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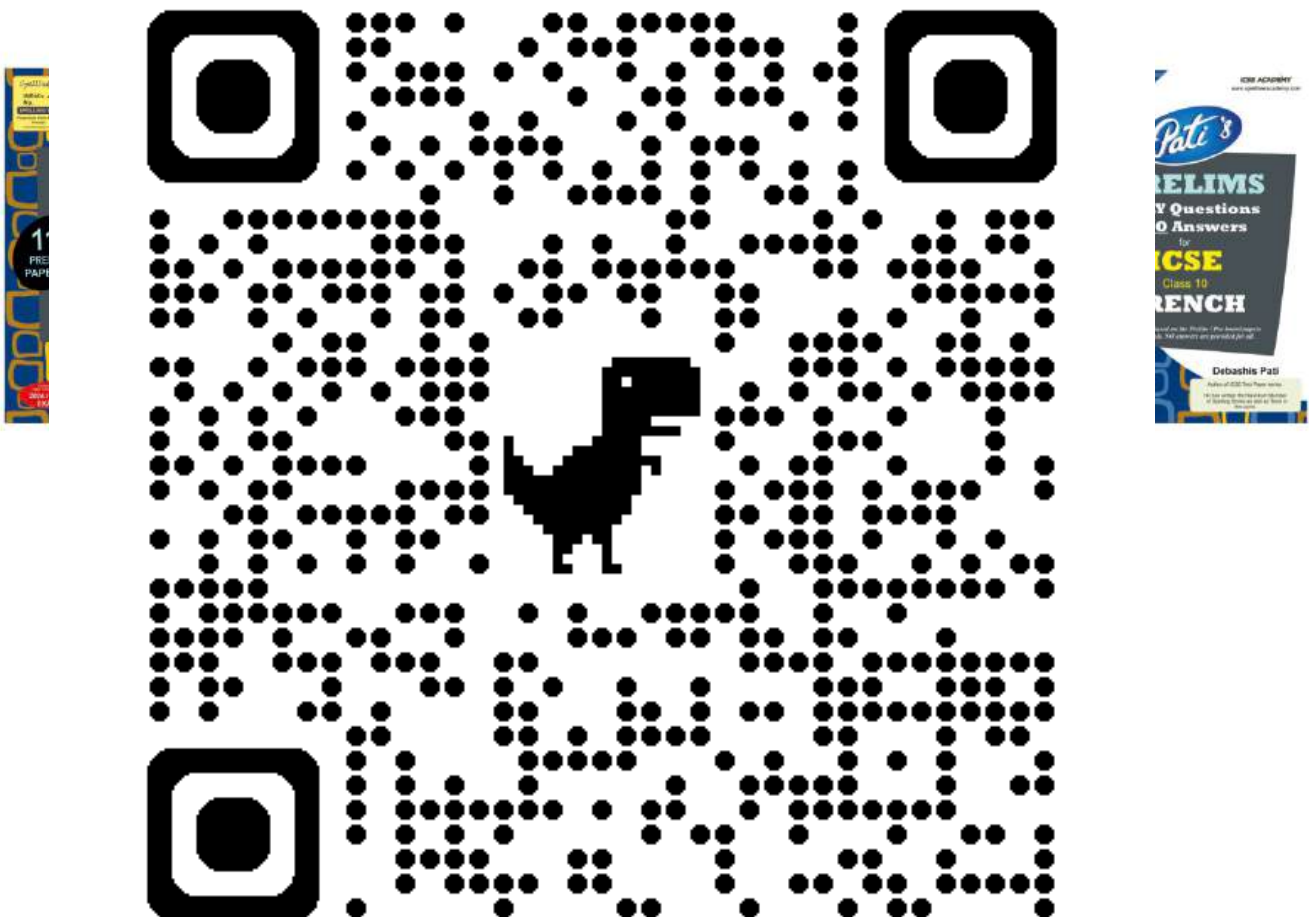
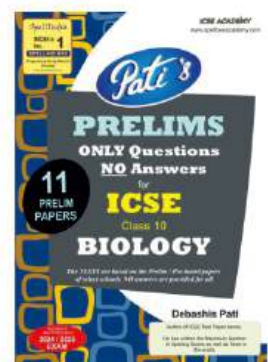
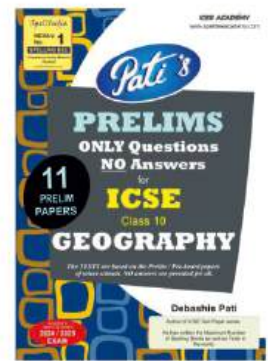
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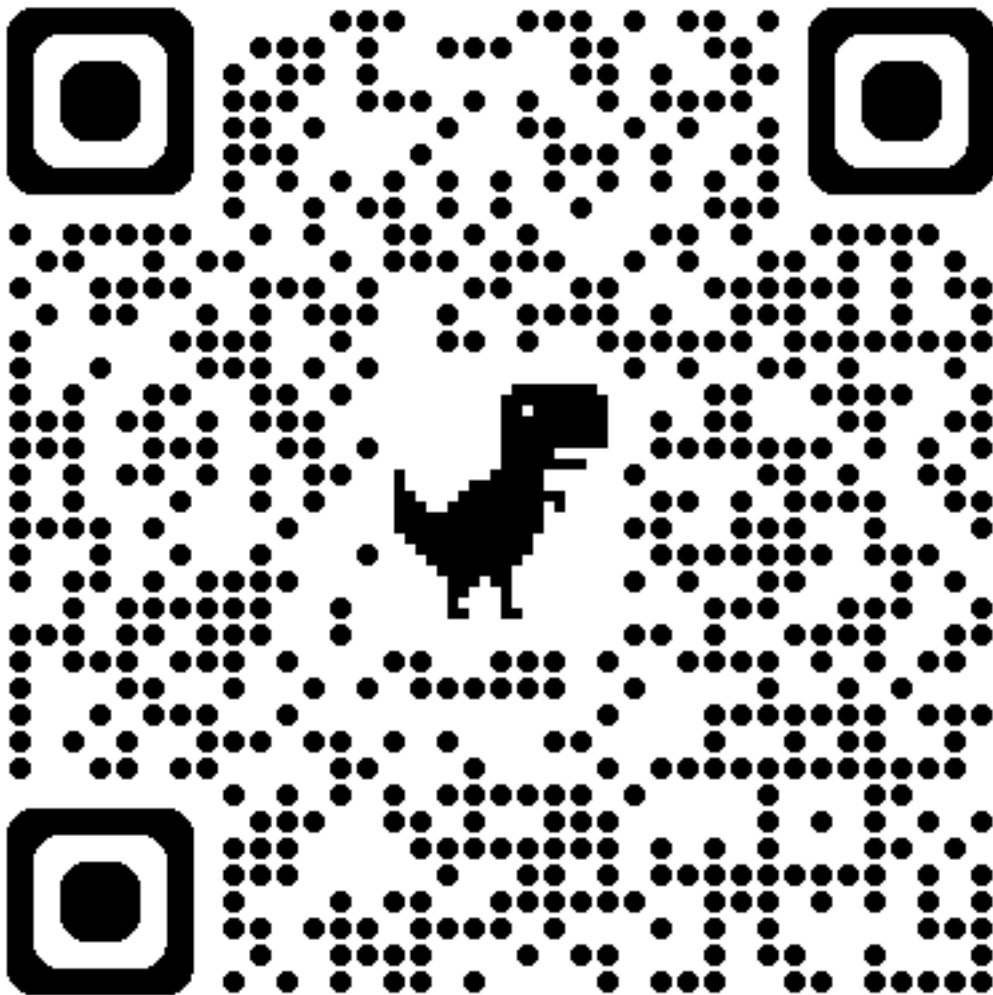
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Note : This is a CISCE question set.

