ICSE Class 10 Cookery Specimen Paper 1

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Maximum Marks: 100 | Time Allowed: Two hours | Reading Time: 15 minutes

Part I is compulsory. Attempt any four questions from Part II.

General Instructions

Write your answers on the separate answer paper provided. The first 15 minutes are for reading the paper, and you may not write during that time. Marks for each question, or part of a question, are shown in brackets. Part I is compulsory and carries 40 marks. Part II carries 60 marks, and you must attempt any four questions from it. Where a question asks for a plan or a layout, draw it in pencil and label it in words. Drawings need not be to scale. No printed figures are supplied with this paper. Answers should be written in your own words and kept to the point.

PART I (40 Marks)

Attempt all questions from this Part.

Question 1 [15]

Choose the correct answer for each part. Write only the option you choose.

(i) A food that has been partly or wholly prepared before it reaches the kitchen, so that the work left to be done at home is reduced, is called:

(a) a staple food (b) a convenience food

(c) a perishable food (d) a fortified food

(ii) The chief advantage of buying fruit and vegetables in their own season is that they are:

(a) higher in water (b) easier to store for months

(c) cheaper and better in quality (d) free from all micro-organisms

(iii) A balanced diet is one that:

(a) supplies all the nutrients the body needs in the right proportion

(b) is made up only of cooked food

(c) leaves out fat altogether (d) is exactly the same for every member of the family

(iv) Pulses are included in a meal chiefly because they are a good source of:

(a) vitamin C (b) calcium (c) fat (d) protein

(v) A therapeutic diet is best described as:

(a) a diet taken only by sportspersons

(b) a normal diet modified to suit a particular condition

(c) a diet from which all cooked food is removed

(d) a diet planned for a whole family at one time

(vi) A diet modified in consistency would usually be planned for a person who:

(a) finds chewing or swallowing difficult (b) dislikes the taste of vegetables

(c) eats meals at irregular hours (d) works in a hot kitchen

(vii) Drying preserves food because it:

(a) kills every micro-organism present (b) adds a preservative to the food

(c) removes the moisture that micro-organisms need in order to multiply

(d) raises the acidity of the food

(viii) Pickles keep for a long time largely because of the combined action of:

(a) sugar and water (b) starch and milk

(c) baking soda and heat (d) salt, acid and oil

(ix) Cooked food that is to be eaten later should be:

(a) left standing on the worktop until it is quite cold

(b) cooled quickly, covered and put into the refrigerator

(c) put hot into a closed cupboard (d) kept warm on a low flame all day

(x) The imaginary line joining the sink, the cooker and the refrigerator in a kitchen is known as the:

(a) work triangle (b) service line (c) dado line (d) work surface

(xi) A kitchen with worktops running along two facing walls and a passage between them is called:

(a) an island kitchen (b) a single wall kitchen

(c) a corridor kitchen (d) a U shaped kitchen

(xii) Kitchen waste should be kept in:

(a) an open basket under the sink (b) a cloth bag on the worktop

(c) a corner of the floor (d) a covered bin that is emptied every day

(xiii) The main reason for washing the hands with soap before handling food is to:

(a) make the hands soft (b) prevent harmful micro-organisms being carried to the food

(c) keep the nails short (d) cool the hands after cooking

(xiv) A pressure cooker shortens cooking time because:

(a) the raised pressure inside lets the water boil above its usual boiling point

(b) steam escapes freely from the pan (c) the food is cooked without any water

(d) the pan is made of glass

(xv) Utensils used in a microwave oven should be made of:

(a) thin aluminium (b) brass with a tin lining

(c) heat resistant glass (d) copper

Question 2 [10]

(i) Give two reasons why a day's meals should include food from more than one food group. **[2]**

(ii) State one advantage and one drawback of using convenience foods in a family kitchen. **[2]**

(iii) Explain why a refrigerator should not be packed so full that air cannot move around the food. **[2]**

(iv) Name the two main ways in which an ordinary diet is altered when a therapeutic diet is planned. **[2]**

(v) State two points to be kept in mind when deciding where the sink will go in a kitchen. **[2]**

Question 3 [15]

(i) Name three foods that come into the market in plenty during the summer in India and state, for each one, a reason why it suits the season. **[3]**

(ii) State, for each of the following, two signs by which you would know that it has gone bad: milk, cooking oil, bread. **[3]**

(iii) State three rules of personal hygiene for anyone working in a kitchen, giving a reason for each. **[3]**

(iv) Name one piece of equipment you would use for each of the following, and state how it should be cleaned after use: grating a carrot, beating eggs, draining boiled rice. **[3]**

(v) State three factors a homemaker takes into account when planning meals for a family, with a brief reason for each. **[3]**

PART II (60 Marks)

Attempt any four questions from this Part. Each question carries 15 marks.

