

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) Explain the importance of maintaining personal hygiene in the kitchen. [2]
- (b) State any two ways of accommodating an unexpected guest for a meal at home. [2]
- (c) Explain why it is important to use uncontaminated water in the kitchen. [2]
- (d) List any four perishable foods. [2]
- (e) Give any four examples of dehydrated foods. [2]

Question 2

- (a) List two advantages of a buffet service. [2]
- (b) The preschool stage is the right age to inculcate good eating habits. Suggest any two ways of doing so. [2]
- (c) Why should the likes and dislikes of a patient be kept in mind while serving food during recovery from an illness? [2]
- (d) List two advantages of one wall kitchen layout. [2]
- (e) List two pest control measures for rodents. [2]

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Question 3

- (a) Name two foods which are rich sources of minerals, yet cheaply available. [2]
- (b) Name any two fruit which are commonly used for making pickles. [2]
- (c) List any two measures to keep the kitchen sink clean and unclogged. [2]
- (d) Write two precautionary measures to be taken regarding the flooring to ensure safety in the kitchen. [2]
- (e) List any two precautions to be taken for maintenance of Nonstick cookware. [2]

Question 4

- (a) Describe two ways in which diet can be modified to be used as a therapy. [2]
- (b) A meal plan needs to accommodate the traditional and cultural habits of the family. Explain with an example. [2]
- (c) Name any two considerations to be kept in mind while planning the kitchen walls. [2]
- (d) State any two safety precautions to be kept in mind while using a pressure cooker. [2]
- (e) Suggest any two guidelines for placement of cutlery while setting the table. [2]

SECTION B (60 Marks)

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

Question 5

- (a) What are the factors to be considered while planning a kitchen? [5]
- (b) Explain the different methods of work simplification techniques. [5]
- (c) How can you avoid fatigue in the kitchen? [5]

Question 6

- (a) Describe the importance and care of the dustbins used in the kitchen. [5]
- (b) List five preventive or curative measures for controlling infestation of the following pests in the kitchen. [5]
 - (i) Cockroach
 - (ii) Ant
- (c) How can the kitchen be kept clean throughout the year? [5]

Question 7

- (a) Name any two metals used for making cooking utensils. List an advantage and a disadvantage of using each of these metals. [5]
- (b) How shall one take care of a microwave oven? List three factors to be kept in mind while choosing microwave proof cookware. [5]
- (c) Enumerate five ways to take care of the plastic-ware used in the kitchen. [5]

Question 8

- (a) Explain any five causes of food spoilage. [5]
- (b) How should one store fruits and vegetables which are freshly harvested from a garden? [5]
- (c) Write a short note on canning. [5]

Question 9

- (a) What are the advantages of preserving food? [5]
- (b) Explain the psychological aspects of meal planning. [5]
- (c) Name the five food groups and discuss the nutritional contribution of each group. [5]

Question 10

State the factors to be kept in mind while planning meals for:

- (a) A diabetic person. [5]
- (b) Senior citizens [5]
- (c) Person suffering from diarrhea. [5]