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	<i>Answer Key</i>	19-26



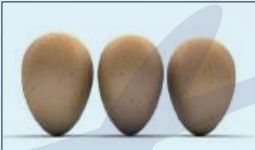

I: Multiple Choice Questions (1 Mark)



S No.	Questions
1.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>Use of convenience foods in moderation can:</p> <ul style="list-style-type: none"> (i) help balance the diet. (ii) Be expensive and exceed budget. (iii) help in emergencies. (iv) provide variety. <p>Choose the correct answer from the following.</p> <ul style="list-style-type: none"> (a) (i), (ii) and (iii) (b) (ii), (iii) and (iv) (c) (iii) and (iv) (d) (i) and (iii) <p style="text-align: right;">[Understanding]</p>
2.	<p><i>[Kitchen Hygiene]</i></p> <p>The use of glue traps is more popular and effective for eliminating:</p> <ul style="list-style-type: none"> (a) ants and lizards. (b) lizards and rats. (c) rats and mosquitoes. (d) mosquitoes and ants. <p style="text-align: right;">[Recall]</p>
3.	<p><i>[Kitchen Hygiene]</i></p> <p>An environmentally friendly, non-residual option for disposing of oil left after multiple frying will be:</p> <ul style="list-style-type: none"> (a) drain it through the sink. (b) pour in a garbage bin. (c) flush it through the toilet pot. (d) use it (as fuel) for lighting a wick lamp. (<i>Diya</i>) <p style="text-align: right;">[Application]</p>

S No.	Questions
4	<p><i>[Food Preservation and Storage]</i></p> <p>Sometimes, coloured feathery spots develop on the stale bread due to the growth of:</p> <p>(a) lactobacilli (b) yeast (c) mold (d) bacteria</p> <p style="text-align: right;">[Application]</p>
5.	<p><i>[Food Preservation and Storage]</i></p> <p>Which of the following is an example of food preserved by adding large quantities of sugar?</p> <p>(a) Pineapple squash (b) Canned pineapple (c) Pineapple sheera (d) Pina colada</p> <p style="text-align: right;">[Recall]</p>
6.	<p><i>[Food Preservation and Storage]</i></p> <p>Sodium benzoate (benzoic acid), when added to mix fruit jam, will:</p> <p>(a) improve its shelf life. (b) ensure that it sets firmly. (c) prevent discolouration. (d) enhance the fruity flavour.</p> <p style="text-align: right;">[Understanding]</p>
7.	<p><i>[Kitchen Equipment]</i></p> <p>The factor that differentiates a formal table setting from an informal table setting within a glance is:</p> <p>(a) water glass placed above the centre plate. (b) the forks on the right of the plate. (c) the number of flatware and glasses on the table. (d) the spoons on the left of the plate.</p> <p style="text-align: right;">[Analysis]</p>
8.	<p><i>[Kitchen Equipment]</i></p> <p>Arrange the following products according to their shelf life at room temperature from maximum to minimum. <i>tomato ketchup, custard apple, biscuits, potatoes.</i></p> <p>(a) potatoes, custard apple, biscuits, tomato ketchup. (b) biscuits, tomato ketchup, potatoes, custard apple. (c) custard apple, potatoes, tomato ketchup, biscuits. (d) biscuits, potatoes, tomato ketchup, custard apple.</p> <p style="text-align: right;">[Understanding & Analysis]</p>
9.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>The food group that forms the bulk of the diet while providing some fibres is:</p> <p>(a) cereal and millet. (b) milk and milk products. (c) fruits and vegetables. (d) fats and sugars.</p> <p style="text-align: right;">[Recall]</p>

S No.	Questions
10.	<p><i>[Therapeutic Diets and Planning Meals]</i></p> <p>A long-term and sustainable weight management program for obesity, which is caused by genetic or metabolic disorders, is:</p> <p>(a) A strict long-term diet plan (b) Following the latest diet and exercise trends (c) Intense workout regime (d) A suitable diet and an exercise regime combined with good meal patterns.</p> <p style="text-align: right;">[Application]</p>
11.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>The integral factor of the food that determines the perishability of a food product is:</p> <p>(a) starch content. (b) exposure to sunlight. (c) temperature of storage. (d) moisture content.</p> <p style="text-align: right;">[Recall]</p>
12.	<p><i>[Kitchen Planning]</i></p> <p>Granite is a suitable material for making kitchen counters because it is:</p> <p>(a) available in black colour. (b) heat resistant. (c) lightweight and easy to mount. (d) good conductor of heat.</p> <p style="text-align: right;">[Application]</p>
13.	<p><i>[Kitchen Planning]</i></p> <p>Which of the following options should be employed to maintain a pleasant working atmosphere in the kitchen in the absence of a chimney and an exhaust fan?</p> <p>(a) Make doors or windows on two different walls. (b) Make a tall window from ceiling to floor. (c) Make doors and windows on the same wall. (d) Make the windows higher up toward the ceiling for hot air to escape.</p> <p style="text-align: right;">[Understanding & Analysis]</p>
14.	<p><i>[Kitchen Equipment]</i></p> <p>The plasticware suitable for storing and serving food are those which are:</p> <p>(a) hard enough to hold food for longer. (b) made of food-grade plastic. (c) ovenproof. (d) lightweight and easy to carry.</p> <p style="text-align: right;">[Recall]</p>
15.	<p><i>[Kitchen Equipment]</i></p> <p>After use, the serving equipment made of _____ needs to be washed, dried, polished and then wrapped before storing in a safe place.</p> <p>(a) Glass (b) Steel (c) Silver (d) Aluminium</p>

