



ICSE 2025 EXAMINATION
SPECIMEN QUESTION PAPER
COOKERY

Maximum Marks: 100

Time allowed: 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[].

Instruction for the Supervising Examiner

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

SECTION A

(Attempt *all* questions.)

Question 1

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

[20]

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

(i) Turning left over from the previous meal into a new dish:

- (a) Makes meal more nutritious
- (b) Increases satiety value of the meal
- (c) Helps reduce Wastage of food
- (d) Makes meal repetitive and boring

(Understanding)

(ii) To ensure good nutrition within small budget:

- (a) Include eggs in meal
- (b) Take multivitamin tablets
- (c) Include milk and milk products
- (d) Choose food from various food groups

(Recall)

(iii) Adil is just four years old, his mother should feed him with:

- (a) Soft foods only
- (b) Carbohydrates rich diet
- (c) Diet with all nutrients and energy
- (d) Favourite food only

(Application)

(iv) Well balanced meals can be planned with the help of:

- (a) Food group system
- (b) Recipe books
- (c) Seasonal food
- (d) Packed food

(Recall)

(v) Lumps in a packet of rice indicates presence of insects.

- (a) True
- (b) False

(Recall)

(vi) Which of the following options is a good practice while storing eggs in the refrigerator?

- (a) Wash eggs and store them covered
- (b) Do not wash but store covered
- (c) Wash but store uncovered
- (d) Do not wash and store uncovered

(Understanding)

(vii) The time required to cook cabbage will reduce after the cabbage has been passed through the object shown in the picture below.

- (a) True
- (b) False



(Application)

(viii) Santosh blindly followed the super food trends on social media. He then encountered a health problem. Santosh was then a victim of:

- (a) Therapeutic diet
- (b) Fashion trend
- (c) Food Fad
- (d) Balanced diet

(Application)

(ix) Materials that are safe and non-toxic and can be used for food storage:

- (a) Leak proof
- (b) Microwave safe
- (c) Food grade
- (d) Non stick

(Recall)

(x) The following is an advantage of buying from a retail outlet over wholesale market.

- (a) Purchase in small quantity
- (b) Bargaining is not possible
- (c) Cash payment is acceptable
- (d) Online payment facility available

(Recall)

(xi) _____ is the main cause of dysentery.

- (a) Contaminated water
- (b) Stale food
- (c) Hard water
- (d) Street food

(Recall)

(xii) When should one choose to serve food through buffet service?

- (a) Fewer guests have to be served
- (b) Many guests have to be served in short time
- (c) Menu has multiple courses
- (d) Formal meal is arranged

(Analysis)

(xiii) Addition of _____ helps to preserve pickle.

- (a) Asafoetida
- (b) Mustard dal
- (c) Turmeric
- (d) Oil

(Recall)

(xiv) Which of the following is most suitable for cooking in Microwave?

(a) Wooden bowl	(b) Plastic glass	(c) Glass bowl	(d) Steel bowl
			

(Understanding)

(xv) Mahima wants to send ready to eat chole to her daughter studying abroad. Which of the following methods will be best to preserve chole and send?

- (a) Pickling
- (b) Canning
- (c) Refrigeration
- (d) Sun drying

(Application)

(xvi) Which of the following options will help to brighten up a kitchen that receives little natural light and feels gloomy even during daytime?

1. Put colourful lights
2. Provide main and subsidiary lights
3. Paint the kitchen with a dark colour
4. Paint the kitchen with a light colour

- (a) Option 3
(b) Option 2 and 3
(c) Option 1 and 4
(d) Option 2 and 4

(Analysis)

(xvii) Match the list A with list B and choose the correct option.

List 1	List 2
A. Anemia	1. Lemon water with sugar and salt
B. Diarrhea	2. Avoid sweetmeats
C. Diabetes	3. Unrefined pulses and green leafy vegetables
D. convalescence	4. Khichdi, poha, dal – rice

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

(Understanding)

(xviii) Where should we store tomatoes to delay the spoilage by its own enzymes?

- (a) Refrigerator
(b) Cool and dry place
(c) Warm, bright place
(d) Well ventilated place

(Application)

(xix) **Assertion (A):** Canned foods have a long shelf life.

Reasoning (R): Canning involves sterilization of food.

