

COOKERY

Maximum Marks: 100

Time allowed: Two hours

1. *Answers to this Paper must be written on the paper provided separately.*
 2. *You will **not** be allowed to write during the first 15 minutes.*
 3. *This time is to be spent in reading the question paper.*
 4. *The time given at the head of this Paper is the time allowed for writing the answers.*
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5. *Attempt **all** questions from Section A and **any four** questions from Section B.*
 6. *The intended marks for questions or parts of questions are given in brackets[].*

Instruction for the Supervising Examiner

Kindly read aloud the Instructions given above to all the candidates present in the Examination Hall.

This paper consists of 11 printed pages and 1 blank page.

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Turn Over

SECTION A (40 Marks)

*(Attempt **all** questions from this **Section**.)*

Question 1

Choose the correct answers to the questions from the given options.

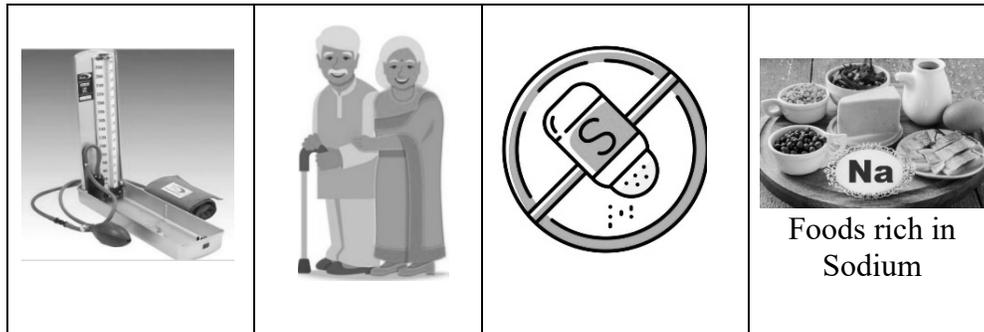
[20]

(Do not copy the questions, write the correct answers only.)

- (i) Which of the following is perishable as well as a source of energy?
- (a) Mango
 - (b) Potato
 - (c) Wheat flour
 - (d) Glucose biscuit
- (ii) Which of the following statements is correct?
- (a) A fresh egg has a small air cell.
 - (b) A fresh egg will float in water.
 - (c) A fresh egg should be washed to open the pores.
 - (d) Egg should be stored by placing its broad portion downwards.
- (iii) Patients suffering from loose motions and vomiting need a _____.
- (a) fluid rich diet
 - (b) fibre rich diet
 - (c) solid diet
 - (d) fat rich diet

- (iv) Which of the following is an advantage of a *one-wall kitchen* design?
- (a) Accommodates double sink.
 - (b) Has a linear workflow.
 - (c) Offers good ventilation.
 - (d) Can accommodate extra base cabinets.
- (v) **Assertion (A):** A five-year old, active child, needs a high carbohydrate and protein diet.
- Reason (R):** A five-year old child should be given a balanced diet.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
 - (c) (A) is false and (R) is true.
 - (d) Both (A) and (R) are false.
- (vi) Which of the following methods of food preservation employs high temperature to enhance shelf life?
- (a) Pickling
 - (b) Freezing
 - (c) Canning
 - (d) Cold storage

- (vii) Observe the images given below and complete the following sentence with the suitable dietary suggestion.



During old age, one must _____.

- (a) increase salt intake to maintain normal blood pressure
 - (b) restrict salt and sodium in the diet to prevent high blood pressure
 - (c) avoid salt but consume sodium rich food
 - (d) remain happy, enjoy food and avoid health problems
- (viii) Identify the missing food item:

SALT	OIL	SUGAR	?
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- (a) Pickle masala
- (b) Vinegar
- (c) Turmeric
- (d) Raw mango

- (ix) **Assertion (A):** Genes of a person play *no* role in making one obese.
Reason (R): Excess consumption of food and lack of exercise only can make a person obese.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is false and (R) is true.
(d) Both (A) and (R) are false.
- (x) Food fads are:
- (a) quick diet trends to lose weight
(b) diet plans
(c) false superstitions or notions about foods
(d) food related illnesses
- (xi) _____ is a bacteriostatic method of food preservation.
- (a) Dehydration
(b) Blanching
(c) Canning
(d) Pasteurisation
- (xii) A 'cover' in table setting is:
- (a) table cover and table mats used on the dining table.
(b) placemats and linen used on the dining table.
(c) an individual's place at the dining table.
(d) a transparent cover spread on food.

