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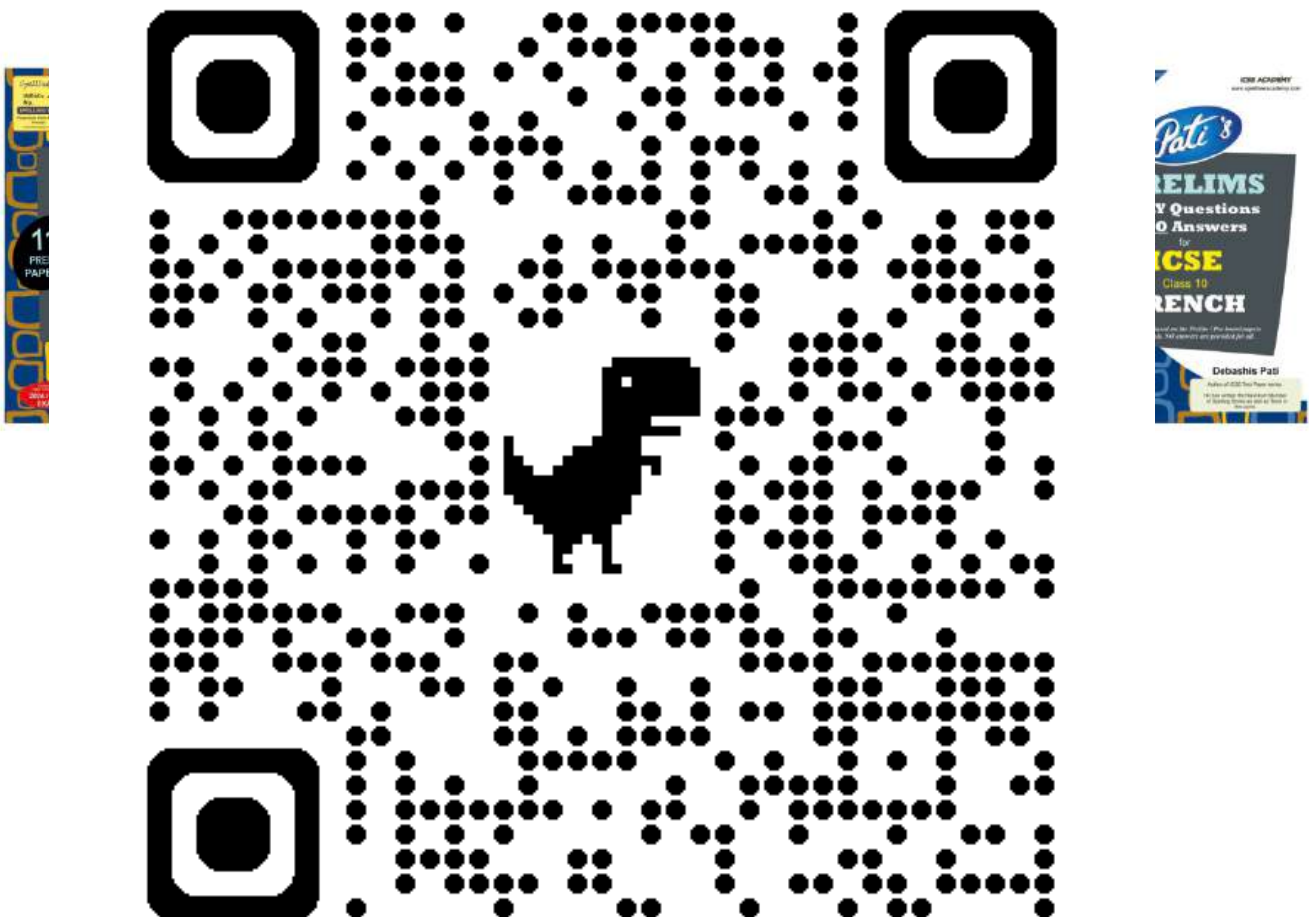
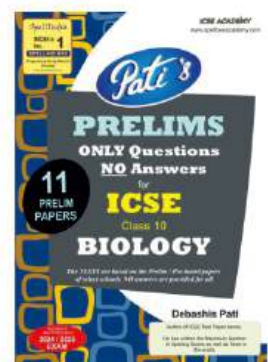
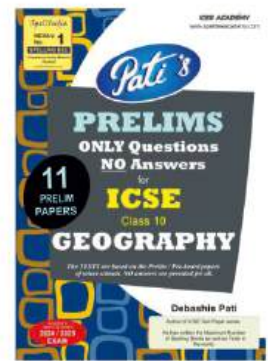