- (a) Both A and R are true, R is the correct explanation of A
- (b) Both A and R are true, R is not the correct explanation of A
- (c) A is false but R is true
- (d) Both A and R are false

(Understanding)

(xx) **Assertion (A):** Wooden spoons should be preferred for stirring while using non-stick vessels.

Reasoning (R): Nonstick vessels lose their efficiency when they are scratched while cleaning.

- (a) Both A and R are true, R is the correct explanation of A
- (b) Both A and R are true, R is not the correct explanation of A
- (c) A is false but R is true
- (d) Both A and R are false

(Understanding)

Question 2

Answer all the questions:

(i) Classify the following foods into perishable and non-perishable.

[2]

1	2	3	4
			

(Recall)

(ii) List any two measures to keep the rats away from the kitchen.

[2]

(Recall)

- (iii) Name two chemical preservatives that are used to preserve jam and jellies. [2]
(Recall)
- (iv) Which type of layout will be most suitable for a very small rectangular kitchen? Why? [2]
(Analysis)
- (v) Suggest at least two changes in the meal pattern for an obese person trying to lose weight. [2]
(Understanding)
- (vi) List any two causes of diarrhea. [2]
(Recall)
- (vii) Give four examples of convenience foods. [2]
(Recall)
- (viii) Jenny bought some carrots, cucumber, bananas and strawberries. She quickly stored carrots, banana and cucumber in the fridge but forgot strawberries outside. What would have happened to each of these foods after two days? [2]
(Application)
- (ix) State any two important features of the kitchen counter. [2]
(Recall)
- (x) Serving utensils can be made of metal, glass and silver. Which of these would you like to use to serve your guests for your birthday party? Why? [2]
(Analysis)

SECTION B

(Answer any four questions from this Section.)

Question 3

- (i) Enumerate the advantages of food preservation. [5]
(Recall)
- (ii) What should Neena do to serve mango or mango based dishes to her guests in the month of December? Explain any two methods. [5]
(Application)

(iii) We store lot of raw and cooked food in the refrigerator. With respect to this, answer the following questions. [5]

(a) How does refrigeration help to increase shelf life of food? (Understanding)

(b) Give three guidelines to store these foods effectively in the refrigerator. (Recall)

Question 4

(i) What should one consider while planning meals for an elderly person? [5] (Understanding)

(ii) Mihir has high fever. Write a general diet therapy plan for his recovery. Support each of these suggestions with a reason. [5] (Application)

(iii) List any five ways of incorporating good food habits during childhood. [5] (Recall)

Question 5

(i) List *any five* techniques for simplifying work in the kitchen. [5] (Recall)

(ii) List five important features of the cooking center of the kitchen. [5] (Recall)

(iii) It is easier to accomplish more cooking in less time in a well planned kitchen. Do you agree? Justify your answer. [5] (Evaluation)

Question 6

(i) There is an outbreak of cholera in the city. List at least five safety measures that every food handler needs to take while cooking in the kitchen to avoid contamination of food. [5] (Application)

(ii) What are the advantages and disadvantages of buying from street market? [5] (Recall)

(iii) Explain the arrangement of crockery and cutlery in an informal table setting. [5] (Recall)

Question 7

- (i) How do the following factors affect meal plan of an individual? [5]
(a) Palatability
(b) Traditions (Recall)
- (ii) List the information that one will find on a packet of orange juice. [5]
(Understanding)
- (iii) How can we dispose liquid waste from the kitchen? List at least three measures to keep the sink clean and unclogged. [5]
(Recall)

Question 8

- (i) List any five changes in the diet for a person suffering from hypertension. [5]
(Recall)
- (ii) Explain u-shaped layout of a kitchen with its advantages and disadvantages. [5]
(Recall)
- (iii) A person with small food budget can also achieve good nutritional status. Do you agree? Explain your answer. [5]
(Evaluation)

