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Time : 1½ Hours**FIRST-TERM****BASIC COOKERY (E)****(For Children With Special Needs)****Subject Code**

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Total No. of Questions : 20 (Printed Pages : 8)**Maximum Marks : 20**

- INSTRUCTIONS :** (i) All questions are compulsory.
- (ii) Figures to the right indicate full marks.
- (iii) The question are in the form of Multiple Choice Questions (MCQs) with four alternatives (A), (B), (C) and (D). Answer to each question is to be indicated by darkening the correct alternative in the OMR sheet provided with the question paper.

(I) Choose the correct alternatives : 10×1=10

- (1) Calcium is required for 1
- (A) mental development
- (B) skeletal development
- (C) formation of haemoglobin
- (D) healthy skin
- (2) One advantage of microwave cooking : 1
- (A) Takes longer time
- (B) Quick method of cooking
- (C) Food can be stored for longer time
- (D) Can be used for deep frying

- (3) Raw meat needs to be stored in 1
- (A) air-tight containers
 - (B) refrigerator
 - (C) deep freezer
 - (D) the open air
- (4) A deficiency of iron results to 1
- (A) Obesity
 - (B) Poor vision
 - (C) Anemia
 - (D) Diabetes
- (5) A method of cooking where food is cooked without coming in direct contact with water : 1
- (A) Boiling
 - (B) Baking
 - (C) Steaming
 - (D) Roasting
- (6) Vitamin K is required for 1
- (A) Healthy skin
 - (B) Blood clotting
 - (C) Proper vision
 - (D) Insulin secretion

- (7) An excess intake of fat can lead to 1
- (A) obesity
 - (B) fever
 - (C) weakness
 - (D) calcium deficiency
- (8) When sunlight is used for cooking, it is called 1
- (A) stewing
 - (B) solar cooking
 - (C) pressure cooking
 - (D) baking
- (9) Milk that has been first boiled to a high temperature and rapidly cooled to make it safe from microorganisms is known as milk. 1
- (A) pasteurized
 - (B) cold
 - (C) milk shake
 - (D) boiled milk
- (10) In the boiling method of cooking foods, nutrients are lost. 1
- (A) water-soluble
 - (B) fat-soluble
 - (C) non-soluble
 - (D) all of the above

(II) Choose the odd one out :

1×5=5

(11) Cooking in Fat :

1

- (A) Sautéing
- (B) Shallow frying
- (C) Boiling
- (D) Deep frying

(12) Sugars :

1

- (A) Honey
- (B) Jaggery
- (C) Curd
- (D) Chocolates

(13) Cooking by Dry Heat :

1

- (A) Baking
- (B) Sautéing
- (C) Grilling
- (D) Roasting

(14) Fats :

1

- (A) Butter
- (B) Sunflower oil
- (C) Ghee
- (D) Margarine

(15) Iron is a mineral :

1

- (A) required for formation of haemoglobin
- (B) if deficient results in anaemia
- (C) found in citrus fruits
- (D) found in flesh foods

(III) Identify the given picture :

5×1=5

(16)



- (A) Steaming
- (B) Boiling
- (C) Frying
- (D) Microwave Cooking

(17)



- (A) Baking
- (B) Frying
- (C) Solar Cooking
- (D) Roasting

(18)



- (A) Body Building Food
- (B) Protective Foods
- (C) Vitamin C Rich Foods
- (D) Vitamin E Rich Foods

(19)



- (A) Baking
- (B) Roasting
- (C) Solar Cooking
- (D) Boiling

(20)



- (A) Energy Food
- (B) Protective Foods
- (C) Vitamin D Rich Foods
- (D) Body Building Food