S No.	Questions				
16.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>When stored in bulk, it requires periodical exposure to the sun, especially after the monsoon, to prevent spoilage. What is this item?</p> <p>(a) Sunflower oil (b) Salt (c) Rice (d) Sugar</p> <p style="text-align: right;">[Application & Recall]</p>				
17.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>Identify the correct relationship among the words given below.</p> <table border="1" data-bbox="316 840 842 943"> <tr> <td>Food cost</td> <td>Food budget</td> <td>Seasonal food</td> </tr> </table> <p>(a) Low food budget, more seasonal food, reduced food cost. (b) More seasonal food, increased food cost, does not affect food budget. (c) Seasonal foods are not related to food cost and budget. (d) Lower the food budget, higher the food cost, less use of seasonal food.</p> <p style="text-align: right;">[Understanding & Analysis]</p>	Food cost	Food budget	Seasonal food	
Food cost	Food budget	Seasonal food			
18.	<p><i>[Kitchen Equipment]</i></p> <table border="1" data-bbox="316 1220 1098 1323"> <tr> <td>Microwave</td> <td>glassware</td> <td>microwaveable plastic</td> <td>?</td> </tr> </table> <p>The equipment that belongs to the above group in the last column is:</p> <p>(a) wooden tray. (b) ceramic bowl. (c) steel bowl. (d) silver glass.</p> <p style="text-align: right;">[Understanding & Analysis]</p>	Microwave	glassware	microwaveable plastic	?
Microwave	glassware	microwaveable plastic	?		

S No.	Questions
<p>19.</p>	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>The following picture shows the correct position in which an egg should be stored for better shelf life.</p> <p>(a) </p> <p>(b) </p> <p>(c) </p> <p>(d) </p> <p>[Understanding & Recall]</p>
<p>20.</p>	<p><i>[Therapeutic Diets and Planning Meals]</i></p> <p>The calorie requirement for _____ will be quite similar.</p> <p>(a) a girl and boy of the same age. (b) an older girl and a younger boy. (c) two girls of the same age. (d) an older boy and a younger girl.</p> <p>[Understanding]</p>


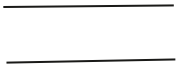


S No.	Questions
<p>21.</p>	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p>  <p>The picture here depicts a method of preservation. Which of the following is preserved by the same method?</p> <p>(a) Pickles (b) <i>Papad</i> (c) Milk (d) Banana wafers</p> <p style="text-align: right;">[Application]</p>
<p>22.</p>	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p>  <p>The picture represents:</p> <p>(a) balanced diet. (b) ICMR five food groups. (c) meal plan for a toddler. (d) good eating habits.</p> <p style="text-align: right;">[Ana]</p>

S No.	Questions
<p>Read the line given below and answer the questions from 23-25: Light, oxygen, heat, humidity, moisture, temperature, and bacteria can all affect both the safety and quality of perishable food.</p>	
<p>23.</p>	<p><i>[Food Preservation and Storage]</i> Almonds, onions, bananas, and rice can all be spoiled by these factors. Determine the correct order of the rate at which the above factors will affect the following products at room temperature.</p> <p>(a) Banana, rice, almonds, onions. (b) Onions, banana, almonds, rice. (c) Almond, onions, rice, banana. (d) Banana, onions, almonds, rice.</p> <p style="text-align: right;">[Analysis & Evaluation]</p>
<p>24.</p>	<p><i>[Food Preservation and Storage]</i> Identify the combination of the factors that accelerate the spoilage of cottage cheese.</p> <p>(a) Oxygen and humidity. (b) Temperature and moisture. (c) Light and bacteria. (d) Light and oxygen.</p> <p style="text-align: right;">[Application]</p>
<p>25.</p>	<p><i>[Food Preservation and Storage]</i> ‘Store in a cool and dry place’ implies that the product can be easily spoiled due to:</p> <p>(a) light and heat. (b) heat and temperature. (c) temperature and moisture. (d) bacteria and oxygen.</p> <p style="text-align: right;">[Application]</p>
<p>26.</p>	<p><i>[Therapeutic Diets and Planning Meals]</i> Aliya’s weight management programme should allow her to _____:</p> <p>(a) skip meals. (b) eat small meals at regular intervals. (c) eat two large meals only. (d) eat heavy breakfast and skip other meals.</p> <p style="text-align: right;">[Application]</p>
<p>27.</p>	<p><i>[Therapeutic Diets and Planning Meals]</i> Choosing high-calorie food, junk food, and binge eating or not eating at all may often be related to _____.</p> <p>(a) hunger. (b) hypertension. (c) stress. (d) physical growth.</p> <p style="text-align: right;">[Recall]</p>


S No.	Questions
28.	<p><i>[Kitchen Planning]</i></p> <p>The walls of the kitchen clad with _____ are easy to clean and look attractive.</p> <p>(a) red colour paint (b) splashboard (c) lime wash (d) ceramic tiles</p> <p style="text-align: right;">[Recall]</p>
29.	<p><i>[Food Preservation and Storage]</i></p> <p>Preserving baked beans in a can uses _____ method of preservation.</p> <p>(a) short-term (b) bacteriostatic (c) bactericidal (d) osmotic dehydration</p> <p style="text-align: right;">[Application]</p>
30.	<p><i>[Food Preservation and Storage]</i></p> <p>_____ is a measure to prevent accidents in the kitchen while working.</p> <p>(a) Keeping the slope of the floor towards the sink (b) Covering sink with a mesh (c) Disposing of cooking oil through the sink (d) Washing knife thoroughly</p> <p style="text-align: right;">[Recall]</p>
31.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>Assertion(A): It is easier to plan meals with convenience foods. Reasoning (R): Most convenience foods come with a Guarantee of quality.</p> <p>(a) Both A and R are true, R is the correct explanation of A. (b) A is true, but R is false. (c) A is false, but R is true. (d) Both A and R are true, but R is not the explanation for A.</p> <p style="text-align: right;">[Understanding]</p>
32.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>Assertion(A): Winter is the time to enjoy all the rich foods. Reasoning (R): During winter, one does not gain weight.</p> <p>(a) Both A and R are true, R is the correct explanation of A. (b) A is true, but R is false. (c) A is false, but R is true. (d) Both A and R are true, but R is not the explanation for A.</p> <p style="text-align: right;">[Recall]</p>