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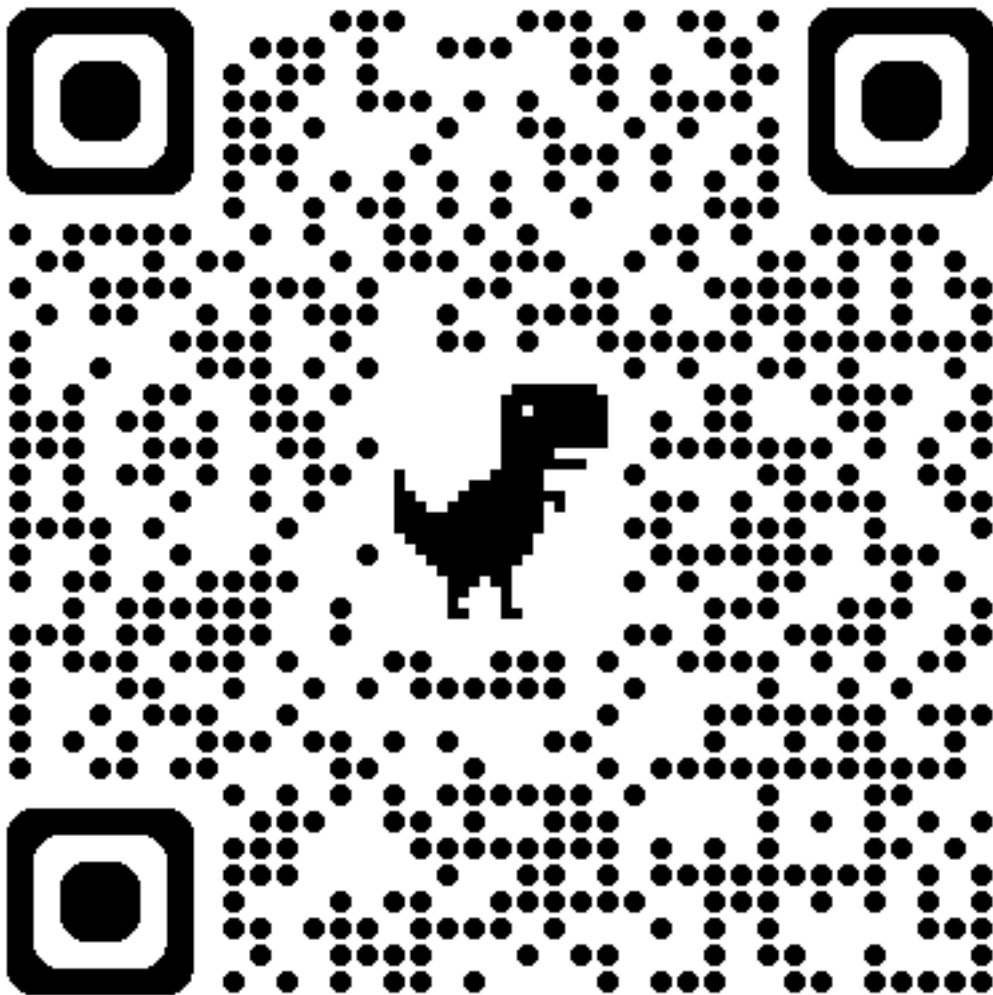
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COOKERY