Question 4 [15]

(a) Explain what is meant by seasonal foods. Give three reasons why a household gains by buying produce in its own season. [5]

(b) Convenience foods are sold in several forms. Name any four such forms, give one example of each, and state one point that should be checked on the packet before buying. [5]

(c) A family has come to depend heavily on ready made foods on busy days. Give three drawbacks of doing this and suggest two ways the family could cut down without adding much work in the kitchen. [5]

Question 5 [15]

(a) Define the term balanced diet. Name the main food groups and state what each one chiefly contributes to the body. [5]

(b) Suggest the meals of one full day for a family of adults, giving breakfast, the midday meal, an evening snack and dinner, and show how your choice brings in food from every group. Do not give any quantities. [5]

(c) Explain, with a reason in each case, how the following affect the planning of family meals: the money available, the season, the time the cook can give, the likes and dislikes of the family, and the kind of work each member does. [5]

Question 6 [15]

(a) Explain what a therapeutic diet is and state why a diet may need to be modified. Mention who plans such a diet. [5]

(b) A diet may be modified in consistency. Explain what this means, and describe in general terms a fluid diet, a soft diet and a bland diet, stating one situation in which each kind is used. [5]

(c) Write, in general terms only, the dietary principles usually followed in (1) fever and (2) a condition in which the control of blood sugar is affected. State clearly who works out the actual diet for the person. [5]

Question 7 [15]

(a) Name three causes of food spoilage and explain the principle on which the preservation of food rests. [5]

(b) Explain how each of the following preserves food: drying, the use of salt, the use of sugar, low temperature, and heating followed by sealing in an airtight container. [5]

(c) State how each of the following should be stored at home, giving a reason in each case: fresh green leafy vegetables, milk, cooked food left over from a meal, wheat flour, and an opened tin of food. [5]

Question 8 [15]

(a) Draw a plan of an L shaped kitchen for a small family. Label on it the sink, the cooker, the worktop and the storage cupboards, and mark with arrows the path the work follows. [5]

(b) State five requirements of a well planned kitchen and give a reason for each. [5]

(c) Explain what is meant by a work centre. Name the three main work centres of a kitchen, state the order in which they should be placed and explain why that order saves the cook's time. [5]

Question 9 [15]

(a) Explain what is meant by cross contamination in a kitchen and state four ways of preventing it. [5]

(b) State the cleaning jobs that should be done in a kitchen every day and those that should be done once a week. [5]

(c) State five rules for the safe handling of kitchen cloths, chopping boards and waste, and give a reason for each rule. **[5]**

Question 10 [15]

(a) Name four materials used for making cooking pans. For each one, state an advantage and a point of care. Name one material that should not be used in a microwave oven. **[5]**

(b) State five points a buyer should look at before choosing a large item of kitchen equipment such as a mixer grinder or a refrigerator. **[5]**

(c) Name one piece of equipment used for each of the following jobs and state how each should be cared for: measuring dry ingredients, sieving flour, peeling vegetables, rolling out dough, and lifting food out of hot oil. **[5]**

ANSWER KEY AND MARKING SCHEME

A full model answer is given for every part. Marks shown in italics are the step marks an examiner would award. Accept any other correct point of equal value, and accept answers in the candidate's own words. Where a question asks for three or four points, credit only the number asked for, taking the best of those offered. Candidates who give quantities, calorie figures or meal by meal prescriptions in the therapeutic diet and meal planning questions should be credited for the general principles only.

Question 1 [15]

(i) (b) a convenience food. Part or all of the cleaning, cutting, mixing or cooking has already been done before the food is bought.

(ii) (c) cheaper and better in quality. Supply is at its highest in the season, so the price falls, and the produce is fresh and has not been held in store or carried a long way.

(iii) (a) supplies all the nutrients the body needs in the right proportion. A small reserve is also allowed for in a balanced diet.