S No.	Questions										
33.	<p><i>[Kitchen Planning]</i></p> <p>Assertion(A): Amita is able to control her food budget. Reasoning (R): Amita has planned her big kitchen well with a lot of storage.</p> <p>(a) Both A and R are true, R is the correct explanation of A. (b) A is true, but R is false. (c) A is false, but R is true. (d) Both A and R are true, but R is not the explanation for A. [Analysis]</p>										
34.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>Assertion(A): Chickpeas are classified as non-perishable food. Reasoning [R]: Chickpeas should be exposed to sunlight before storage.</p> <p>(a) Both A and R are true, R is the correct explanation of A. (b) A is true, but R is false. (c) A is false, but R is true. (d) Both A and R are true, but R is not the explanation for A. [Analysis]</p>										
35.	<p><i>[Kitchen Hygiene]</i></p> <p>Assertion(A): The objective of pest control is to maximise the damage caused due to pests. Reasoning (R): Pest control measures can be implemented only when a pest has entered the house.</p> <p>(a) Both A and R are true, R is the correct explanation of A. (b) A is true, but R is false. (c) A is false, but R is true. (d) Both A and R are false. [Analysis]</p>										
36.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods; Therapeutic Diets and Planning Meals]</i></p> <p>Match the columns given below:</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left; width: 50%;">Column A</th> <th style="text-align: left; width: 50%;">Column B</th> </tr> </thead> <tbody> <tr> <td>i. Fever</td> <td>1. Fruit juice</td> </tr> <tr> <td>ii. Perishable</td> <td>2. Garlic oil</td> </tr> <tr> <td>iii. High Satiety</td> <td>3. Water</td> </tr> <tr> <td>iv. Pest repellent</td> <td>4. Fat</td> </tr> </tbody> </table> <p>(a) i -4, ii-2, iii-1, iv-3 (b) i -2, ii-1, iii-4, iv-3 (c) i - 2, ii-4, iii-1, iv-3 (d) i -3, ii-1, iii -4, iv-2 [Recall]</p>	Column A	Column B	i. Fever	1. Fruit juice	ii. Perishable	2. Garlic oil	iii. High Satiety	3. Water	iv. Pest repellent	4. Fat
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S No.	Questions		
37.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>Match the columns given below:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Column A</p> <p>i. High blood pressure</p> <p>ii. Diarrhoea</p> <p>iii. Anaemia</p> <p>iv. Weak bones</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Column B</p> <p>1. Spinach, beetroot</p> <p>2. More potassium</p> <p>3. ICMR food group 3</p> <p>4. Salt, sugar water</p> </td> </tr> </table> <p>(a) i-2, ii-3, iii-4, iv-1 (b) i-1, ii- 4, iii-2, iv-3 (c) i-2, ii-4, iii-1, iv-3 (d) i-3, ii-2, iii-1, iv-4</p> <p style="text-align: right;">[Application]</p>	<p>Column A</p> <p>i. High blood pressure</p> <p>ii. Diarrhoea</p> <p>iii. Anaemia</p> <p>iv. Weak bones</p>	<p>Column B</p> <p>1. Spinach, beetroot</p> <p>2. More potassium</p> <p>3. ICMR food group 3</p> <p>4. Salt, sugar water</p>
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38.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>Match the columns given below:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Column A</p> <p>i. Milk powder</p> <p>ii. Peas</p> <p>iii Aerated drink</p> <p>iv. Jam</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Column B</p> <p>1. Sodium benzoate</p> <p>2. Dehydration</p> <p>3. Canning</p> <p>4. Freezing</p> </td> </tr> </table> <p>(a) i-3, ii-4, iii-1, iv-2 (b) i-2, ii-4, iii-3, iv-1 (c) i-4, ii-3, iii-1, iv-2 (d) i-1, ii-2, iii-3, iv-4</p> <p style="text-align: right;">[Recall]</p>	<p>Column A</p> <p>i. Milk powder</p> <p>ii. Peas</p> <p>iii Aerated drink</p> <p>iv. Jam</p>	<p>Column B</p> <p>1. Sodium benzoate</p> <p>2. Dehydration</p> <p>3. Canning</p> <p>4. Freezing</p>
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S No.	Questions										
<p>39.</p>	<p><i>[Kitchen Planning]</i></p> <p>Match the kitchen layout with the type of kitchen it is best suited for.</p> <p>i.  1. A passage-like space opens at both ends.</p> <hr/> <p>ii.  2. Very big kitchen.</p> <p>iii.  3. Narrow, rectangle, small kitchen.</p> <p>iv.  4. Rectangle or square medium-sized kitchen</p> <p>(a) i-2, ii-3, iii-4, iv-1 (b) i-4, ii-3, iii-2, iv-1 (c) i-3, ii-1, iii-4, iv-2 (d) i-3, ii-4, iii-2, iv-1</p> <p style="text-align: right;">[Recall]</p>										
<p>40.</p>	<p><i>[Kitchen Equipment]</i></p> <p>Match the kitchen cutlery with their appropriate table positions.</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left;">Column A</th> <th style="text-align: left;">Column B</th> </tr> </thead> <tbody> <tr> <td>i. Soup spoon</td> <td>1. right of the knife</td> </tr> <tr> <td>ii. Fork</td> <td>2. right of the plate</td> </tr> <tr> <td>iii. Dessert spoon</td> <td>3. left of the plate</td> </tr> <tr> <td>iv. Knives</td> <td>4. top of the plate</td> </tr> </tbody> </table> <p>(a) i-1, ii-3, iii-4, iv-2 (b) i-2, ii-1, iii-3, iv-4 (c) i-4, ii-2, iii-3, iv-1 (d) i-1, ii- 4, iii-3, iv-2</p>	Column A	Column B	i. Soup spoon	1. right of the knife	ii. Fork	2. right of the plate	iii. Dessert spoon	3. left of the plate	iv. Knives	4. top of the plate
Column A	Column B										
i. Soup spoon	1. right of the knife										
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iii. Dessert spoon	3. left of the plate										
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II: Short Answer Questions (2 Marks)

S No.	Questions
41.	<p><i>[Kitchen Planning]</i></p> <div style="text-align: center;">  </div> <p>Discuss the suitability of this type of material as the floor of the kitchen.</p> <p style="text-align: right;">[Recall]</p>
<p>Read the line given below and answer the questions 42-44:</p> <p>Ramaya has renovated her kitchen. She has removed many of her old kitchen items, including some large equipment. Ramaya now plans to buy new items required in the kitchen. Help Ramaya make better choices.</p>	
42.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>Ramaya bought a new microwave. Help her with at least <i>two</i> suggestions for selecting suitable microwave cookware.</p> <p style="text-align: right;">[Recall]</p>
43.	<p><i>[Kitchen Equipment]</i></p> <p>Help her identify a good quality paring knife suitable for cutting vegetables.</p> <p style="text-align: right;">[Application]</p>
44.	<p><i>[Kitchen Equipment]</i></p> <p>Ramaya is reluctant to buy glass crockery as it stains and breaks easily. Suggest arguments in favour of glass crockery keeping her specific concerns in mind.</p> <p style="text-align: right;">[Application]</p>