- (xiii) Tea and coffee stains on crockery can be removed by using:
- (a) Baking soda
 - (b) Mild soap solution
 - (c) Boric acid
 - (d) Lemon juice
- (xiv) Water fetched from borewell is often muddy. If this water is to be used for drinking and cooking, it should be:
- (a) kept in a cool dry place.
 - (b) kept covered.
 - (c) boiled, filtered and kept covered.
 - (d) strained with a cotton cloth.
- (xv) Sun dried foods will need extra care during _____ to prevent spoilage.
- (a) Winter
 - (b) Summer
 - (c) Monsoon
 - (d) Spring
- (xvi) Following is a list of breakfast ingredients. Which of these is likely to contain sodium benzoate?
- (a) Butter
 - (b) Eggs
 - (c) Bread
 - (d) Jam

(xvii) Match the columns:

- | | |
|--------------|--|
| A. Steel | 1. Needs tinning |
| B. Aluminium | 2. Needs to be seasoned before first use |
| C. Copper | 3. Changes colour of some foods |
| D. Iron | 4. Is neutral to food |

(a) A-4, B-3, C-1, D-2

(b) A-3, B-4, C-2, D-1

(c) A-2, B-3, C-1, D-4

(d) A-1, B-3, C-4, D-2

(xviii) If walls of the kitchen are painted, the paint should be dark in colour.

(a) True

(b) False

(xix) Owing to the high mineral and fibre content, green leafy vegetables can replace many expensive foods.

(a) True

(b) False

(xx) Consumption of stale or over fermented food may lead to:

(a) Fever

(b) Diarrhoea

(c) Typhoid

(d) Measles

Question 2

Answer all the questions:

- (i) Write *two* advantages of a modular kitchen over a custom-made kitchen. [2]
- (ii) List *two* factors that can help one in selecting a good knife. [2]
- (iii) While purchasing food from a wholesale market may be more economical, many people may not prefer to do so. Why? [2]
- (iv) List *at least two* criteria for selecting the right type of microwave proof cookware. [2]
- (v) Somesh and Suma, along with their family, have moved into a new house with a two wall kitchen. List the possible difficulties that they may face in this type of a kitchen. [2]
- (vi) How does salt help in food preservation? Give examples of two foods that are preserved using *salting method*. [2]
- (vii) How does occupation of family members affect the meal plan of the family? [2]
- (viii) Mention *two* precautions to be taken while storing non-perishable foods. [2]
- (ix) Mention *any two* points that one should consider while planning storage fixtures of the kitchen. [2]
- (x) List *two* precautions that one should take while cleaning glass dishes. [2]

SECTION B (60 Marks)

*(Answer **any four** questions from this **Section**.)*

Question 3

- (i) What is a balanced diet? Explain *five* food group system as suggested by ICMR. [5]
- (ii) The health of an elderly person is a matter of concern for the family. In this context elaborate: [5]
- (a) which nutrients need to be reduced in their diet and why?
- (b) why is good intake of water necessary for them?
- (iii) List *any five* dietary features of a meal plan for an adolescent girl. [5]

Question 4

- (i) For each of the food items listed below, state *one* possible cause of its spoilage. [5]
Suggest a remedy to prevent the spoilage mentioned by you.
- (a) Rice
- (b) Butter
- (c) Jam
- (d) Soya chips
- (e) Banana

- (ii) Identify the methods of preservation and explain each method briefly: [5]
- (a) Preserving fresh milk for a short time before it reaches customers.
 - (b) Keeping fruits fresh, till consumption.
- (iii) It is a regular practice by households to freeze seasonal foods. Write a short note on *freezing*. [5]

Question 5

- (i) Suggest *five* steps one must take to make the washing area of a kitchen user friendly. [5]
- (ii) State *five* points which should be considered while planning lighting and ventilation in the kitchen. [5]
- (iii) Write a short note on *preparation centre* of a kitchen. [5]

Question 6

- (i) Name *five* small tools used in a kitchen and mention their functions. [5]
- (ii) Write *three* points on the care for each of the following: [5]
- (a) Sinks
 - (b) Bins
- (iii) Explain the inter space relationship between the three major work centres of the kitchen. [5]

Question 7

- (i) Mita decides to hire a cook at home. List *any five* important personal hygiene measures that Mita should request the cook to follow while cooking for her. [5]
- (ii) How do the following features affect the selection of dinnerware? Explain each feature briefly. [5]
- (a) Cost
 - (b) Easy to handle
 - (c) Safety
 - (d) Durability
 - (e) Design and aesthetics
- (iii) Plasticware requires as much care as other equipment in the kitchen. List *five* ways to maintain plasticware used in kitchen. [5]

Question 8

Write short notes on the following:

- (i) Segregation of kitchen waste and its disposal. [5]
- (ii) Convenience foods. [5]
- (iii) Storage of meat and vegetables. [5]