Maximum Marks: 100

Time allowed: Two hours

1. *Answers to this Paper must be written on the paper provided separately.*
2. *You will **not** be allowed to write during the first 15 minutes.*
3. *This time is to be spent in reading the question paper.*
4. *The time given at the head of this Paper is the time allowed for writing the answers.*
5. *Attempt **all** questions from **Section A** and **any four** questions from **Section B**.*
6. *The intended marks for questions or parts of questions are given in brackets[].*

Instruction for the Supervising Examiner

Kindly read aloud the Instructions given above to all the candidates present in the Examination Hall.

This paper consists of 11 printed pages and 1 blank page.

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Turn Over

SECTION A (40 Marks)

*(Attempt **all** questions from this **Section**.)*

Question 1

Choose the correct answers to the questions from the given options.

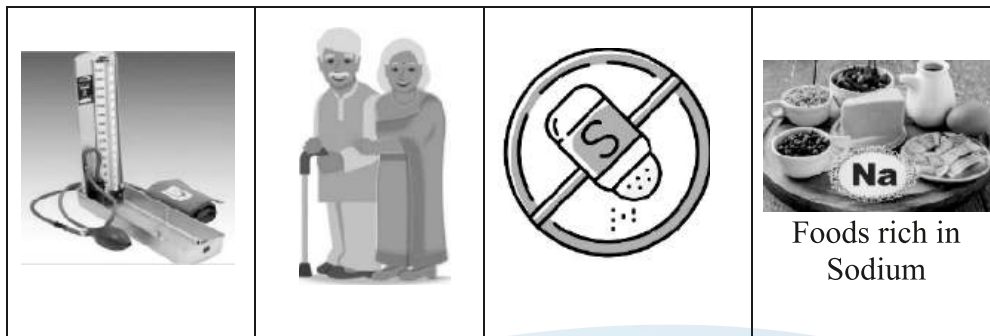
[20]

(Do not copy the questions, write the correct answers only.)

- (i) Which of the following is perishable as well as a source of energy?
- (a) Mango
 - (b) Potato
 - (c) Wheat flour
 - (d) Glucose biscuit
- (ii) Which of the following statements is correct?
- (a) A fresh egg has a small air cell.
 - (b) A fresh egg will float in water.
 - (c) A fresh egg should be washed to open the pores.
 - (d) Egg should be stored by placing its broad portion downwards.
- (iii) Patients suffering from loose motions and vomiting need a _____.
- (a) fluid rich diet
 - (b) fibre rich diet
 - (c) solid diet
 - (d) fat rich diet

- (iv) Which of the following is an advantage of a *one-wall kitchen* design?
- (a) Accommodates double sink.
 - (b) Has a linear workflow.
 - (c) Offers good ventilation.
 - (d) Can accommodate extra base cabinets.
- (v) **Assertion (A):** A five-year old, active child, needs a high carbohydrate and protein diet.
- Reason (R):** A five-year old child should be given a balanced diet.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
 - (c) (A) is false and (R) is true.
 - (d) Both (A) and (R) are false.
- (vi) Which of the following methods of food preservation employs high temperature to enhance shelf life?
- (a) Pickling
 - (b) Freezing
 - (c) Canning
 - (d) Cold storage

- (vii) Observe the images given below and complete the following sentence with the suitable dietary suggestion.



During old age, one must _____.

- (a) increase salt intake to maintain normal blood pressure
 - (b) restrict salt and sodium in the diet to prevent high blood pressure
 - (c) avoid salt but consume sodium rich food
 - (d) remain happy, enjoy food and avoid health problems
- (viii) Identify the missing food item:

SALT	OIL	SUGAR	?
-------------	------------	--------------	----------

- (a) Pickle masala
- (b) Vinegar
- (c) Turmeric
- (d) Raw mango

- (ix) **Assertion (A):** Genes of a person play *no* role in making one obese.
Reason (R): Excess consumption of food and lack of exercise only can make a person obese.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is false and (R) is true.
(d) Both (A) and (R) are false.
- (x) Food fads are:
- (a) quick diet trends to lose weight
(b) diet plans
(c) false superstitions or notions about foods
(d) food related illnesses
- (xi) _____ is a bacteriostatic method of food preservation.
- (a) Dehydration
(b) Blanching
(c) Canning
(d) Pasteurisation
- (xii) A 'cover' in table setting is:
- (a) table cover and table mats used on the dining table.
(b) placemats and linen used on the dining table.
(c) an individual's place at the dining table.
(d) a transparent cover spread on food.

- (xiii) Tea and coffee stains on crockery can be removed by using:
- (a) Baking soda
 - (b) Mild soap solution
 - (c) Boric acid
 - (d) Lemon juice
- (xiv) Water fetched from borewell is often muddy. If this water is to be used for drinking and cooking, it should be:
- (a) kept in a cool dry place.
 - (b) kept covered.
 - (c) boiled, filtered and kept covered.
 - (d) strained with a cotton cloth.
- (xv) Sun dried foods will need extra care during _____ to prevent spoilage.
- (a) Winter
 - (b) Summer
 - (c) Monsoon
 - (d) Spring
- (xvi) Following is a list of breakfast ingredients. Which of these is likely to contain sodium benzoate?
- (a) Butter
 - (b) Eggs
 - (c) Bread
 - (d) Jam

(xvii) Match the columns:

- | | |
|--------------|--|
| A. Steel | 1. Needs tinning |
| B. Aluminium | 2. Needs to be seasoned before first use |
| C. Copper | 3. Changes colour of some foods |
| D. Iron | 4. Is neutral to food |

(a) A-4, B-3, C-1, D-2

(b) A-3, B-4, C-2, D-1

(c) A-2, B-3, C-1, D-4

(d) A-1, B-3, C-4, D-2

(xviii) If walls of the kitchen are painted, the paint should be dark in colour.