(iv) (d) protein. Pulses are the chief body building food in most Indian meals, and they also supply some minerals and B vitamins.

(v) (b) a normal diet modified to suit a particular condition. It is the everyday diet altered in form or in content, and it is used as part of treatment.

(vi) (a) finds chewing or swallowing difficult. The food is made softer or liquid so that it can be taken and digested with comfort.

(vii) (c) removes the moisture that micro-organisms need in order to multiply. Drying does not kill the organisms, so the dried food must be kept dry and airtight.

(viii) (d) salt, acid and oil. The salt draws out water, the acid makes the food too sour for most spoilage organisms, and the layer of oil keeps out air and moisture.

(ix) (b) cooled quickly, covered and put into the refrigerator. Food left standing warm is where bacteria multiply fastest.

(x) (a) work triangle. The shorter the triangle, the less the cook has to walk between one job and the next.

(xi) (c) a corridor kitchen. It is also called a parallel kitchen, and it suits a long narrow room.

(xii) (d) a covered bin that is emptied every day. Uncovered waste smells and draws flies, cockroaches and rats.

(xiii) (b) prevent harmful micro-organisms being carried to the food. The hands are the commonest carrier of organisms from raw food, waste and the body on to food.

(xiv) (a) the raised pressure inside lets the water boil above its usual boiling point. Food cooks faster at the higher temperature and fuel is saved.

(xv) (c) heat resistant glass. Metal reflects the microwaves and can cause sparking, so steel, aluminium and dishes with a metal rim are not used.

1 mark for each correct option. No marks are deducted for a wrong option.

Question 2 [10]

(i) No single food supplies every nutrient the body needs, so drawing on several groups at a meal brings energy foods, body building foods and protective foods together and makes the diet balanced. Food from several groups also gives variety of flavour, colour and texture, so the meal is appetising and people eat enough of it.

Reason of balance 1. Reason of variety or appetite 1.

(ii) Advantage: they save the cook time and labour, and because they keep well they are at hand on a busy day and at times of the year when the fresh food is not in the market. Drawback: they cost more than the same dish made at home, and many of them carry a good deal of added salt, sugar and fat with little fibre or fresh vitamin value.

Advantage 1. Drawback 1.

(iii) The cold air inside has to move freely round the packets if the whole cabinet is to stay evenly cold. When the shelves are crammed, pockets of warmer air are left, the food in them cools slowly and keeps less well, and

the motor has to run longer to hold the temperature.

Cold air must circulate 1. Food cools slowly and keeps less well, with extra load on the motor 1.

(iv) The consistency or texture of the food may be altered, for example made soft, minced or liquid. The amount of a named constituent, such as salt, fat, protein or fibre, may be raised or lowered.

Change in consistency 1. Change in a named constituent 1.

(v) The sink should stand under or beside a window, so that there is daylight on the work and damp air can get out, and it should be near the water supply and the drain so the plumbing is short. There should be a worktop on at least one side of it for draining, and it should lie between the store and the cooker so that washed food moves straight on to be cooked.

1 mark for each of any two sound points.

Question 3 [15]

(i) Watermelon, because its very high water content helps to replace the fluid lost in sweating. Cucumber, because it is cooling and is eaten raw, so no fire is needed in the hot weather. Mango, because it is in heavy supply and so is cheap, and it supplies fluid along with vitamins A and C. Curd and lassi, raw onion, tinda and bottle gourd are also accepted.

1 mark for each food named with a sound reason.

(ii) Milk: it smells sour, and it curdles or separates into clots and watery whey, often more quickly when it is heated. Cooking oil: it gives off a sharp stale smell, the taste turns bitter and rancid, and it may look cloudy or thicker than it should. Bread: patches of green, white or black mould appear on the crust or the crumb, and it smells musty and sour. Food showing any of these signs should be thrown away and not tasted, and bread with mould on it should be discarded whole, not merely trimmed.

1 mark for each food, two correct signs being needed for the mark.

(iii) Wash the hands with soap before starting work, after handling raw meat, fish, eggs or waste and after using the toilet, because the hands carry micro-organisms straight on to the food. Keep the nails short and unvarnished and take off rings and bangles, because dirt and bacteria lodge under long nails and round rings and are not removed by ordinary washing. Tie the hair back and put on a clean apron, because loose hair and soiled clothing drop hair, dust and organisms into the food. Cover any cut with a waterproof dressing, do not cough or sneeze over food and do not taste with the cooking spoon and put it back in the pan.

