

CBSE | DEPARTMENT OF SKILL EDUCATION

FOOD PRODUCTION (SUBJECT CODE – 409)

CLASS X (SESSION 2021-2022)

BLUE-PRINT FOR SAMPLE QUESTION PAPER FOR TERM -1

Max. Time Allowed: 1 Hour

Max. Marks: 25

PART A - EMPLOYABILITY SKILLS (05 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS (1 MARK EACH)
1	Communication Skills-II	2
2	Self-Management Skills-II	2
3	Information and Communication Technology Skills-II	2
TOTAL QUESTIONS		6 Questions
NO. OF QUESTIONS TO BE ANSWERED		Any 5 Questions
TOTAL MARKS		1 x 5 = 5 Marks

PART B - SUBJECT SPECIFIC SKILLS (20 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS (1 MARK EACH)
1	Introduction to cookery	6
2	Methods of cooking	11
3	Vegetable and Fruit cookery	10
TOTAL QUESTIONS		27 Questions
NO. OF QUESTIONS TO BE ANSWERED		20 Questions
TOTAL MARKS		1 x 20 = 20 MARKS

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Max. Time Allowed: 1 Hour

Max. Marks: 25

General Instructions:

1. Please read the instructions carefully
2. This Question Paper is divided into 03 sections, viz., Section A, Section B and Section C.
3. Section A is of 05 marks and has 06 questions on Employability Skills.
4. Section B is of 15 marks and has 20 questions on Subject specific Skills.
5. Section C is of 05 marks and has 07 competency-based questions.
6. Do as per the instructions given in the respective sections.
7. Marks allotted are mentioned against each section/question.
8. All questions must be attempted in the correct order

SECTION A

Answer any 5 questions out of the given 6 questions on Employability Skills (1 x 5 = 5 marks)

1.	It tells both the source and the receiver, how their message are being interpreted. a. Communication b. Feedback c. Active listening d. The use of jargon	1
2.	It allows us to share a lot of information by combining two or more related thoughts into one sentence. a. Complex sentence b. Simple sentence c. Compound sentence d. Complete sentence	1
3.	It includes a series of postures and breathing exercises practiced to achieve control of body and mind. a. Physical exercises b. Meditation c. Enjoying d. Yoga	1
4.	Inner urge to do something without any external pressure is known as a. Self motivation b. Self awareness c. Self regulation d. Self independence	1

5.	The short cut key to Cut the folder or file is a. Ctrl+C b. Ctrl+V c. Ctrl+X d. Ctrl+K	1
6.	Software should be _____ regularly so that it works with maximum efficiency. a. Upgraded b. Updated c. Installed d. Uninstalled	1

SECTION B

Answer any 15 questions out of the given 20 questions

(1 x 15 = 15 marks)

7.	Vitamin-C lost very quickly during cooking if we a. Cook it with more fat b. Cook it on high heat c. Keep it in water for longer duration d. Keep the cooked food on room temperature	1
8.	Over cooking of protein causes a. Loss of shape of food item b. Gelatinization of protein c. Caramelisation d. Coagulations	1
9.	Fat breaks into free fatty acids and glycerol on the application of heat. If you cook it further, it's not good for our a. Heart b. Digestion c. Liver d. Cholesterol level	1
10.	Different methods of cooking changes the _____ of the food which brings flavor and aroma. a. Shape b. Texture c. Color d. Contrast	1
11.	Grilling is the example of which heat transfer method? a. Radiation b. Conduction c. Convection d. induction	1
12.	Convection is movement of a. Heat through solid metal b. Electromagnetic waves c. Direct heat d. Heated particles of gas or liquid	1