(a) True

(b) False

(xix) Owing to the high mineral and fibre content, green leafy vegetables can replace many expensive foods.

(a) True

(b) False

(xx) Consumption of stale or over fermented food may lead to:

(a) Fever

(b) Diarrhoea

(c) Typhoid

(d) Measles

Question 2

Answer all the questions:

- (i) Write *two* advantages of a modular kitchen over a custom-made kitchen. [2]
- (ii) List *two* factors that can help one in selecting a good knife. [2]
- (iii) While purchasing food from a wholesale market may be more economical, many people may not prefer to do so. Why? [2]
- (iv) List *at least two* criteria for selecting the right type of microwave proof cookware. [2]
- (v) Somesh and Suma, along with their family, have moved into a new house with a two wall kitchen. List the possible difficulties that they may face in this type of a kitchen. [2]
- (vi) How does salt help in food preservation? Give examples of two foods that are preserved using *salting method*. [2]
- (vii) How does occupation of family members affect the meal plan of the family? [2]
- (viii) Mention *two* precautions to be taken while storing non-perishable foods. [2]
- (ix) Mention *any two* points that one should consider while planning storage fixtures of the kitchen. [2]
- (x) List *two* precautions that one should take while cleaning glass dishes. [2]

SECTION B (60 Marks)

(Answer **any four** questions from this **Section**.)

Question 3

- (i) What is a balanced diet? Explain *five* food group system as suggested by ICMR. [5]
- (ii) The health of an elderly person is a matter of concern for the family. In this context elaborate: [5]
- (a) which nutrients need to be reduced in their diet and why?
- (b) why is good intake of water necessary for them?
- (iii) List *any five* dietary features of a meal plan for an adolescent girl. [5]

Question 4

- (i) For each of the food items listed below, state *one* possible cause of its spoilage. [5]
Suggest a remedy to prevent the spoilage mentioned by you.
- (a) Rice
- (b) Butter
- (c) Jam
- (d) Soya chips
- (e) Banana

- (ii) Identify the methods of preservation and explain each method briefly: [5]
- (a) Preserving fresh milk for a short time before it reaches customers.
- (b) Keeping fruits fresh, till consumption.
- (iii) It is a regular practice by households to freeze seasonal foods. Write a short note on *freezing*. [5]

Question 5

- (i) Suggest *five* steps one must take to make the washing area of a kitchen user friendly. [5]
- (ii) State *five* points which should be considered while planning lighting and ventilation in the kitchen. [5]
- (iii) Write a short note on *preparation centre* of a kitchen. [5]

Question 6

- (i) Name *five* small tools used in a kitchen and mention their functions. [5]
- (ii) Write *three* points on the care for each of the following: [5]
- (a) Sinks
- (b) Bins
- (iii) Explain the inter space relationship between the three major work centres of the kitchen. [5]

Question 7

- (i) Mita decides to hire a cook at home. List *any five* important personal hygiene measures that Mita should request the cook to follow while cooking for her. [5]
- (ii) How do the following features affect the selection of dinnerware? Explain each feature briefly. [5]
- (a) Cost
 - (b) Easy to handle
 - (c) Safety
 - (d) Durability
 - (e) Design and aesthetics
- (iii) Plasticware requires as much care as other equipment in the kitchen. List *five* ways to maintain plasticware used in kitchen. [5]

Question 8

Write short notes on the following:

- (i) Segregation of kitchen waste and its disposal. [5]
- (ii) Convenience foods. [5]
- (iii) Storage of meat and vegetables. [5]

COOKERY

Maximum Marks: 100

Time allowed: Two hours

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*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

Choose the correct answers to the questions from the given options.

[20]

(Do not copy the questions, write the correct answers only.)