1 mark for each rule stated with its reason.

(iv) Grating a carrot: a grater, washed at once in warm water with detergent, using a brush worked from the back of the holes so that shreds do not dry in them, then rinsed and dried. Beating eggs: a whisk or hand beater, taken apart if it comes apart and washed in warm soapy water without delay, because egg sets hard if it is left on, then rinsed and dried. Draining boiled rice: a colander, washed in hot soapy water with the holes checked clear, and dried before it is put away.

1 mark for each piece of equipment named with a correct way of cleaning it.

(v) The money available, because the meal has to be planned within what the family can spend, and cheaper foods from the same group can be chosen without loss of nutritive value. The season and what is in the market, because food in season is cheap and fresh and the weather itself decides whether light cooling dishes or warm ones suit. The time and energy the cook has, because quick dishes are planned on a busy day and part of the work can be done the night before. The likes and dislikes of the family, because food that is refused is wasted. The age, health and occupation of each member, the equipment and fuel in the kitchen, and the custom of the family are also accepted.

1 mark for each factor named with a brief reason.

Question 4 [15]

(a) Seasonal foods are those that grow and come into the market in plenty at one particular time of the year and are scarce or absent at other times. Peas, carrots, cauliflower and oranges in the winter and mango, watermelon and jackfruit in the summer are examples. A household gains because the price is at its lowest when the supply is heaviest, so the same money buys more. The quality, flavour and nutritive value are better, since the produce is fresh and has not been held in cold store or carried over long distances. Seasonal buying

also brings natural variety into the meals through the year, and the food needs little or no preservation or special treatment to reach the kitchen in good condition.

Meaning of seasonal foods, with examples 2. Three reasons, 1 for each 3.

(b) Ready to eat foods, which need nothing done to them, such as biscuits, bread and breakfast cereal. Ready to cook or part prepared foods, in which the cleaning and cutting or the mixing has been done, such as a cake mix, instant noodles or frozen peas. Foods that need only heating and serving, such as a tinned or pouch packed curry. Bottled and preserved foods used as part of a meal, such as jam, squash, pickle and tomato sauce. Instant powders and dried products, such as milk powder, soup powder and instant coffee. Before buying, check the date of packing and the best before or use by date on the packet.

Four forms with an example of each, 1 for each 4. Point to be checked on the packet 1.

(c) Drawbacks: these foods cost a good deal more than the same dishes made at home, so the food budget is strained. Many of them carry a large amount of added salt, sugar and fat and little fibre or fresh vitamin value, so a diet built on them is poorly balanced. Meals become dull and alike, the family loses the taste for fresh home cooked food and the cooking skills of the house are lost with it. There is also a great deal of packaging waste. Ways of cutting down: cook a larger quantity of a dish when there is time and keep part of it covered in the refrigerator or the freezer in portions for the busy day. Do part of the work in advance, for example clean and cut the vegetables, soak the pulses or knead the dough the night before. Keep a few quick fresh dishes in the family's routine, and use a pressure cooker to shorten the work.

Three drawbacks, 1 for each 3. Two practical suggestions, 1 for each 2.

Question 5 [15]

(a) A balanced diet is one that supplies all the nutrients the body needs, in the right amounts and in the right proportion to one another, to keep it healthy and active, with a small reserve for times of extra need. The main groups are, first, cereals, grains, millets and their products, which chiefly give energy from starch along with some protein and B vitamins. Second, pulses, nuts and oilseeds, which give protein, minerals and B vitamins. Third, milk and milk products together with foods of animal origin such as egg, fish and meat, which give good quality protein, calcium and several vitamins. Fourth, vegetables and fruit, the protective foods, which give vitamins, minerals, fibre and water. Fifth, fats, oils, sugar and jaggery, which give concentrated energy, the oils also carrying the fat soluble vitamins.

Definition 1. Groups correctly named 2. What each group chiefly supplies 2.

(b) Breakfast: vegetable poha or a stuffed paratha with curd, a glass of milk and a fruit of the season. Midday meal: chapati and rice, a dal, a seasonal vegetable, curd and a salad. Evening snack: tea or milk with roasted chana, or a vegetable sandwich, or a fruit. Dinner: chapati, a green leafy vegetable, a pulse or paneer dish and curd. The cereal in every meal gives the energy, the dal, paneer, curd and milk give the body building protein and calcium, the vegetables, salad and fruit are the protective foods, and the oil used in cooking gives the fat. Colour, texture and the method of cooking change from one meal to the next, so the day's meals are varied as well as balanced.