ICSE 2025 SPECIMEN
DRAFT MARKING SCHEME – COOKERY

Question 1		[20]
(i)	(c) Helps reduce Wastage of food	
(ii)	(d) Choose food from various food groups	
(iii)	(c) Diet with all nutrients and energy	
(iv)	(a) Food group system	
(v)	(a) True	
(vi)	(b) Do not wash but store covered	
(vii)	(a) True	
(viii)	(c) Food Fad	
(ix)	(c) Food grade	
(x)	(a) Purchase in small quantity	
(xi)	(a) Contaminated water	
(xii)	(b) Many guests have to be served in short time	
(xiii)	(d) Oil	
(xiv)	(c) Glass Bowl 	
(xv)	(b) Canning	
(xvi)	(d) Option 2 and 4	
(xvii)	(c) A-3, B-1, C-2, D-4	
(xviii)	(a) Refrigerator	
(xix)	(a) Both A and R are true, R is the correct explanation of A	
(xx)	(b) Both A and R are true, R is not the correct explanation of A	



Question 2		
(i)	Perishable: 2, 3, 4 Non- perishable: 1	[2]
(ii)	- Keep the kitchen clean especially at night - Keep the doors and windows closed at night - Screen the windows - Set traps <i>(Any two)</i>	[1+1]
(iii)	- Sodium benzoate/ benzoic acid - Potassium meta bisulphite/ Sulphur dioxide	[1+1]
(iv)	one wall kitchen: - Since the kitchen is small and rectangle, one long wall can be utilized for work surface keeping the other three walls free. - One wall kitchen has linear workflow. - It is more flexible in the arrangement of work centres. <i>(Any two)</i>	[1+1]
(v)	- Eat more nutrition dense food and avoid calorie dense food - Include more complex carbohydrates - Include more liquids in the diet - Eat meals at regular interval and time - Eat small frequent meals <i>(Any two)</i>	[1+1]
(vi)	Food poisoning, indigestion, overeating, overdose of medicines, etc. <i>(Any two)</i>	[2]
(vii)	Instant noodles, milk and juices in tetra pack, Biscuits, condense milk, frozen peas and patty etc.	[1/2+1/2 +1/2 +1/2]
(viii)	The carrots and cucumber will still be fresh in fridge. The bananas will start turning black or will turn fully black due to freeze burn. The strawberries were left at room temperature so many of them must have spoilt or will be covered with fungus.	[1/2+1/2 +1/2 +1/2]
(ix)	- It should be long with smooth surface - It should be easy to clean and heat proof. - It should be unbreakable and have slope towards the sink. <i>(Any two)</i>	[1+1]
(x)	Answer is Subjective	[1+1]



Question 3		
(i)	1. It increases the shelf life of food. 2. Makes seasonal food available throughout the year. 3. Adds variety to the diet. 4. Saves time by reducing preparation time. 5. Prevents wastage. Perishable foods can be preserved in season, to be used at later date. 6. It helps in transportation of food as the bulk is reduced. <i>(Any five)</i>	[5]
(ii)	Neena needs to preserve mango with <u>long-term</u> preservation technique like freezing, drying, canning or pickling. • Freezing: is a method of preservation by reducing the temperature below 0 degree. This arrests the microbial and enzyme activities. The water present in the food is frozen and not available for such activities. Mango can be made into pulp and stored in plastic bags or boxes, which are then placed in the freezer. • Pickling: there are various types of pickles. Raw mangoes can be pickled and preserved for very long time. Use of high concentration salt or sugar helps arrest availability of moisture. Addition of oils and spices further enhance the action of preservation. Mangoes should be washed, dried and cut into pieces. The mango pieces should be mixed with salt, spices and condiments. Then it can be filled in bottles. The bottles then can be filled with oil to the rim or to give one inch layer above.	[5]
(iii)	(a) Refrigeration uses principle of low temperature. The temperature is about 15 degrees, which is sufficient to reduce microbial and enzymatic activities. This helps preserve food for a short duration until it can be consumed or processed further. (b) • Food should be cooled completely before placing in the refrigerator. • Food should be placed in such a way that there is room for circulation of gas. • Raw food and cooked food should be stored separately, away from each other. • All liquid foods as well as strong smelling foods should be covered before storing. <i>(Any three)</i>	[5]
Question 4		
(i)	• The diet must be of higher nutrient density. • Low fat milk should be included in the diet. • They must try to take 1200 to 1800 ml of water daily. This helps in removal of toxins and reduces the chances of constipation.	[5]