- (i) Spoilage of eggs can be delayed by:
- (a) Storing under refrigeration
 - (b) Washing and storing under refrigeration
 - (c) Storing with narrow end upwards
 - (d) Storing at high temperature in the slotted racks
- (ii) The most effective and expensive household method of preservation:
- (a) Pasteurization
 - (b) Sun drying
 - (c) Freezing
 - (d) Making jam and jellies

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Turn Over

- (iii) Wood is best used to make the following kitchen equipment:
- (a) Rolling pins and stirring spoons
 - (b) Microwave safe dishes and stirring spoons
 - (c) Baking trays and skewers
 - (d) Butcher knife and peelers
- (iv) Deficiency of iodine during pregnancy causes:
- (a) anaemia
 - (b) goitre
 - (c) osteoporosis
 - (d) diabetes
- (v) Which of the following methods will help one to preserve and eat mangoes even in winter?
- (a) Refrigeration
 - (b) Cooking
 - (c) Pasteurization
 - (d) Pickling
- (vi) A good quality knife will have:
- (a) Long handle and firm grip
 - (b) Short handle and firm grip
 - (c) Short blade secured firmly between the handles
 - (d) Firm grip with well-balanced handle and blade
- (vii) Which of the following can be included in clear fluid diet?
- (a) Tea
 - (b) Coconut water
 - (c) Pineapple juice
 - (d) Milk

(viii)

The cheaper substitute to meat is:

- (a) fish
- (b) almonds
- (c) egg
- (d) peas

(ix)

Which of the following is most suitable as microwave cookware?

- (a) Shallow, ceramic baking dish with beautiful metallic rim
- (b) Shallow, round, glass baking dish
- (c) A tall, ceramic coffee mug
- (d) A round, shallow, aluminium baking dish

(x)

If someone is showing the tendency of weight gain, then calories should be:

- (a) increased
- (b) decreased
- (c) kept normal
- (d) decreased with increase in proteins

(xi)

The following is widely used for fermenting foods at home and in the food industry:

- (a) Baking powder
- (b) Yeast
- (c) Moulds
- (d) Virus

(xii)

Which of the following is a kitchen fixture?

- (a) Bottle used for storing spices
- (b) The tap on the sink of the kitchen
- (c) Absorbent kitchen tissues
- (d) Mixer grinder

(xiii)

For whom will you recommend a low calorie, nutrient rich diet?

- (a) A construction labourer
- (b) A computer programmer
- (c) A football player
- (d) A student in secondary school

(xiv)

Name the kitchen shown in the picture given below which has no work triangle:



- (a) Pullman kitchen
- (b) Two wall kitchen
- (c) Corridor kitchen
- (d) L-shaped kitchen

(xv)

Match the following:

- | | |
|-------------------|-----------------|
| A. A fluid diet | 1. Obesity |
| B. Low fat diet | 2. Diabetes |
| C. Low salt diet | 3. Fever |
| D. Low sugar diet | 4. Hypertension |

- (a) A-1, B-2, C-4, D-3
- (b) A-2, B-3, C-4, D-1
- (c) A-3, B-1, C-4, D-2
- (d) A-4, B-3, C-2, D-1

(xvi)

Assertion (A): In spite of many advantages steel may not be good for cooking some types of food.

Reason (R): Protein rich food sticks to the bottom and burns when steel is used.

- (a) A and R are true.
- (b) A and R are false.
- (c) A and R are true and R is the reason for A.
- (d) A and R are true but R is not the reason for A.

(xvii) Name the disease caused by consuming contaminated food:

- (a) Hypertension
- (b) Diabetes
- (c) Anaemia
- (d) Dysentery

(xviii) Which of the following ICMR groups provides protein rich foods?

- (a) Cereals and grains
- (b) Fruits and vegetables
- (c) Pulses and legumes
- (d) Fats and sugars

(xix) Which of the following has a higher satiety value?

- (a) A glass of juice
- (b) A glass of milk
- (c) A glass of water
- (d) A glass of soft drink

(xx) Which of the following is effective in removing stains from crockery?

- (a) Baking powder
- (b) Epsom powder
- (c) Common salt
- (d) Baking soda

Question 2

Answer all the questions:

- (i) What is a work triangle? Explain its importance. [2]
- (ii) Sudha is a working lady who uses processed food indiscriminately. Give *two* reasons for her to restrict such food in the diet. [2]
- (iii) List *any two* measures, which will be effective in preventing entry of ants in the kitchen. [2]
- (iv) What is pasteurization? List *two* foods, which are preserved by pasteurization. [2]
- (v) Mention an advantage and a disadvantage of using iron cooking utensils. [2]
- (vi) What should one consider while planning windows for the kitchen? [2]
- (vii) Variety in the meals can make a meal plan more acceptable. List *two* ways to introduce variety in meals. [2]
- (viii) Write an advantage and a disadvantage of the L-shaped kitchen layout. [2]
- (ix) List *any two* weekly cleaning tasks, which ensure that the kitchen remains clean. [2]
- (x) List at least *two* changes that one should make in the meal plan during summer. Why do you recommend these changes? [2]

SECTION B (60 Marks)

(Answer *any four* questions from this *Section*.)

