
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) Suggest a cheaper substitute for the following [2]
- (i) meat
- (ii) apple
- (b) What do you understand by stretchability of money? [2]
- (c) Name any two illnesses in which a liquid diet is prescribed. [2]
- (d) Differentiate between long term preservation and short term preservation. [2]
- (e) What does AGMARK stand for? [2]
- Give two examples of products having this mark.

Question 2

Give reasons for your answer:

- (a) Minced meat spoils rapidly. [2]
- (b) When buying a kitchen gadget, it is important to have it checked by the salesman. [2]

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- (c) Seasonal foods should be included in the daily meal plans. [2]
- (d) Leafy vegetables should not be frozen. [2]
- (e) Ghee and oil should be stored in air-tight containers. [2]

Question 3

- (a) Why is diarrhoea caused? Give two reasons. [2]
- (b) Mention two methods used to preserve fish. [2]
- (c) What care should be taken while spraying insecticide or pesticide in the kitchen? [2]
- (d) Mention two safety measures that should be employed while using a microwave oven. [2]
- (e) List two ways of storing non perishable foods. [2]

Question 4

- (a) Name two low cost foods that are useful in curing anaemia. [2]
- (b) What is meant by a 'Cover' in table setting? [2]
- (c) Mention the two types of fixtures commonly used in modular kitchens. [2]
- (d) Why are wooden spoons considered best for stirring while cooking? [2]
- (e) List two ways to keep the kitchen drains clog free. [2]

SECTION B (60 Marks)

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

Question 5

- (a) Enumerate the objective of Diet Therapy. [5]
- (b) How should a diet be modified to control diabetes? [5]
- (c) Explain the placement of work centers in a kitchen. [5]

Question 6

- (a) How does food budget affect meal planning? [5]

What foods should be included to make a low cost diet more nutritious?

- (b) Why is mother's milk considered a healthier and hygienic option for an infant? [5]

- (c) Differentiate between food borne infections and food poisoning. [5]

What are the main causes of food poisoning?

Question 7

- (a) Explain the precautions to be taken while using a pressure cooker. [5]

- (b) What are the advantages and disadvantages of using non-stick cookware? [5]

- (c) Discuss the various cutting devices used in the kitchen. [5]

Question 8

Describe the following methods of food preservation:

- (a) Canning [5]

- (b) Pickling [5]

- (c) In what different ways can economy be practiced in buying food? [5]

Question 9

- (a) How is cutlery arranged for a formal lunch? [5]

- (b) How can you keep the kitchen neat and clean throughout the year? [5]

- (c) How will you plan meals for special occasions? [5]

Question 10

- (a) Give any five recommendations for an adolescent diet with suitable reasons. [5]

- (b) How should meat and meat products be stored? [5]

- (c) Why is the modular kitchen considered better than traditional kitchen layouts? [5]