

ICSE 2023 EXAMINATION
SPECIMEN QUESTION PAPER
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

*(Attempt **all** questions.)*

Question 1

Choose the correct answer and write the correct option.

[20]

- (i) Which of the following is not an advantage of buffet service?
- (a) Diner can eat to his choice.
 - (b) Many people can be served at a time.
 - (c) Saves time and money.
 - (d) Offers no variety.
- (ii) A pickle made at home may not contain _____ as a natural preservative.
- (a) oil
 - (b) salt
 - (c) sugar
 - (d) synthetic acetic acid

- (iii) Crockery made of _____ requires polishing to make it look new sparkling and beautiful.
- (a) steel
 - (b) chinaware
 - (c) glassware
 - (d) silverware
- (iv) Fruitcake, puddings and marzipan sweets are associated with _____ festival.
- (a) Eid
 - (b) Christmas
 - (c) Onam
 - (d) Holi
- (v) People suffering from diabetes can eat _____ to their heart's content.
- (a) salads and desserts
 - (b) soups and sweets
 - (c) fruits and fried savouries
 - (d) salads and vegetables
- (vi) The unique advantage of L shaped kitchen lies in _____.
- (a) utilization of two walls of kitchen.
 - (b) utilizing the corner space.
 - (c) utilizing available storage space below the counters.
 - (d) forming work triangle.
- (vii) The combination of nutrients required during anaemia is _____.
- (a) Vitamin B₁₂ and iron.
 - (b) Vitamin B₆ and iron.
 - (c) Vitamin C and Vitamin B₆.
 - (d) Vitamin B₁₂ and iodine.

- (viii) Self-decomposition of apple can be delayed by _____.
- (a) washing apples.
 - (b) refrigerating apples.
 - (c) cutting apples.
 - (d) making apple juice.
- (ix) Which of the following is not a perishable food?
- (a) Milk
 - (b) Eggs
 - (c) Dried fish
 - (d) Paneer
- (x) Bacteria can spoil food only under aerobic conditions.
- (a) True
 - (b) False
- (xi) Blanching of fruits and vegetables before freezing ensures _____.
- (a) complete thawing.
 - (b) slow freezing.
 - (c) better taste.
 - (d) retention of colour and texture.
- (xii) _____ should be stored in the refrigerator after removing the leaf tops.
- (a) Radish
 - (b) Cabbage
 - (c) Spinach
 - (d) Tomatoes
- (xiii) The material that is neutral and safe to use for making cooking utensils is _____.
- (a) Steel
 - (b) Iron
 - (c) Aluminium
 - (d) Copper

- (xiv) Which of the following words do not indicate durability of the serving equipment?
- (a) Unbreakable
 - (b) Chip resistant
 - (c) Non toxic
 - (d) Less prone to denting
- (xv) Which of the market is suitable of bulk purchase?
- (a) Super market
 - (b) Wholesale market
 - (c) The grocery shop next to her building
 - (d) Local weekly market
- (xvi) Fresh, branded milk packed in plastic bags received daily at home has limited shelf life because it is _____.
- (a) pasteurized
 - (b) sterilized
 - (c) dried
 - (d) condensed
- (xvii) Which of the following (ICMR) food groups is a major source of essential fatty acids?
- (a) Fruits and vegetables
 - (b) Milk and meat products
 - (c) Fats and sugars
 - (d) Cereals and grains
- (xviii) Products preserved by sun drying in India since ancient times are:
- (a) Papaya and melon
 - (b) Papad and wadi
 - (c) Milk and curd
 - (d) Curries and dals

- (xix) The interspace relationship in the kitchen is defined by the following concept:
- (a) island in the kitchen.
 - (b) work ethics of the family.
 - (c) storage space in the kitchen.
 - (d) work triangle in the kitchen.
- (xx) The advantage of shopping from super market over other shopping venues is:
- (a) everything is cheap.
 - (b) everything is available under one roof.
 - (c) credit facility is available.
 - (d) bargaining is possible.

Question 2

Answer all the questions:

- (i) List *two* advantages of convenience food. [2]
- (ii) State *any two* ways of budgeting while planning meals. [2]
- (iii) List *two* methods employed to preserve fish. [2]
- (iv) State *two* reasons for disposing kitchen garbage regularly. [2]
- (v) Name *two* food sources that help in the prevention of obesity. [2]
- (vi) List *any two* measures to keep the kitchen free of rodent infestation. [2]
- (vii) How does the deficiency of iodine and iron in a pregnant woman impact the newborn child? [2]
- (viii) List *two* precautions to prevent food contamination. [2]
- (ix) Name *two* chemical preservatives that are used to preserve jam and jellies. [2]
- (x) Reshma and Rahul are twins studying in class nine and doing similar activities. [2]
Should their meal plan be different? Justify your answer.

SECTION B

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

Question 3

Canning is a very effective long-term method of preservation for various types of foods.

- (i) Write a note on canning of food. [5]
- (ii) What is food preservation? Enumerate *four* principles of food preservation. [5]
- (iii) List the information gained by a consumer reading the label on a can of pineapple juice. (*Any five points*) [5]

Question 4

- (i) The sense perception as well as psychological aspects of human personality affect the meal plan for the family. How do the following factors affect meal plan? [10]
 - (a) Palatability
 - (b) Stress
 - (c) Traditional and culture of the family
 - (d) Food fads
- (ii) List *any five* ways of incorporating good food habits during childhood. [5]

Question 5

- (i) List *any five* advantages of a well planned kitchen. [5]
- (ii) Briefly explain *any five* points of a preparation centre in a kitchen. [5]
- (iii) List *any five* factors to be considered while planning the kitchen floor and ceiling. [5]

Question 6

- (i) State *five* factors to be considered while setting an informal table arrangement for friends invited for dinner. [5]
- (ii) Explain *any five* factors that cause spoilage of food. [5]
- (iii) List *five* factors to be considered while cleaning and maintaining plasticware in the kitchen. [5]

Question 7

- (i) Recommend *five* changes in the diet to recover quickly from fever. [5]
- (ii) Give *any five* ways of storing food in the refrigerator for short term preservation. [5]
- (iii) List *any five* safety precautions to be taken while using and cleaning a pressure cooker. [5]

Question 8

- (i) Write notes on the following: [5]
 - (a) Lighting in the kitchen
 - (b) Two-wall kitchen layout
- (ii) High protein foods are often perishable and need appropriate storage. How can one store the following to extend shelf life? [5]
 - (a) Meat
 - (b) Eggs
- (iii) Briefly describe *five* ways of incorporating liquid and soft diet during illness for the early recovery of the patient. [5]