Question 3

- (i) What is a diet therapy? List at least *four* ways in which diet can be modified to be used as therapy. [5]
- (ii) Write *five* most important suggestions for modifying the diet of a pregnant woman. [5]

- (iii) How do the following affect a meal plan? [5]
- (a) Stress
 - (b) Age of an individual

Question 4

- (i) Ravi harvests a large crop of fruits and vegetables from his fields. How should he store his freshly harvested produce? [5]
- (ii) Canning is a very good method of food preservation. Explain *any five* processes followed while canning fruits and vegetables. [5]
- (iii) Dehydration is a very simple method for preserving food. Explain the process of dehydration. [5]

Question 5

- (i) Asha is just learning to cook. Explain the safety measures she should follow while using pressure cooker to avoid accidents. [5]
- (ii) Explain *any five* factors that affect the choice of serving equipment. [5]
- (iii) How shall one take care of the following? (*Minimum three points for each*) [5]
- (a) Glassware
 - (b) Silverware

Question 6

Write *any five* points on the following:

- (i) Modular kitchen [5]
- (ii) Storage in the kitchen [5]
- (iii) Washing centre of the kitchen [5]

Question 7

- (i) Ramesh is a diabetic patient. List *any three* foods restricted in Ramesh's diet and any two foods which can be consumed liberally. [5]
- (ii) List *any five* considerations while planning water supply and drainage of the kitchen. [5]
- (iii) Give *any five* suggestions of storing milk and grains to a young homemaker. [5]

Question 8

- (i) Why should a homemaker plan meal? State *any five* reasons. [5]
- (ii) Write *three* advantages of each of the following: [5]
 - (a) Buying from street market
 - (b) Including seasonal foods in the meal plan
- (iii) Rita is an obese teenager trying to lose weight. List *any five* reasons for Rita's obesity. [5]

COOKERY

Maximum Marks: 100

Time allowed: Two hours

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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

Choose the correct answers to the questions from the given options.

[20]

(Do not copy the questions, write the correct answers only.)

- (i) The work triangle is a triangle formed between the _____.
- (a) Sink, fridge, and preparation centres
 - (b) Serving, cooking and preparation centres
 - (c) Fridge, cooking and washing centres
 - (d) Storage, sink and planning centres
- (ii) The food group which provides high quality proteins is:
- (a) Cereals and grains
 - (b) Milk and meat products
 - (c) Lemons and oranges
 - (d) Fats and sugars

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Turn Over

(iii) Stirring equipment should be made of _____.

- (a) steel
- (b) stone
- (c) aluminum
- (d) plastic

(iv) Ventilation ensures _____ in the kitchen.

- (a) circulation of air
- (b) natural lighting
- (c) morning sun rays
- (d) outer view

(v) The orientation of the kitchen should be _____.

- (a) south-east
- (b) west
- (c) north-east
- (d) south

(vi) _____ rich foods be given to anemia patients.

- (a) Carbohydrate
- (b) Iodine
- (c) Sugar
- (d) Iron

(vii) Diarrhoea patients need a _____.

- (a) Fluid rich diet
- (b) Fibre rich diet
- (c) Soft diet
- (d) Fat rich diet

(viii)

Cholera is caused by _____.

- (a) Contaminated water
- (b) Dirty clothes
- (c) Air
- (d) Pests

(ix)

The heating of milk, to make it safe for consumption and improve its quality is known as _____.

- (a) sterilisation
- (b) radiation
- (c) pasteurisation
- (d) maturation

(x)

Non-stick cookware has a _____ coating.

- (a) nylon
- (b) polyester
- (c) teflon
- (d) viscose

(xi)

Fresh peas are _____ to preserve them at home.

