

**ICSE SEMESTER 1 EXAMINATION**  
**SPECIMEN QUESTION PAPER**  
**COOKERY**

---

*Maximum Marks: 50*

*Time allowed: One hour (inclusive of reading time)*

**ALL QUESTIONS ARE COMPULSORY.**

*The marks intended for questions are given in brackets [ ].*

---

**Select the correct option for each of the following questions.**

---

**Question 1**

While preparing to store under refrigeration, spinach should not be: [1]

1. Cleaned
2. Washed
3. Wrapped in cloth or paper
4. Placed in a box

**Question 2**

Which of the following is a disadvantage of a packed product? [1]

1. Long shelf life
2. Fortification with nutrients
3. High price
4. Ample variety

**Question 3**

Which of the following must be taken during fever and diarrhoea to prevent dehydration? [1]

1. Green tea
2. Strong coffee
3. Broccoli soup
4. Lemon water with sugar and salt

**Question 4**

Which of the following is best suited if one has good knowledge of food groups? [1]

1. Plan balanced meals for family members
  2. Decide the quantity of food to be cooked
  3. Serve guests with delicious meals
  4. Achieve none of these
-

**Question 5**

What do undamaged and free flowing grains of rice indicate from the following options? [1]

1. Good quality rice, fit for consumption
2. Sufficient quantity of rice for cooking
3. Infestation in rice
4. Freshly harvested rice

**Question 6**

Which of the following beverages can be included in a clear fluid diet? [1]

1. Coconut water
2. Coffee with little milk
3. Tomato soup
4. Diluted milk

**Question 7**

Which of the following options is considered best to quickly make an extra dish to accommodate an unexpected guest for a meal? [1]

1. Usage of leftover of previous meals and make interesting dish
2. Start cooking all over again
3. Make sweets and savouries
4. Family members eat less and serve a small portion to the guest

**Question 8**

Which of the following types of milk will be spoilt first if stored at room temperature? [1]

1. Pasteurized
2. Tetra packed
3. UHT pasteurized
4. Unpasteurized

**Question 9**

Which of the following options is a good practice while storing eggs in refrigerator? [1]

1. Wash eggs and store them covered
2. Don't wash but store covered
3. Wash but store uncovered
4. Don't wash and store uncovered

**Question 10**

Which among the following may be left behind while picking and cleaning wheat? [1]

1. Stones
2. Husk
3. Spoiled grains
4. Smaller grain of wheat

**Question 11**

Which among the following is not a convenience food? [1]

1. Frozen mango pulp
2. Fresh extracted mango pulp
3. Canned mango pulp
4. Mango juice in tetra pack

**Question 12**

Convenience foods are popular, though expensive because they: [1]

1. Available round the year
2. Saves time and energy
3. Easy to store
4. All of these

**Question 13**

Which of the following foods should be included in the diet of a diabetic person? [1]

1. Full fat milk
2. Simple carbohydrates
3. Complex carbohydrates
4. Compound proteins

**Question 14**

Which of the following diets must be considered for a cashier at a bank owing to the nature of his profession? [1]

1. High in calorie low in nutrition
2. Low in calorie, low in nutrients
3. Low in calorie, high in nutrition
4. High in calorie, high in nutrition

**Question 15**

To avoid spoilage for 2-3 days after purchase carrots and lemons should be: [1]

1. Frozen
2. Dried
3. Pickled
4. Refrigerated

**Question 16**

Which among the following may be recommended as an extra intake of protein for a pregnant woman? [1]

1. 300 grams
2. 60 grams
3. 30 grams
4. 6 grams

**Question 17**

Which of the following is an example of semi perishable foods? [1]

1. Papaya
2. Coffee beans
3. Wheat flour
4. Oil

**Question 18**

Which of the following occurs if there is sufficient intake of water during old age? [1]

1. Reduces chances of vomiting
2. Reduces chances of constipation
3. Reduces occurrence of infections
4. Reduces immunity

**Question 19**

To ensure a satisfactory growth of bones, the diet of an adolescent must have sufficient: [1]

1. Vitamin C and magnesium
2. Vitamin D and calcium
3. Vitamin A and carrots
4. Vitamin E and vitamin B

**Question 20**

Which of the following provides an assurance for quality of the jam to the buyer? [1]

1. Nutritional fact
2. MRP
3. Brand name
4. FSSAI mark

**Question 21**

Which among the following is the best option while storing raw meat in the refrigerator? [1]

1. Store along with cooked meat
2. Store on the topmost shelf
3. Store on the bottom shelf
4. Store it uncovered and unwrapped

**Question 22**

At the age of 15, requirement of iron in the diet: [1]

1. Is more for girls
2. Is more for boys
3. Is same for both
4. Depends on the activities they do irrespective of gender

**Question 23**

Which of the following diets is recommended for a person suffering from very high blood pressure? [1]

1. Vegetarian
2. Non- vegetarian
3. Vegetarian with high fat milk
4. Non vegetarian with lots of salad

**Question 24**

Which of the following is a unique advantage of shopping from street markets? [1]

1. Get Home delivery
2. Get Credit facility
3. Get to Bargain
4. Get company of neighbours while shopping

**Question 25**

Which of the following influences food preferences of an individual? [1]

1. Texture of the food
2. Appearance of the food
3. Family traditions and culture
4. Aroma of the food

**Question 26**

Which among the following can best substitute gooseberries as cheaper a source of vitamin C? [1]

1. Guavas
2. Oranges
3. Pineapple
4. Lemon

**Question 27**

Which of the following options determines the nutritional requirement of an individual?