	• Salt restriction should be imposed to reduce the risk of hypertension and oedema. • Mealtimes should be relaxed and pleasant. One must try to adhere to preferences and time schedules. • Importance should be given to proteins because lack of proteins may lead to prolonged healing and increase susceptibility to illnesses. • Iron and calcium should be taken to avoid anaemia and osteoporosis. <i>(Any five)</i>	
(ii)	Diet therapy for Mihir. • As the appetite and digestion of MIHIR during fever will be poor, soft or liquid foods should be provided at short intervals. • As the glycogen stores are used up, sugar or glucose can be added to the fruit juices and given. • Excessive perspiration during fever causes dehydration. Approximately 2 ½ litre of fluid should be provided in the day in the form of fruit juices, beverages like fresh lime water and barley water, soups, milk beverages and water. This helps to keep body hydrated and provides some energy. Readymade or homemade ORS should be provided to compensate for the loss of fluids and electrolytes. • A good intake of sodium chloride (in the form of additional salt) and potassium is necessary to avoid dehydration due to perspiration. • High fibre and heavy fried foods should be completely avoided as they are heavy to digest. • As soon as the temperature starts going back to normal and the patient's appetite improves, soups, broths, soft cereal preparations like khichdi, soft cooked vegetables like dudhi and lots of fruit juices should be provided. Light snacks such as biscuits, fruits, khakra, poha, upma may be provided frequently. • On complete recovery, a balanced diet containing ample protein, carbohydrates and all the essential nutrients should be provided. <i>(Any five)</i>	[5]
(iii)	• Mealtime should be pleasant and meals should be served at regular intervals. • Food should be served attractively. • Small helping should be given. Food should be easy to handle, bite size, easy to chew. • Some favourite food should be included in each meal. At the same time, favourite food should not be given all the time at the cost of nutrients. • Child should be seated comfortably and sufficient time should be given for meals.	[5]



	- Introduce new foods first when the child is hungry. - Correct use of cutlery and tools and good table manners should be inculcated at this age. (Any five)	
Question 5		
(i)	- Plan the kitchen and components of the kitchen keeping the food handler in mind. The height of the platform, the storage compartment etc. should be considered. - Make use of equipment and these should be placed conveniently. - Menu should be planned in advance and flow of work determined to avoid unnecessary movements and fatigue. - Choose simple recipes for day-to-day cooking, leaving elaborate one for leisure day. - Use locally available ingredients, make a list of necessary items and buy them beforehand.	[5]
(ii)	- The cooking centre should be designed for all type of cooking and serving of hot food. - It should be close to the preparation and sink centres. - The main equipment in this centre is the stove or the range or the gas hub. A work surface on either side of the cooking equipment adds to the convenience. - The utensils and the cutlery used during cooking either should be stored nearby or be easily accessible. - For storage of utensils and equipment, shelves, hooks may be provided in this area. There should be base cabinets for storage of the heavy utensils. - The height of the working surface (platform) should be 2 ½ feet above the floor. The material used for making kitchen counters should be resistant to acid stains, withstand heat and should be easy to clean and maintain. - There should be wall cabinets to store the spices and other ingredients and small utensils. (Any five)	[5]
(iii)	Subjective Yes, the reasons being, - It save time, energy and improve efficiency of the food handler. - It helps in storing more equipment without damage keeping the kitchen well equipped. - It allows storage of extra food, both perishable and non- perishable without spoilage and pest infestation. - This helps in reducing the market visits and keeps one ready for emergencies.	[5]

	- Planned storage makes the kitchen look neat, clean, spacious and attractive. - It prevents fatigue, saves steps and keeps the kitchen environment pleasant.	
Question 6		
(i)	Cholera is a waterborne disease. - The food handler must make sure that the water used in the kitchen should be potable, free from physical, chemical as well as biological contaminants. - One must treat water if needed. Water can be boiled and cooled before using in food preparations. - Water filters can be installed. - The water used for cold beverages as well as cleaning utensils also must be potable. - Food should be cooked thoroughly, and at high temperature. - One must avoid preparing and serving cold food. - The raw and cooked food should be stored and handled separately. - Food handler must wash hands thoroughly before starting work. <i>(Any five)</i>	[5]
(ii)	Advantages: Foods are cheaper, bargaining is possible, one can see and feel the product and small quantities can be bought. Disadvantages: There are chances of being cheated, one has to go to different places to buy different things and it can be unhygienic.	[5]
(iii)	- A napkin resting where your dinner plate will go - A salad fork and a dinner fork, arranged according to which dish you will be eating first are placed on the left. - A soup spoon, if you are serving soup, a dessert spoon, and a dinner knife (yes, in that order) - A salad bowl to the left of your forks - The bread plate, with the appropriate knife, above the forks - A water glass, a wine glass, and a tea or coffee cup rests above spoons and knife on the right side.	[1+4]
Question 7		
(i)	(a) Palatability: when food is palatable, it is more likely to be accepted and consumed. The colour, texture and taste of the food play a major role in acceptance of food. Since the first appeal to	[5]