- (a) salted
- (b) seasoned
- (c) frozen
- (d) steamed

(xii)

_____ is not a dehydrated product.

- (a) Cashew Nuts
- (b) Raisins
- (c) Papdis
- (d) Butter

- (xiii) Stainless steel vessels are lined at the bottom with _____ for better conduction of heat.
- (a) Aluminium
 - (b) Tin
 - (c) Copper
 - (d) Zinc
- (xiv) AGMARK is found on products like _____.
- (a) Electrical goods
 - (b) Furniture
 - (c) Gas stoves
 - (d) Ghee
- (xv) _____ is a symbol or word picture used by the company to mark all its products.
- (a) Trademark
 - (b) Brand name
 - (c) Standardization mark
 - (d) Agricultural mark
- (xvi) _____ is considered as semi-perishable food.
- (a) Rice
 - (b) Wheat
 - (c) Turmeric powder
 - (d) Bajra
- (xvii) A pattern of food behaviour that has no factual basis, which interests people for short periods of time is known as _____.
- (a) Therapeutic diet
 - (b) Food fads
 - (c) Soft diet
 - (d) Balanced diet

- (xviii) The fork in a formal table setting is kept to the _____.
- (a) top of the plate
 - (b) right of the plate
 - (c) left of the plate
 - (d) next to the dessert spoon
- (xix) Oil is used in preserving pickles to _____.
- (a) prevent contact with air
 - (b) give a delicious taste
 - (c) mix the spices well
 - (d) prevent contact with the pests
- (xx) _____ is not a nonperishable food.
- (a) Rice
 - (b) Wheat
 - (c) Gram flour
 - (d) Pulses

Question 2

Answer all the questions:

- (i) List *any two* benefits of retail stores. [2]
- (ii) State *two* ways to store fish at home. [2]
- (iii) State *any two* features of wholesale stores. [2]
- (iv) Why does minced meat spoil faster than pieces of meat? [2]
- (v) State *any two* ways of storing leafy vegetables. [2]
- (vi) State *two* ways how sharp tools are to be stored in the kitchen. [2]
- (vii) List *any two* causes of dysentery. [2]
- (viii) Suggest *any two* ways by which a pregnant woman can overcome morning sickness. [2]

- (ix) Name *any two* foods to be avoided during high fever. [2]
- (x) Mention *any two* points to Reena, a student of Class X regarding her choice of foods to be healthy and fit. [2]

SECTION B (60 Marks)

(Answer *any four* questions from this **Section**.)

Question 3

- (i) Discuss *any five* advantages of cold storage of food items. [5]
- (ii) List *any five* benefits of food preservation. [5]
- (iii) Name the standardization mark present on the label of a bottle of jam. [5]
State *any four* salient features of the mark.

Question 4

- (i) List *five* ways how left-over food of a meal can be used creatively for another meal. [5]
- (ii) State *any five* factors to be kept in mind by a young mother regarding the diet of her two-year-old child. [5]
- (iii) Enumerate *any five* factors to be kept in mind while planning a diet for an aging grandfather. [5]

Question 5

- (i) Briefly discuss *any five* kitchen layouts. [5]
- (ii) State *any five* important features of kitchen cabinets and shelves. [5]
- (iii) Discuss *any five* ways of taking care of a microwave oven after use. [5]

Question 6

- (i) List *five* ways to be incorporated in the kitchen to make it cockroach free. [5]
- (ii) Mention *any five* ways of disposing kitchen waste. [5]
- (iii) State *any five* techniques of work simplification. [5]

Question 7

- (i) List *any five* changes in the diet for a person suffering from hypertension. [5]
- (ii) State *five* features of a diet for a person recovering from a long illness. [5]
- (iii) Discuss *five* ways to ensure food sanitation at home. [5]

Question 8

Write short notes on the following: (*any five points*)

- (i) Steps in the preparation of lemon squash. [5]
- (ii) Disadvantages of online shopping. [5]
- (iii) Factors affecting the purchase of kitchen tools and gadgets. [5]