13.	Simmering is done at the temperature a. Between 80°-90° C b. Between 85°-96° C c. Between 88°-95° C d. At 90°	1
14.	Jacket potatoes are made using a. Blanching method b. Poaching method c. Steaming method d. Stewing method	1
15.	Food absorbs more fat with this method of cooking a. Shallow frying b. Sauté c. Deep frying d. Roasting	1
16.	This method of cooking minimizes the dissolving away of nutrients a. Stewing b. Steaming c. Simmering d. Roasting	1
17.	which of the following is not a cooking method? a. Convection b. Blanching c. Barbeque d. Roasting	1
18.	This method loses less moisture and gives a crispy texture. a. Roasting b. Grilling c. Deep frying d. All of above	1
19.	Marmalades are also known as a. Jams b. Jellies c. Preserves d. Chutneys	1
20.	Chronic constipation and colon cancer can be prevented with a. Vitamins b. Dietary fiber c. Minerals d. Phyto-chemical	1
21.	_____ pigment is fat soluble. a. Carotenoids b. Chlorophyll c. Flavones d. Anthocyanin	1
22.	Sugar strengthens the _____ and help the vegetable or fruit to retain its shape. a. Texture b. Alkaline c. Fibres d. Alkali	1

23.	These are the fruits where outer pericarp is stiffened a. Pepo b. Hesperidium c. Drupes d. Berries	1
24.	This vegetable continue to grow even after harvesting. a. Kohlrabi b. Asparagus c. Mushrooms d. Lettuce	1
25.	“One fruit develops from one flower” is the example of a. Simple fruits b. Aggregate fruits c. Multiple fruits d. Complex fruits	1
26.	Mealy or floury potatoes with high starch are suitable for a. Salads b. Soups c. Mashing d. Fries	1

SECTION C
(COMPETENCY BASED QUESTIONS)

Answer any 5 questions out of the given 7 questions

(1 x 5 = 5 marks)

27.	Rice, wheat and potatoes are good source of carbohydrates. This gives energy to our body. Sometimes it burst to form a Gel. To gelatinize the starch present in food items, what will you do? a. You will apply dry-heat on it. b. You will apply moist-heat on it. c. After applying dry heat, you will add moisture to it. d. Both a and c	1
28.	You want to make zeera powder (cumin powder). Which cooking method you will use for that to enhance the flavor? Remember this method uses dry heat only. a. Griddling b. Grilling c. Boiling d. Broiling	1
29.	French fries are cooked all the way through before getting crisped up in the fryer. So before frying the French fries in hot oil, what will you do to cook them thoroughly? a. You will steam the fries first. b. You will simmer the fries in water. c. You will blanch the fries. d. You will boil the fries first.	1
30.	Carbohydrates tends to change its color when the dry heat is applied. You might have noticed that when a slice of bread is toasted it gives brownish color. This is due to which reaction? a. Gelatinization b. Caramelisation c. Coagulation d. Pasteurization	1

31.	<p>Fresh fruits always provide a very good nutrition to our body. So we should always try to buy the fruits after considering the few selection factors. So if you want to buy a ripe watermelon, tap it with your flat hand. It is probably a ripe and sweet fruit if</p> <ol style="list-style-type: none"> the sound is deep and thick. the sound is hollow and thick the sound is thick and cracking the sound is hollow and cracking 	1								
32.	<p>The color of the vegetable is dependent on the color pigment present in the vegetable. Various color pigments are present in vegetables and fruits. Find the correct match of pigment and color it is responsible for.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">i. Carotenoid</td> <td style="width: 50%;">1. Green</td> </tr> <tr> <td>ii. Flavones</td> <td>2. Red-purple</td> </tr> <tr> <td>iii. Chlorophyll</td> <td>3. Cream</td> </tr> <tr> <td>iv. Anthocyanin</td> <td>4. Yellow</td> </tr> </table> <ol style="list-style-type: none"> i 2, ii 4, iii 3, iv 1 i 4, ii 3, iii 1, iv 2 i 1, ii 4, iii 3, iv 2 i 4, ii 2, iii 1, iv 3 	i. Carotenoid	1. Green	ii. Flavones	2. Red-purple	iii. Chlorophyll	3. Cream	iv. Anthocyanin	4. Yellow	1
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33.	<p>This French word means to “jump”. The meat or vegetables are tossed in less oil to get a slight browning effect. This is done on fairly high heat in a wide, shallow pan. This method is known as</p> <ol style="list-style-type: none"> Roasting Grilling Sauté Baking 	1								