S No.	Questions
45.	<p><i>[Kitchen Hygiene]</i></p>  <p>What inferences can you draw from the above picture? [Analysis]</p>
<p>Read the line given below and answer the questions from 46-48: Nita and Gita are both pregnant. Nita is anaemic and Gita suffers from constipation. Keeping this in mind, answer the following questions.</p>	
46.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>Compare the daily intake of protein and calories recommended for each of them. [Application]</p>
47.	<p><i>[Therapeutic Diets and Planning Meals]</i></p> <p>How can Nita cope with her anaemia through diet? [Recall]</p>
48.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>How can Gita overcome constipation through her diet? [Application]</p>
49.	<p><i>[Therapeutic Diets and Planning Meals]</i></p> <p>Anish is bedridden due to an accident. Suggest an appropriate diet plan for faster recovery without unnecessary weight gain. [Application]</p>
50.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>Give an analysis of the relationship between the food budget and food cost. [Analysis]</p>

S No.	Questions
51.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods; Food Preservation and Storage]</i></p> <p>Chapati (bread) spoils faster in the monsoon. Explain why. [Application]</p>
52.	<p><i>[Kitchen Hygiene]</i></p> <p>Rearrange the following task according to the frequency of their performance, from less frequent to most frequent.</p> <p>(a) Cleaning light and fans in the kitchen (b) Mopping kitchen floor (c) Maintenance of equipment (d) Cleaning racks and shelves [Recall]</p>
53.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods; Food Preservation and Storage]</i></p> <p>Milk and apples can be preserved and enjoyed for a longer time when stored under refrigeration. Why? [Application]</p>
54.	<p><i>[Kitchen Equipment]</i></p> <p>Reema pointed out to her mother that using their old non-stick pan could now be dangerous. Identify the possible cause of the damage and explain at least <i>two</i> reasons for the same. [Application]</p>
55.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p><i>Khichadi</i> and <i>Papad</i> together make an interesting combination. Why? Give another example of a combination related to your explanation. [Recall & Application]</p>
56.	<p><i>[Kitchen Hygiene]</i></p> <p>The purpose of food sanitation practices is only to keep the kitchen clean. Critically analyse the statement. [Analysis]</p>
57.	<p><i>[Food Preservation and Storage]</i></p> <p>Raw mangoes, when stored for some days at room temperature, will turn yellow. What will happen if it is kept for a few more days at room temperature? Explain the phenomenon. [Application & Recall]</p>
58.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>Many adolescents lack focus often due to their food habits. How are these two related? [Understanding & Analysis]</p>


S No.	Questions
59.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>With a high rate of inflation, families with large incomes alone can eat nutritious, balanced meals. Analyse the statement. [Analysis]</p>
60.	<p><i>[Food Preservation and Storage]</i></p> <p>Fish can be preserved by freezing as well as sun drying. Which method will you prefer? Justify your choice. [Understanding & Analysis]</p>
61.	<p><i>[Kitchen Equipment]</i></p> <p>Sweety hosted a party, and too many friends came over. Elaborate on reasons why Sweety should change her plan from a sit-down meal to a buffet service for the gathering. [Understanding & Application]</p>
62.	<p><i>[Kitchen Planning]</i></p> <p>Kitchens A and B are identical kitchens of the same size. Kitchen A is furnished as modular, while B is more traditional. Compare the two kitchens in terms of their storage capacity and facilities. [Understanding & Application]</p>
63.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>Very few families consider meal planning to be a serious exercise. Make at least two statements which can convince people to take it up. [Understanding]</p>
64.	<p><i>[Kitchen Planning]</i></p> <p>Ayesha feels very hot and tired every day after working in the kitchen. What changes can Ayesha make in the kitchen to overcome this problem? [Application]</p>
65.	<p><i>[Kitchen Hygiene]</i></p> <p>Eating stale and cold foods should be avoided during monsoon season as well as on the streets during summer. Explain. [Understanding]</p>
66.	<p><i>[Kitchen Equipment]</i></p> <p>Any knife which is very sharp may not necessarily be the best knife. Do you agree? Justify your point of view. [Understanding]</p>
67.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>Pair up the following foods based on their storage conditions. Banana, rice, salt, strawberries, sugar, ragi, potatoes, milk [Application]</p>

S No.	Questions
68.	<p><i>[Therapeutic Diets and Planning Meals]</i></p> <p>A diet with altered consistency can be used as therapy. Defend the statement, citing two examples. [Understanding]</p>
69.	<p><i>[Kitchen Planning]</i></p> <p>How does a work triangle serve in an L-shaped kitchen? [Understanding]</p>
70.	<p><i>[Kitchen Hygiene]</i></p> <p>A can of juice looks somewhat distorted and bigger than usual but has not yet expired. Should one use the content of such a can? Express your opinion with suitable reasons. [Understanding & Application]</p>
71.	<p><i>[Kitchen Hygiene]</i></p> <p>Pest control involves more than just professional pest control services. Explain. [Understanding]</p>
72.	<p><i>[Kitchen Equipment]</i></p> <p>Nilesh had never used a microwave before. Once while he used it, he observed some sparks within the microwave. Once a plastic bowl he used got distorted. How can he avoid such incidents in future? [Application]</p>
73.	<p><i>[Kitchen Equipment]</i></p> <p>The daily use serving equipment (crookery and cutlery) is available in glass, plastic, melamine, steel and plated silver. Which one would you prefer? Why? [Analysis]</p>
74.	<p><i>[Kitchen Planning]</i></p> <p>The L-shape, as well as the corridor-style kitchen layout, uses two walls of the kitchen. Compare the two layouts. [Analysis]</p>

III: Long Answer Questions (5 Marks)

S No.	Questions
75.	<p><i>[Choice and Cost of Seasonal Foods: Merits and Intelligent Use of Convenience Foods]</i></p> <p>Ritik often reads the information on any packet before buying the food. How do you think it helps Ritik to make wise decisions? [Application]</p>
76.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>Human psychology affects the choice of food that one eats. Explain. [Analysis]</p>
77.	<p><i>[Therapeutic Diets and Planning Meals]</i></p> <p>Mr. Malhotra is 68 years old and suffers from diabetes as well as hypertension. Give at least <i>three</i> suggestions regarding the following.</p> <p>(a) Food that he should eat. (b) Food that should be restricted in his diet. [Application]</p>
78.	<p><i>[Kitchen Planning]</i></p> <p>Modular kitchens are a boon to all who live in houses with small kitchens. Defend the statement. [Analysis]</p>
79.	<p><i>[Meal Planning and Balanced Diets: Use of Five Food Groups as suggested by ICMR]</i></p> <p>Food can also heal. Elaborate on the given statement. [Analysis]</p>
80.	<p><i>[Kitchen Planning]</i></p> <p>Sita was washing dishes to help her mother. Answer the following with respect to this.</p> <p>(a) Which centre of the kitchen is she working in? (b) Which facilities should be available in this area to facilitate work? (c) What else can Sita do for her mother while standing in this part of the kitchen?</p> <p style="text-align: right;">[Recall, Understanding & Application]</p>

