
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

- (a) List two factors to be considered while storing semi perishable food. [2]
- (b) What does FPO stand for? Name two food items sold under this mark. [2]
- (c) Why should convenient foods be used sparingly? [2]
- (d) Name four household pests that pollute food. [2]
- (e) Define the term 'food fads'. [2]

Question 2

- (a) Name two metals commonly used for making stirring equipment. [2]
- (b) List two features to be considered while purchasing glassware. [2]
- (c) Define Therapeutic diet. [2]
- (d) Name any four household methods of food preservation. [2]
- (e) List any four materials used for making microwave-proof cookware. [2]

This Paper consists of 3 printed pages and 1 blank page.

Question 3

- (a) What factors should be kept in mind while purchasing food in bulk? [2]
- (b) Name any four diseases caused due to the use of contaminated water in the kitchen. [2]
- (c) Why should attractive meals be served to sick people? [2]
- (d) Which type of kitchen layout is best suited for small houses? [2]
- (e) Why is good ventilation important in the kitchen? [2]

Question 4

Give any two reasons for each of the following statements.

- (a) School going children should be given a good breakfast. [2]
- (b) Convenient foods are helpful on a rainy day. [2]
- (c) Stainless steel utensils are given a copper bottom finish. [2]
- (d) Milk powder and jam have a longer shelf-life. [2]
- (e) Steamed foods should be given to patients. [2]

SECTION B (60 Marks)

*Attempt any **four** questions from this Section.*

Question 5

- (a) State the importance of preservation of food. [5]
- (b) Explain the following methods of food preservation with their principles: [5]
 - (i) Refrigeration
 - (ii) Dehydration.
- (c) Describe the preparation of orange squash at home using a chemical preservative. [5]

Question 6

- (a) State any five factors that decide the selection of food. [5]
- (b) List the advantages of seasonal fruits and vegetables. [5]
Name any two fruits which are available during summer.
- (c) How would one select and store cereals and pulses? [5]

Question 7

- (a) Describe the work triangle in a *U-shaped* kitchen. [5]
- (b) State the factors to be considered when planning the lighting and flooring of the kitchen. [5]
- (c) List the features of the work surface and storage counters used in a kitchen. [5]

Question 8

- (a) Describe *any five* objectives of meal planning. [5]
- (b) Why is there a need for special consideration while planning a meal for a pre-school child? [5]
- (c) Enumerate *any five* factors to be considered while planning meals for a patient suffering from fever. [5]

Question 9

- (a) Describe the importance of personal hygiene in the kitchen. [5]
- (b) How can food borne infectious diseases be prevented? [5]
- (c) List *any five* ways to keep the kitchen free from insects. [5]

Question 10

Write short notes on:

- (a) Disadvantages of a microwave oven. [5]
- (b) Selection and care of a pressure cooker. [5]
- (c) Selection and purchase of a refrigerator. [5]