Breakfast 1. Midday meal 1. Evening snack 1. Dinner 1. Balance and variety across the food groups shown 1.

(c) The money available sets the limit on what can be bought, so the planner takes the cheaper foods of a group, such as seasonal greens in place of costly vegetables, and still keeps the diet balanced. The season decides what is in the market at a fair price and in good condition, and the weather itself suggests light cooling dishes in the heat and warm ones in the cold. The time the cook can give decides how elaborate the menu may be, so quick dishes or part prepared work suit a day when there is little time. The likes and dislikes of the family matter because food that is disliked is left on the plate and wasted, so familiar dishes are planned and a new food is brought in alongside a liked one. The work each member does affects the meal because a person doing heavy physical work needs more of the energy foods and often an extra snack, while a person at a desk needs less, so the same dishes are served with the helpings suited to each.

1 mark for each of the five factors correctly explained with its reason.

Question 6 [15]

(a) A therapeutic diet is the normal everyday diet altered in its form or in its content to suit a person who is ill or recovering, and it is used as one part of treatment along with whatever the doctor advises. A diet may need to be modified so that food can be taken, swallowed and digested in comfort when chewing or digestion is difficult, so that an organ is given rest from work it cannot do well for the time being, so that something the body has lost can be made good, and so that a particular constituent of the diet is kept higher or lower where the condition calls for it. A modified diet is planned for the individual by a qualified dietitian working with the doctor, since needs differ from one person to another, and it should stay as balanced and as appetising as the condition allows.

Meaning of a therapeutic diet 2. Reasons why a diet may be modified 2. Planned for the individual by a qualified dietitian with the doctor 1.

(b) Modifying the consistency means altering the form and texture of the food while the kinds of food stay much the same, so that the meal calls for less chewing or is easier to swallow and digest. Food may be strained, mashed, minced, puréed or given as a liquid. A fluid diet is one in which everything is taken in liquid form. It is used for a short period when chewing is not possible at all, or around certain procedures, and only on advice, since it is not easy to make such a diet complete. A soft diet is ordinary food made soft by cooking, mashing or mincing, with hard, fried and very fibrous items left out, and it is used when chewing is painful or when a person is beginning to recover. A bland diet is food that is lightly cooked and lightly seasoned, without strong spices, very sour items or fried food, and it is used when the stomach or the intestine is easily irritated. Which diet is given, and for how long, is decided by the doctor and the dietitian.

Meaning of a change in consistency 2. Fluid, soft and bland diets each described with a situation, 1 for each 3.

(c) (1) In fever the general principles are that plenty of fluid is offered, because fluid is lost through sweating and the raised temperature. The food is given in a form that is easy to take and digest, often soft or liquid in the early days, and it is offered in small amounts at frequent intervals because appetite is usually poor. The food is kept bland, lightly seasoned and not greasy, and an ordinary mixed diet is brought back step by step as the person improves. (2) Where the control of blood sugar is affected, the general principles are that meals are taken at regular hours without long gaps, that whole grains, pulses, vegetables and other fibre rich foods are preferred, that sugar, sweets, sweetened drinks and highly refined foods are kept down, and that cooking methods using less fat are chosen. The diet is otherwise kept balanced and goes along with the treatment and the activity the doctor advises. In both cases the diet that a particular person follows, including which foods are allowed and in what amounts, is worked out for that individual by a qualified dietitian with the doctor, because it depends on the person's condition, on any other illness and on the treatment being given.

General principles in fever 2. General principles where blood sugar control is affected 2. Clear statement that the individual diet is worked out by a qualified dietitian with the doctor 1.

Question 7 [15]

(a) Food spoils because of the growth of micro-organisms, that is bacteria, yeasts and moulds, in or on it. It spoils because the enzymes of the food itself go on working after it is harvested, so fruit over-ripens and the colour, flavour and texture change. It spoils because insects, rats and other pests eat it and soil it with their droppings. Air, light and warmth also spoil food by turning fat rancid and destroying some of the vitamins, and rough handling and bruising open the way for spoilage. All preservation rests on one principle, that the conditions which micro-organisms and enzymes need in order to act, namely available water, warmth, air and a suitable degree of acidity, are taken away or altered, or else the organisms already in the food are destroyed by heat and fresh ones are kept out by sealing the food away from the air.