Answer Key

S.No.	Expected Answer
1.	(c) (iii) and (iv)
2.	(b) lizards and rats
3.	(d) use it (as fuel) for lighting a wick lamp. (<i>Diya</i>)
4.	(c) mold
5.	(a) Pineapple squash
6.	(a) improve its shelf life.
7.	(c) the number of flatware and glasses on the table.
8.	(b) biscuits, tomato ketchup, potatoes, custard apple.
9.	(a) cereals and millet.
10.	(d) A suitable diet and an exercise regime combined with good meal patterns.
11.	(d) moisture content.
12.	(b) heat resistant.
13.	(a) Make doors or windows on two different walls.
14.	(b) made of food-grade plastic.
15.	(c) Silver
16.	(c) Rice
17.	(a) Low food budget, more seasonal food, reduced food cost
18.	(b) ceramic bowl.
19.	(c) 
20.	(c) two girls of the same age.
21.	(b) <i>Papad</i>
22.	(a) balanced diet

S.No.	Expected Answer
23.	(d) banana, onion, almonds, rice
24.	(b) temperature and moisture.
25.	(c) temperature and moisture.
26.	(b) eat small meals at regular intervals.
27.	(c) stress.
28.	(d) Ceramic tiles
29.	(c) Bactericidal
30.	(a) Keeping the slope of the floor towards the sink.
31.	(d) Both A and R are true, but R is not the explanation for A.
32.	(b) A is true, but R is false.
33.	(a) Both A and R are true, R is the correct explanation of A.
34.	(d) Both A and R are true, but R is not the explanation for A.
35.	(d) Both A and R are false.
36.	(d) a-3, b-1, c-4, d-2
37.	(c) a-2, b-4, c-1, d-3
38.	(b) a-2, b-4, c-3, d-1
39.	(c) a-3, b-1, c-4, d-2
40.	(a) a-1, b-3, c-4, d-2
41.	<ul style="list-style-type: none"> • The wooden tiles are not suitable for making kitchen tiles. Although they are attractive, they can not be washed every day. • Can get damaged easily. It is not load bearing, it is absorbent and porous in nature
42.	<p>(Any two)</p> <ul style="list-style-type: none"> • Microwave cookware should be shallow. • Should be made of glass, China clay, ceramic or microwave-proof plastic. • It should be heat-resistant. • It should not be made of any metal.
43.	<p>(Any two)</p> <ul style="list-style-type: none"> • The knife should be made of good-quality steel. • The handle should have a firm grip. • The blade should be securely attached to the handle.

S.No.	Expected Answer
44.	<p>(Any two)</p> <ul style="list-style-type: none"> • Unbreakable, chip-resistant glass crockery should be bought. • A rubber mat should be used while washing and drying delicate glassware. • It should be rinsed immediately after use. • A paste of baking soda can be used to remove tough stains.
45.	<ul style="list-style-type: none"> • The picture depicts the recycling of kitchen waste. • The wet garbage can be separated, and the biodegradable should be used to recycle and make manure. • It, therefore, also highlights the importance of segregating garbage into dry and wet.
46.	<p>The protein requirement for both Nita and Gita will be approximately the same. The protein should be increased by 30 grams, and 300 grams of extra calories should be consumed daily.</p>
47.	<p>Nita should include foods which are good sources of iron like spinach, green leafy vegetables, whole grains, etc. Also, including foods rich in vitamin B12 and vitamin C can improve the absorption of iron.</p>
48.	<p>Gita should increase her liquid intake and drink sufficient water. She should include fruits, vegetables and other complex carbohydrates such as whole grains. She may also avoid refined foods which are devoid of fibre.</p>
49.	<ul style="list-style-type: none"> • Since Anish is going to be less mobile, he should eat food which is easy to digest and low in calories. • He should include good protein sources to help heal the wear and tear. Protein foods will also provide satiety for a longer time. • He should drink plenty of water and consume fruits, vegetables, and liquid foods in larger portions to avoid constipation. • Steamed food will also be a wise choice.
50.	<ul style="list-style-type: none"> • The cost of the food directly affects the food budget of the family. • Higher the cost of food, less food can be bought in the given budget. • So, to get sufficient quantity and nutrition from the available budget, cheaper foods with higher nutrition should be included in the diet. To average out the food cost, food from all food groups should be bought. • Using deals and seasonal foods can reduce food costs and help to maintain the food budget.
51	<ul style="list-style-type: none"> • Chapatis are perishable in nature as the moisture content of chapatis is high. • During the Monsoon, the humidity is very high, so the food with higher moisture content will spoil faster as humidity and moisture support the growth of the spoilage microorganisms.

S.No.	Expected Answer
52.	<ul style="list-style-type: none"> • Maintenance of equipment. • Cleaning lights and fans in the kitchen. • Cleaning racks and shelves. • Mopping kitchen floor.
53	<ul style="list-style-type: none"> • Milk contains a lot of microorganisms, which spoil it faster at room temperature. When placed in the refrigerator, the growth and activity of the microorganisms reduces, preserving milk for a longer time. • Apples and other fruits contain enzymes that continue the internal processes and can cause the ripening and subsequent spoilage of fruits. When temperature is lowered, like in refrigeration, the enzyme activity slows down, reducing the spoilage rate.
54	<p>The nonstick coating of the non-stick pan may wear off with use due to scratches and use of high heat.</p> <p>Using metal spoons, harsh scrubbers, and chemicals tear the nonstick coating. This breaks the efficiency of the non-stick pan, making it toxic.</p>
55.	<p>khichdi is a soft food with minimal spices. whereas <i>papad</i> has a crunchy texture and more taste. So, they make a great combination, providing contrast in texture and flavour. Other examples of contrast in texture are ice cream in a cone, soup with croutons</p>
56.	<p>The food sanitation measures help keep the kitchen clean, but their main purpose is to keep food safe from contamination. It aims at preventing and delaying spoilage of food and gives good sanitary practices for the complete handling of food from harvest to manufacture, packing, transport, storage, and food consumption.</p>
57.	<p>Raw mangoes, when stored at room temperature, will first ripen and become yellow in colour due to the continued enzyme activity. After ripening, if it is still allowed to stay at room temperature, the activity of the enzymes continues, and the mangoes will spoil or rot.</p>
58.	<p>Food habits affect immunity as well as focus. adolescents often snack on junk food, skip meals and eat outside food, which affects their health adversely. They develop many deficiencies, especially micronutrients, which cause them to lose the ability to focus.</p>
59.	<p>The statement is not true. People with low incomes can also obtain nutrition from sources that are not very expensive but rich in a particular nutrient. For example, eggs can be a more affordable source of protein in place of meat. Green leafy vegetables, which are much cheaper, are very good sources of iron, calcium, other minerals and vitamins.</p>
60.	<p>Freezing or sun drying, the choice of preservation method depends on the end use, the expected shelf life and the facilities available for storage.</p> <p>Freezing: Helps to retain texture, and the chances of spoilage are lower. It is an expensive method as a freezer is required.</p> <p>Sun drying: A cheaper method. texture of the fish can be affected, and if not stored well, fish can spoil easily.</p>