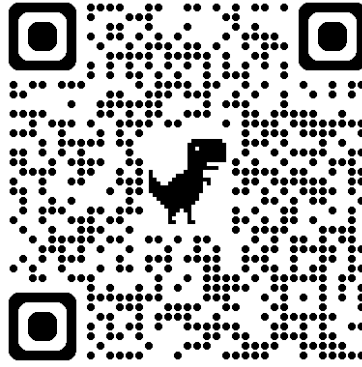


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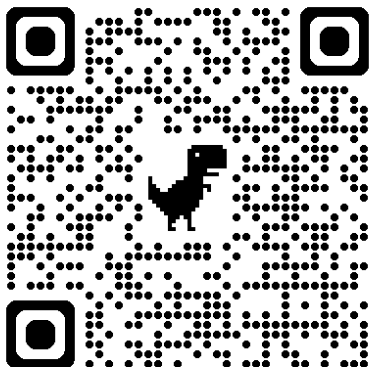
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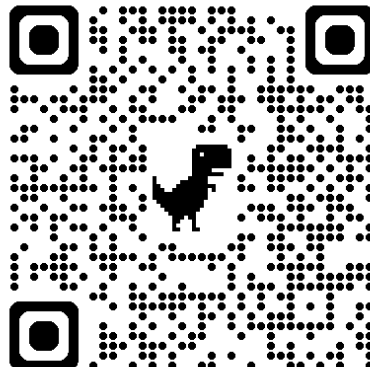
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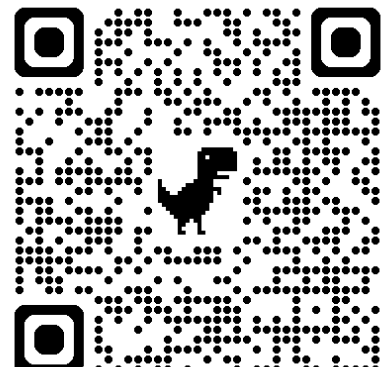
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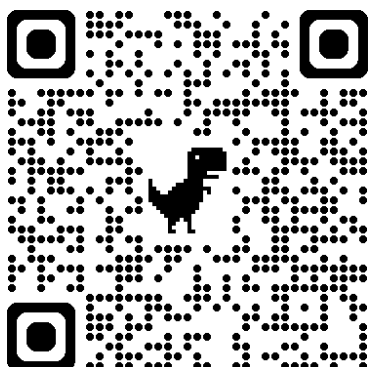
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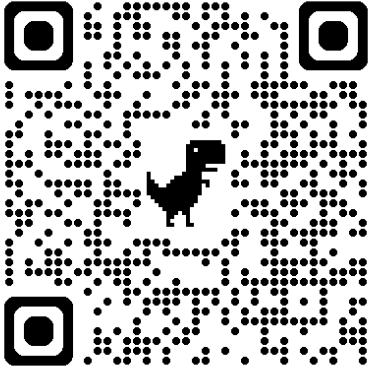
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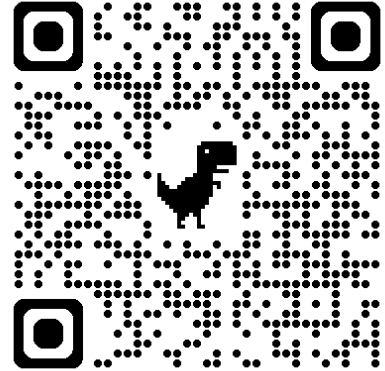
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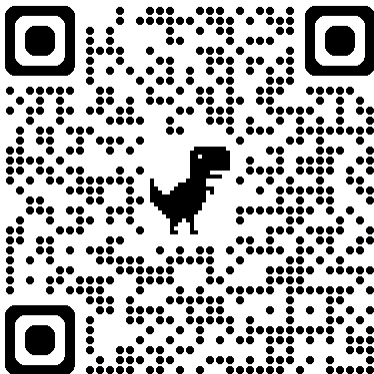
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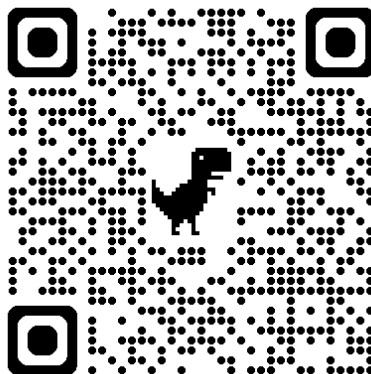
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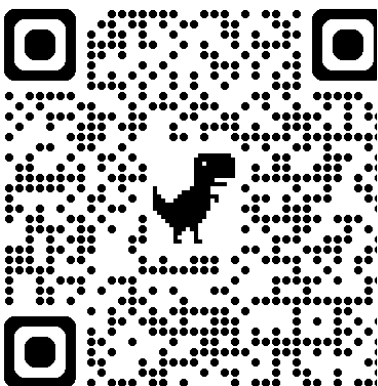
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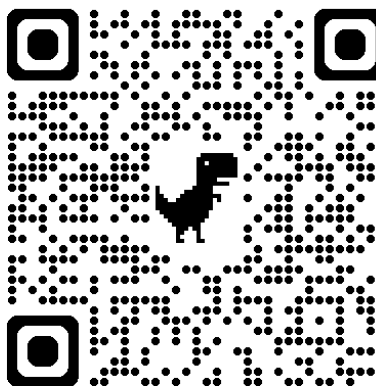
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