Three causes of spoilage, 1 for each 3. Principle of preservation correctly stated 2.

(b) Drying: the water in the food is driven off by the sun or by hot air, and since bacteria, yeasts and moulds cannot grow unless water is available to them, the food keeps as long as it is stored dry and airtight. The use of salt: salt draws water out of the food and out of the cells of any micro-organisms present, so too little free water is left for them to multiply. The use of sugar: a heavy concentration of sugar, as in jam or murabba, holds the water so that it is not available to micro-organisms, and the thick syrup keeps out air as well. Low temperature: cold slows down the chemical changes in the food and the growth of micro-organisms, so chilling keeps food in good condition for a few days and freezing, which turns the water in the food to ice, holds it for

months. Neither kills the organisms, so thawed food spoils like any fresh food. Heating followed by sealing: the food is heated so that the micro-organisms in it are destroyed, and it is sealed hot into a clean airtight jar or tin so that no fresh organisms can get in. Bottling at home should be kept to acid foods such as fruit and pickle, since low acid foods need proper pressure equipment if they are to be made safe.

1 mark for each of the five methods correctly explained.

(c) Fresh green leafy vegetables: picked over, with roots and damaged leaves removed, and kept unwashed in a loosely covered box or a perforated bag in the refrigerator for a day or two only, because the leaves lose water and wilt quickly and wet leaves rot. Milk: boiled soon after it comes in, cooled quickly and kept covered in the coldest part of the refrigerator, because it is a highly perishable food in which bacteria multiply very fast at room temperature. Cooked food left over from a meal: cooled quickly rather than left standing out, put into a clean covered container and kept in the refrigerator above the raw foods, and reheated right through until piping hot once only before it is served, because food standing warm is where bacteria multiply fastest. Wheat flour: kept in a clean dry airtight tin in a cool dark cupboard away from strong smelling things, because flour takes up moisture and smells, and damp flour goes musty and draws insects. An opened tin of food: never left in the open tin, but turned out into a clean covered container, refrigerated and used within a day or two, because once the tin is opened the food is exposed to air and handling. Any tin that is swollen, leaking or badly dented should be thrown away unopened.

1 mark for each food, the method of storage and the reason both being needed.

Question 8 [15]

(a) The plan should show a room in which the worktop runs along two walls that meet at a corner, that is in the shape of the letter L, leaving the other two walls free for the door and for a serving or dining table. Along the first arm come the store cupboard, the preparation worktop and the sink, with the window above the sink. Round the corner and along the second arm come the draining space, more worktop and then the cooker, with storage cupboards above and below the worktop and the refrigerator at the far end. Arrows drawn from the store to the sink, from the sink to the preparation worktop and from there to the cooker show the path of the work, which runs in one direction and does not cross itself. The drawing should be in pencil and labelled in words, and it need not be to scale.

Correct L shaped outline with the worktop on two adjoining walls 1. Sink, cooker, worktop and storage cupboards labelled in sensible positions 2. Path of the work marked with arrows in a workable order 2.

(b) The kitchen should be near the dining area and within reach of the entrance used for supplies, but away from the bedrooms, so that food and smells do not have to be carried far. There should be good natural light by day from a window at or near the working area, and the artificial light should fall in front of the cook, so that she does not work in her own shadow. There should be cross ventilation or an exhaust fan over the cooker, so that steam, smoke and smells go out and the room stays cool and free of grease. Running water and proper drainage are needed at the sink, so that washing up and cleaning can be done where the work is. The worktop should be at a height suited to the user, with a smooth, hard and easily washed surface such as glazed tile or stone, so that the cook does not stoop and spills do not soak in. There should be enough storage close to the point of use, with closed cupboards for food and open shelves for things in daily use, so that nothing has to be fetched from another room. Walls should be light coloured and washable and the floor smooth but not slippery, and the fuel arrangement should be safe, with the cylinder standing upright in a ventilated place.

1 mark for each of five requirements stated with a sound reason.