1. Age and gender
2. Education [1]
3. Schedule
4. Social engagements

**Question 28**

Which among the following options is an objective of planning meals? [1]

1. Serve guests with appetizing meals in limited budget
2. Serve quick meals and save money
3. Serve large number of people in small budget
4. Serve nutritious meals within given budget

**Question 29**

Soft diet is an example of a modified diet with change in food with respect to its: [1]

1. Taste
2. Consistency
3. Time interval
4. Calorie content

**Question 30**

To serve nutritious and appetizing meals within a family's food budget, which of the following options must be kept in mind? [1]

1. Buy small quantity of expensive food
2. Buy large quantity of cheaper food
3. Substitute expensive food with cheaper food with similar nutrients
4. Buy foods, which everyone likes.

**Question 31**

Which of the following is best suited for storage of Salt and sugar? [1]

1. Plastic container
2. Glass bottles
3. Airtight container
4. Metal box

**Question 32**

Which of the following foods must be included in the meal plan during winter? [1]

1. Dehydrating
2. Energy giving
3. Rehydrating
4. Energy consuming

**Question 33**

Which of the following Indicates that the fish is fresh? [1]

1. Has dull gills and sinks in water
2. Has dull gills and floats in water
3. Has bright gills and floats in water
4. Has bright gills and sinks in water

**Question 34**

Mangoes should be included in the meals during summer because, they are: [1]

1. Easily available
2. Cheaper during summer and provide variety
3. High in nutrients
4. All of the above

**Question 35**

Eggs should always be stored:

[1]

1. In the rack with broad end pointing downward
2. In the rack, narrow end pointing downward
3. In the rack, sides facing down.
4. Without rack pointing upward.

**Question 36**

Match the types of food listed in Column I with the criterion of classification listed in Column II.

[1]

**Column - I****Column - II**

- |                           |                                       |
|---------------------------|---------------------------------------|
| (a) Non-Perishable foods  | (i) shelf life of 2-4 weeks           |
| (b) Semi perishable foods | (ii) shelf life of 2-4 days           |
| (c) Perishable foods      | (iii) shelf life of 6 months and more |

Select the correct option:

1. (a)-(ii), (b)-(i), (c)-(iii)
2. (a)-(i), (b)-(iii), (c)-(ii)
3. (a)-(iii), (b)-(i), (c)-(ii)
4. (a)-(ii), (b)-(iii), (c)-(i)

**Question 37**

Which of the following is an advantage of a retail shop over a supermarket?

[1]

1. It is generally located closer to the house
2. It offers credit facility
3. Small quantity is available
4. Home delivery is available

**Question 38**

Which of the following nutrients should be included in the diet of an anaemic person?

[1]

1. Sodium and potassium
2. Iodine and vitamin C
3. Iron and vitamin B
4. Zinc and vitamin B

**Question 39**

Which of the following options should be considered while planning meals for Diwali? [1]

1. Nutritional requirement of family
2. Cultural and religious practices of the family
3. Calorie content of the food
4. Composition of the family

**Question 40**

Which of the following options is best suited to store bananas? [1]

1. Base cabinets in the kitchen
2. Cool and dry place
3. Refrigerator
4. Hot and humid place

**Question 41**

What does the rough shell of the egg indicate?

1. Stale egg
2. Broken egg [1]
3. Fresh egg
4. Spoiled egg

**Question 42**

An old lady in the neighbourhood has high blood pressure coupled with swelling in the legs (oedema). What should be her first remedial dietary measure? [1]

1. Restrict salt in the diet
2. consume low fat diet
3. Reduce intake of sweets
4. consume foods rich in dietary fibre

**Question 43**

A severe deficiency of which mineral among the following can result in goiter for mother during pregnancy? [1]

1. Iron
2. Iodine
3. Sodium
4. Potassium

**Question 44**

Match the age listed in Column – I with the characteristic feature of the meal plan listed in [1]

Column – II:

**Column - I**

- (a) Preschool child
- (b) School going child
- (c) Adolescent

**Column - II**

- (i) packed with calorie and nutrients
- (ii) small frequent meals
- (iii) dinner is most important meal

Select the **correct** option:

- 1. (a)-(iii), (b)- (ii), (c)-(i)
- 2. (a)-(ii), (b)- (iii), (c)-(i)
- 3. (a)-(i), (b)- (ii), (c)-(iii)
- 4. (a)-(iii), (b)- (i), (c)-(ii)

**Question 45**

The diet of a person suffering from hypertension should be low in \_\_\_\_\_. [1]

- 1. Potassium
- 2. Iron
- 3. Magnesium
- 4. Sodium

**Question 46**

With respect to a preschool child, which of the following statement is false? [1]

- 1. Food served should be bite size
- 2. Meal time should be pleasant
- 3. Food should be nutritious irrespective of the likes and dislikes of the child
- 4. Some favourite food should be included in the meal

**Question 47**

One of the objectives of planning meals is to consider space and condition of storage of food. With respect to this which of the following statement is true? [1]

- 1. This helps to decide quantity of food to be purchased
- 2. This can be used as guide to buy kitchen equipment
- 3. It helps in optimising storage space in the kitchen
- 4. It makes the kitchen look clean and tidy

**Question 48**

Using Fresh peas during winter will be cheaper than using frozen or canned peas. [1]

1. True
2. False

**Question 49**

People suffering from diabetes must avoid consuming fruit juices. [1]

1. True
2. False

**Question 50**

Old people should have high calorie diet rich in nutrients. [1]

1. True
2. False