S.No.	Expected Answer
61.	<ul style="list-style-type: none"> • Sweety will be able to accommodate almost all guests at the same time, reducing the time of service. • Her friends can eat whatever they like from the food offered. • She can serve food without much help from others, as the buffet is self-service. • The dinner can be completed in a very short period.
62.	<p>A modular kitchen can maximise the storage capacity using modular accessories. Separate compartments can be created for systematic storage. Accessories like inbuilt lights etc can be provided within the storage for convenience. Corner space can be used efficiently so that space is not wasted. Besides, the modular kitchen turns out to be cheaper than the custom-made kitchen.</p>
63.	<p>A meal plan can provide balanced meals for all the family members, thereby addressing their health. It can help maintain the expenditure within the food budget while providing nutritional meals. With planned meals, emergencies can be avoided.</p>
64.	<ul style="list-style-type: none"> • Ayesha can install an exhaust fan for immediate relief without much expenditure. • She can install a chimney above the stove. • Ayesha can change the size and direction of the windows and doors for cross ventilation. • She can screen her windows so that she can keep them open throughout the day, ensuring good ventilation in the kitchen.
65.	<p>During the monsoon, humidity is very high. During summer, the temperature is very high. Both moisture and heat provide a suitable environment for the growth of microorganisms. So stale and cold food can spoil faster and may cause food poisoning.</p>
66.	<p>The quality of a knife is determined by many factors, sharpness being just one. The knife should be made of steel carbon alloy with a minimum of 5 % carbon for strength.</p> <ul style="list-style-type: none"> • It must have the correct thickness of the blade along with sharpness to be suitable for the given task. • The grip of the knife and the balance between the handle and the blade also contribute to the ease of handling and minimising the effort in cutting.
67.	<p>Banana, potatoes. Rice, Ragi. Salt, sugar. Strawberries, milk.</p>
68.	<p>One can alter food consistency to get a semi-solid diet and a fluid diet.</p> <ul style="list-style-type: none"> • During very high fever and severe diarrhoea, a liquid diet is given to prevent dehydration and easy digestion and quick absorption of nutrients • A semi-solid diet is often helpful during dental treatments, old age and conditions like mouth ulcers, etc

S.No.	Expected Answer
69.	<p>In an L-shaped kitchen, there are two work surfaces on two adjacent walls, giving a continuous work surface. Any two work centres can be placed on one wall, while the third centre is on the adjacent wall. Thus, three work centres form a work triangle. However, the walk between two work centres (often the sink and refrigerator) can take longer. this ensures smooth workflow without household traffic and places the work centres at optimal distance.</p>
70.	<p>The distortion of the can represents some damage to the can. The swelling of the can clearly indicates that the juice has fermented with the production of gas, due to which the can looks bigger. Consumption of such food can be dangerous. The juice has spoiled within the can before its expiry date and, therefore should be discarded.</p>
71.	<p>Professional or chemical pest control is generally a curative step. Ideally, one must aim to prevent the entry of pests, which means carrying out regular maintenance of the house and kitchen and observing hygiene. Some measures for physical maintenance are: <i>(any two)</i></p> <ul style="list-style-type: none"> • filling all the cracks and holes in the walls and floor. • repairing leaking taps and pipes. • applying net to the windows. • hygiene measures involve keeping the kitchen clean. • spillages must be cleaned immediately. • the kitchen must be swept and mopped. • used utensils should be cleaned regularly.
72.	<p>A metal container reflects microwaves, which causes sparks. A metal container cannot be used in a microwave; instead, glass and ceramic containers should be used. The plastic containers used in the microwave may not be highly heat resistant and, therefore, get distorted. Plastic containers, when used should be microwave-safe and one must ensure this before use.</p>
73.	<p>All the materials listed here are food-grade and more or less safe. Steel is a better choice for daily use, unlike glass, as it is unbreakable. Some plastics and melamine can wear out easily with scratches, while silver is expensive and delicate for daily use. Steel, on the other hand, is easy to clean, long-lasting and neutral to all foods.</p>
74.	<p>Both layouts use two walls of the kitchen. The L-shaped kitchen uses two adjacent walls, giving a continuous work surface. The household traffic does not interfere with the work. The corridor-style kitchen uses two opposite walls, allowing household traffic to interfere with the work in the kitchen. Both layouts offer good storage and more work surface.</p>

S.No.	Expected Answer
75.	<p>A lot of information about the product is available on the label, which will help Ritik to know about the food inside.</p> <ul style="list-style-type: none"> • The nutritional labelling helps him to know the nutrients and the calories available from that food. comparing the two can help him make a decision. • The list of ingredients can help him decide whether the food is suitable. He can consider the allergies or the number of additives in food. • The expiry or the best-before date can help him, food judge, the time he will have on hand to use the packet. • The prices on the label (MRP) can help him compare with brands offering the same product to make viable choices and save money. • Quality seals like FSSAI can help him understand food safety.
76.	<ul style="list-style-type: none"> • The choices of food choices can be affected by many psychological factors. • Likes and dislikes One often chooses to eat what he likes irrespective of the fewer nutritional benefits or harm that it might cause. One easily neglects the food one dislikes; however beneficial it may be. • Food fads: one can easily get drawn to food trends like superfoods and fad diets, which often cause overindulgence in some foods and neglect some food groups altogether. • Stress can cause major shifts in eating patterns. One may often indulge in the food. One may end up completely neglecting food due to loss of appetite. One may end up eating high-calorie foods or overdo junk foods.
77.	<p>Since Mr Malhotra has both diabetes and hypertension, the food must be chosen accordingly. The food that he will be able to eat without being worried are:</p> <ul style="list-style-type: none"> • A liberal intake of vegetables. His meals must have a larger portion of vegetables and salads. • He can also consume pulses to choose and satisfy. • A liberal intake of fruits is recommended. since he has diabetes, fruits rich in sugar, like bananas, chikoos and mangoes, should be taken in small quantities. <p><u>Food that will have to be restricted in diet:</u></p> <ul style="list-style-type: none"> • All foods that are very high in sugar have to be restricted to avoid high sugar. • All foods that are fried and have a lot of Fats must be avoided.