	appetite is through eyes, food or its presentation can be made attractive through use of colourful foods or various combinations of colourful food. Variation in texture is also important. Food is acceptable when it appeals to the taste buds. (b) Traditions: our national, regional or family traditions influence our selection of food. For example, in north India, wheat is a staple and food is cooked in mustard oil while in south India, rice is a staple and food is cooked in coconut oil.	
(ii)	Examine the label carefully for the • Name of the food item, brand name weight, • M.R.P. • Batch no, • Manufacturing and expiry dates, • Ingredients, • Direction for use, • Nutritional facts, • Quality seal like fssai etc, should be checked for. <i>(Any five)</i>	[5]
(iii)	The liquid waste in the kitchen is generally water that is used for cooking and cleaning purpose. This can be easily disposed of by draining through the sink. Liquids like oil, etc should not be drained through the sink as these cause blockages. Care for sink: • Sink should be cleaned every day thoroughly with soap and water and sanitized • A wire mesh should be put to cover the opening of the sink to prevent the entry of pest from the sink. This also prevents the solid particle from pass through the sink. • Entry of all solid particles should be prevented to avoid choking of pipes. • At night after all day's work, hot water should be poured in the sink to ensure de clogging of sink and pipes. • Chemicals especially available for cleaning of sink and pipes should be used periodically. <i>(Any three)</i>	[2+3]
Question 8		
(i)	• Include more vegetarian foods in the diet as they contain higher percentages of complex carbohydrates, potassium, high fibre, polyunsaturated fat and vitamin C which help in lowering blood pressure	[5]

	• A high fibre diet helps in preventing and treating hypertension and cardiovascular diseases • Sugar should be taken in reduced quantity as they increase the blood pressure • Reduce the amount of sodium and salt (Sodium Chloride) in the diet • A high potassium and a low sodium diet helps in reducing blood pressure • Low fat dairy foods, grains, nuts, fish and poultry should be included in the diet • A diet that is rich in potassium, magnesium, Vitamin A and C, fibre, polyunsaturated fats, complex carbohydrates, fruits and vegetables & low in salt, sodium, saturated fat and sugar is recommended for treating hypertension. <i>(Any five)</i>	
(ii)	The u-shaped lay out is considered as most suitable for a big spacious kitchen. U-shape layout has three work surfaces running continuously over three adjacent walls of the kitchen, leaving only one wall empty. Advantages: • It has more work surfaces The extra work surface can be utilized for placing heavy equipment, or a double sink can be accommodated. • It will provide good amount of storage as more base cabinets can be accommodated. • There is a work triangle formed between three main work centers. This work triangle is more flexible in terms of placement of work centers than in other layout. <i>(Any two)</i> Disadvantages: • The distance between the three work centres can be very long. • Steps could be wasted, tiring the food handler. • U-shaped layout cannot be used for small kitchens. <i>(Any two)</i>	[1+2+2]
(iii)	Subjective Yes. • The nutrition of food and cost of the food are not directly proportional. Some very expensive foods may offer very little nutrition. It is possible to obtain good nutrition even in limited budget. • This can be done by selecting food from various food groups to average out the food cost. • In addition, seasonal food can be included in meal plan.	[5]

	• Foods which are cheaper but nutrient dense can be chosen over expensive nutrient rich foods. For example, green leafy vegetables are cheaper and rich source of minerals and vitamins. • One can look for Offers, deals, discounts and buy food in bulk to get it cheaper and lower the food cost.	
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