
COOKERY

(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 (40 Marks)

*Attempt **all** questions from this Section*

Question 1

Give a suitable reason for each of the following:

- (a) Overcooking of food is harmful. [2]
- (b) In food preservation, the principle of high temperature is utilized. [2]
- (c) Adolescents in the family need more food than adults. [2]
- (d) The use of raw vegetables is necessary in a balanced meal. [2]
- (e) The size of the kitchen is not as important as the work areas that need to be grouped. [2]

Question 2

- (a) Define the term *food*. [2]
- (b) State *two ways* by which food can appeal to the senses. [2]
- (c) *The colour of vegetables and fruits is related to a basic medium present in them. Explain:*
 - (i) The white or yellow colour in vegetables and fruits.
 - (ii) The red-purple colour in vegetables and fruits. [2]
- (d) *The standard of public health depends on refuse cleaning. State two examples each of the following:*
 - (i) Kitchen garbage
 - (ii) Dry refuse [2]
- (e) What are the disadvantages of packed food? [2]

Question 3

- (a) How can one avoid the wastage of served food? [2]
- (b) State *two* ways by which food can be made free of bacteria. [2]
- (c) State *two* important principles of cooking food.
Give *one* example of each. [2]
- (d) State *two* factors to be kept in mind while boiling vegetables. [2]
- (e) Differentiate between perishable and nonperishable food with one example each. [2]

Question 4

- (a) *One step in the method of food preparation is blanching.*
Give two reasons for its use. [2]
- (b) State any *two* advantages of steamed food. [2]
- (c) Name *two* major work areas in the kitchen. [2]
- (d) Shop keepers sometimes hoard commodities.
How does this affect a consumer? [2]
- (e) Name *two* eating disorders found in adolescents. [2]

SECTION B (60 Marks)

Attempt any four questions from this Section

Question 5

Foods need to be selected and purchased on the basis of storage capacity in the house.

- (a) Define convenience food and state a few examples as we classify them in our kitchen. [5]
- (b) *Semi-perishable foods include processed cereals and pulse products.*
Give examples to show how the shelf life will vary for these foods. [5]
- (c) *Perishable foods have a short life span.* Name any *four* perishable foods.
Explain the enzyme and chemical changes that take place in any one perishable food. [5]

Question 6

Kitchen layout and planning is as important as the rest of the house.

- (a) Explain the factors that need to be considered for the location of work centers in a kitchen. [5]
- (b) State the important factors for the following in a well-planned kitchen:
 - (i) An airy, well lit and ventilated space.
 - (ii) A good floor, ceiling and wall. [5]
- (c) Account for the importance of sink in the kitchen. [5]

Question 7

It is a good practice to save surplus food for future use.

- (a) Define food preservation. Explain it with the help of *four* examples. [5]
- (b) Discuss how drying of food helps in arresting food spoilage.
How effective is the new method of radiation in food preservation? [5]
- (c) Explain the effectiveness of refrigeration as a method of preserving food. [5]

Question 8

- (a) What happens when germination of food takes place?
How does sprouting change the texture of starch present in grains? [5]
- (b) *Cereals and millets are the staple foods in India.* Explain their importance in the daily diet. [5]
- (c) *Food must satisfy certain emotional needs to keep a family happy.* What are these needs, how can they be expressed through the sharing of food? [5]

Question 9

Some families have limited funds to spend on food while a few others have a greater amount. In this context, explain the importance of the following:

- (a) Awareness of available options while buying food is essential for home makers. [5]
- (b) Taking advantage of an abundant supply of foods is a wise step while buying food for a family. [5]
- (c) It is the individual consumer whose income affects the purchase of food. [5]

Question 10

At every stage of life, nutrition plays a very important role.

In this context, explain:-

- (a) The important points for the development of food habits of the pre-school child. [5]
- (b) Adolescents require an adequate intake of calcium, iron and iodine in their diet. [5]
- (c) The intake of high-calorie food in old age needs to be restricted. [5]