S.No.	Expected Answer
78.	<p>Modular kitchens are made of many modules of the same size and assembled.</p> <ul style="list-style-type: none"> • Modular kitchens can help in increasing the area available for storage. it helps to utilise those spaces which might otherwise be wasted effectively. for example, corner spaces where two work surfaces meet. • A modular kitchen also provides many convenient features, such as built-in lights and easy-to-pull-over and pull-out units, which make the work easy and reduce effort. • They can have built-in equipment like a microwave and dishwasher, reducing the need for separate space • Moreover, it is independent of the size and layout of the kitchen. <p>It can be easily changed and redone and is much cheaper than the custom-made kitchen.</p>
79.	<ul style="list-style-type: none"> • Food, when eaten in the right quantity at the right time, can help one heal many diseases and disorders. For example, it is a common practice to use turmeric and warm milk to overcome cough. turmeric is also used to stop bleeding from wounds and as an antiseptic for wounds. • Food alongside medicines can help one heal faster. For example, often, some modifications are made to the regular diet to get the therapeutic benefits of the food • More liquids are taken during high fever and diarrhoea to avoid dehydration and replenish salts in the body. <p>Some nutrients are often increased or decreased to heal faster. For example, proteins are increased in the diet of a burns patient and decreased to a minimum for kidney patients.</p>
80.	<p>(a) Sita is working in the washing centre of the kitchen, which involves the sink of the kitchen.</p> <p>(b) facilities</p> <ul style="list-style-type: none"> • Dish washer should be placed in this area. Other materials necessary to clean dishes, like soap, scrubbers, etc, should be placed here. • Drain boards should be used to place washed vessels. • A garbage bin should be provided to collect kitchen waste. <p>(c) While standing in the washing area of the kitchen,</p> <ul style="list-style-type: none"> • Sita can run the water filter and store drinking water. • She can also wash food ingredients like grains, fruits and vegetables. • she can wipe and dry the washed utensils.

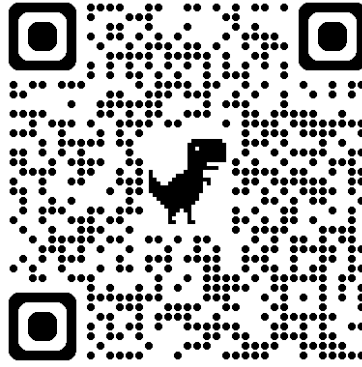


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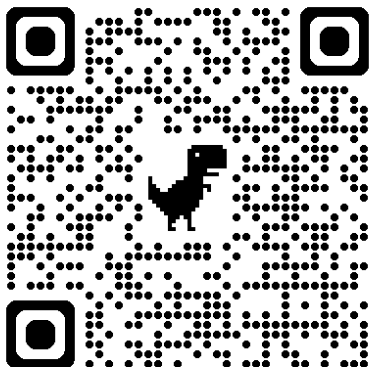
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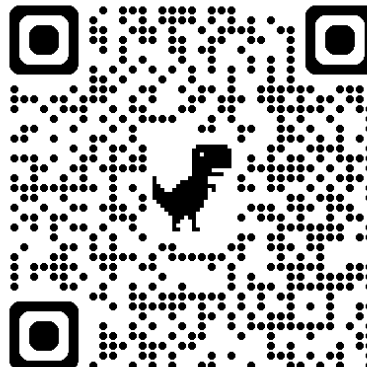
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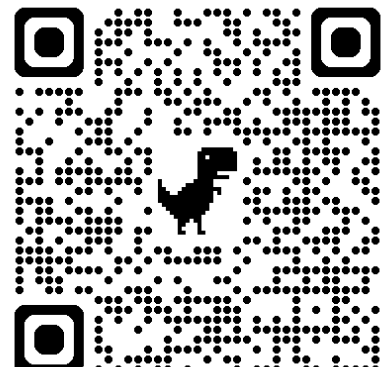
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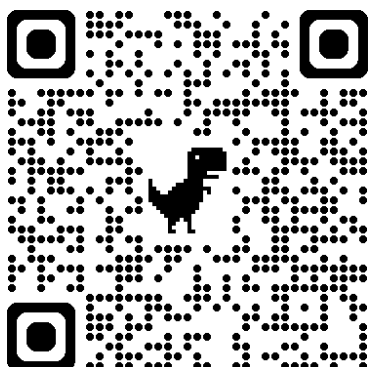
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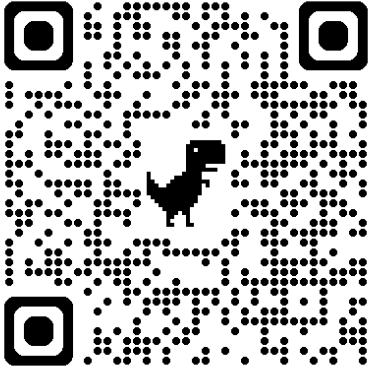
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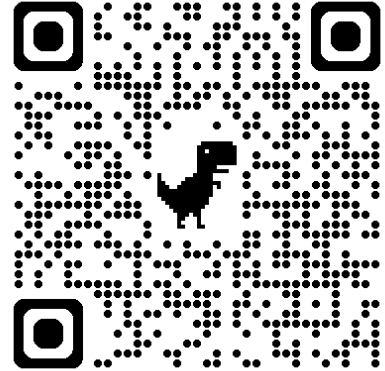
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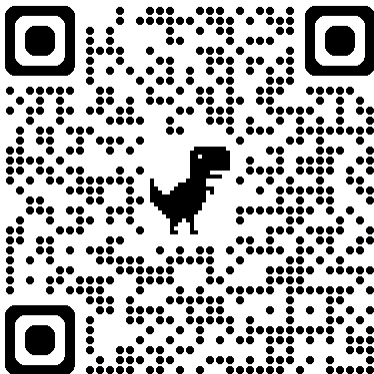
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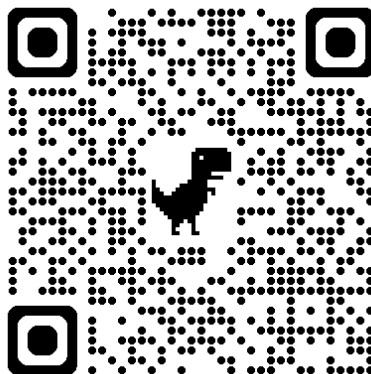
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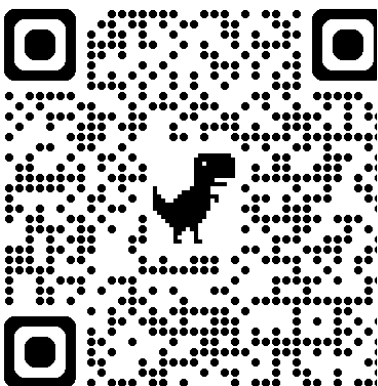
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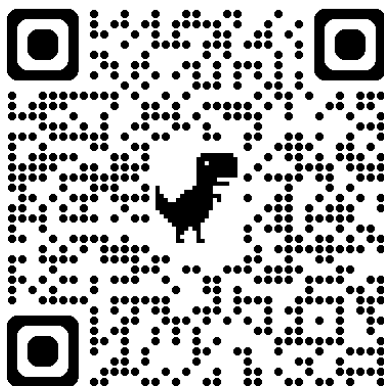
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