- Slow cooking
- Less fat is used

13. Sugar :

- Honey
- Jaggery
- Curds

14. Fruits and Vegetables :

- Eat Whole Fruits
- Eat Raw Vegetables
- Drink Juices

Choose the right alternative from Column B that matches the word in

Column A, and write your answer in Column C.

1×4=4

	Column A	Column B	Column C
15.	Half plate	(i) Refrigerator
16.	Eat sparingly	(ii) Bread
17.	Tomatoes	(iii) Tandoor
18.	Roasting	(iv) Starters
		(v) Fats and sugar

Marks	E	M	CM	7
Pg. 6 & 7				

Identify the given picture :

1×6=6

19.



Ans.

(Body Building Food, Protective Foods, Vitamin D Rich Foods)

20.



Ans.

(Salad Spoon, Table Spoon, Soup Ladle)

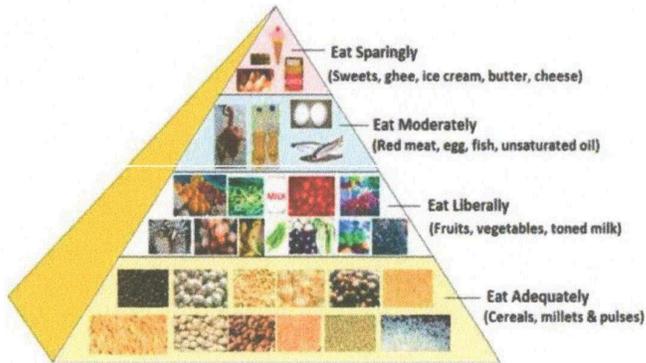
21.



Ans.

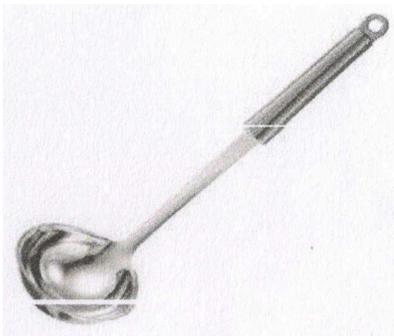
(Baking, Roasting, Solar Cooking)

22.



Ans.
(Food Pyramid, Food Plate, Food Chart)

23.



Ans.
(Salad Spoon, Soup Ladle, Table Spoon)

24.



Ans.
(meat fish poultry and dairy, fats and sugar, fruits and vegetables)

Marks	E	M	CM	9
Pg. 8 & 9				

OR

State whether the following statements are true or false : 1×6=6

19. Shallow frying uses large amount of oil or fat.

Ans.

20. Pressure cooking food saves time.

Ans.

21. Chop foods into medium-sized pieces and not very tiny pieces.

Ans.

22. Put the dinner plate in the middle of the placemat.

Ans.

23. Do not eat the edible peel of fruits such as chikoos, and guavas.

Ans.

24. Eating food on banana leaves is considered healthy and auspicious.

Ans.

Answer in one word :

1×8=8

25. A vegetable rich in Vitamin A.

Ans.

26. A cereal that you enjoy for breakfast.

Ans.

27. A food that should be eaten adequately.

Ans.

28. A traditional Indian dining plate.

Ans.

29. A food cooked by Baking.

Ans.

Marks	E	M	CM	11
Pg. 10 & 11				

30. A food cooked by Frying.

Ans.

31. A serving dish.

Ans.

32. A mineral required for formation of Haemoglobin.

Ans.

Answer the following questions :

2×4=8

33. Name any 2 groups of food.

Or

List any 2 healthy cooking tips/methods.

Ans.

.....

.....

.....

.....

34. What is a Food Guide Pyramid ?

Or

Mention any *two* rules of Healthy Diet.

Ans.
.....
.....
.....
.....

35. Explain any *two* methods of cooking with examples.

Or

Give any *two* reasons for cooking food.

Ans.
.....
.....
.....
.....

Marks	E	M	CM	13
Pg. 12 & 13				

36. Mention any *two* points one has to follow for Indian Traditional dining.

Or

What is the size of the quarter plate and its use.

Ans.
.....
.....
.....
.....