(c) A work centre is the place in the kitchen where one main kind of work is done, together with the equipment and the storage that this work needs kept within arm's reach of it. The three main centres are the storage and preparation centre, where food is kept, brought out, cleaned and cut, the washing or sink centre, where food and utensils are washed and water is drawn, and the cooking and serving centre, where the cooker stands with its pans, ladles and spices beside it and the cooked food is dished out. They should be placed in that order, store to sink to cooker, in one continuous line or round a corner, because the work of a kitchen itself moves in that order, so the cook goes forward from one job to the next instead of walking back and forth with wet or hot things in her hands. The three centres should also stand close enough for the imaginary triangle joining them to stay short, and no door should open across the route.

Meaning of a work centre 1. The three centres named, 1 for each 3. Order stated with a reason 1.

Question 9 [15]

(a) Cross contamination is the carrying of harmful micro-organisms from one food, or from a surface, cloth, utensil or the hands, on to another food, most often from raw food on to food that is already cooked or that will be eaten without further cooking. It is prevented by keeping raw meat, fish and eggs covered on the lowest shelf of the refrigerator, below the cooked and ready to eat food, so that nothing drips on to them. It is prevented by keeping separate chopping boards and knives for raw meat and fish and for salad and cooked food, and washing them in hot soapy water between jobs. It is prevented by washing the hands with soap after handling raw food, waste or the bin and before touching cooked food. It is prevented by never putting cooked food back on the plate or board that held it raw, and by keeping the worktop clean, wiping spills at once and washing and drying cloths and sponges every day.

Meaning of cross contamination 1. Four ways of preventing it, 1 for each 4.

(b) Every day: wash up after each meal and put the utensils away dry; wipe the worktop, the cooker top and the sink with hot water and detergent at the end of the day; sweep and mop the floor; empty the waste bin, wash it and dry it; wash the dusters and sponges and hang them to dry; and cover and put away all food. Once a week: clear out the cupboards and shelves, wipe them and look over the stored food for damp and insects; clean the refrigerator inside and defrost it if it needs it; clean the exhaust fan or the chimney filter and wash the window; scrub the tiles and the area behind and under the cooker; and scour the burners and clear the drain.

Three daily jobs, 1 for each 3. Two weekly jobs, 1 for each 2.

(c) Use separate cloths for wiping surfaces, for drying hands and for holding hot pans, and wash them in hot soapy water and dry them fully every day, because a damp soiled cloth is one of the best places for bacteria to multiply and it spreads them to every surface it touches. Keep one chopping board for raw meat and fish and another for vegetables, salad and cooked food, because organisms from raw food would otherwise be carried to food that will not be cooked again. Wash boards with hot water and detergent straight after use and stand them on edge to dry instead of leaving them wet, because water lying in the cuts on the surface lets bacteria survive there. Keep kitchen waste in a bin with a close fitting lid, lined and emptied every day, and wash the bin out, because uncovered waste smells and draws flies, cockroaches and rats. Wash the hands with soap after handling waste, the bin or a soiled cloth and before going back to the food, because the hands are the commonest carrier of organisms in a kitchen.

1 mark for each rule stated with a sound reason.

Question 10 [15]

(a) Aluminium is light and cheap and conducts heat well, so a pan heats quickly and evenly; in care, it should not be scoured with harsh abrasives and very salty or very sour food should not be left standing in it, and it should be washed and dried at once because it pits and stains. Stainless steel is strong, does not rust and does not react with food, and it keeps its appearance; it conducts heat less well, so a pan with a heavy or clad base is better, and in care it should be washed with detergent, not scoured hard, and dried to prevent water marks. Cast iron is heavy and holds heat well, which suits frying and slow cooking; in care it should be dried over the heat at once and kept lightly oiled, because it rusts quickly. A non stick coated pan needs very little fat and food does not catch in it; in care, only wooden or plastic spoons should be used in it, it should be cleaned with a soft sponge and mild detergent and never with steel wool or scouring powder, and it should not be heated empty over a high flame. Glass and ceramic ovenware and earthenware are also accepted. Metal, such as steel or aluminium, or a dish with a metal rim, should not be used in a microwave oven.

Four materials, each with an advantage and a point of care, 1 for each 4. Metal correctly named as unsuitable for a microwave oven 1.

(b) Whether it is really needed, that is whether the work it does is enough and often enough to justify the cost and the space. The size and capacity, which should suit the size of the family and the space available on the worktop or the floor. The cost against the money available, together with the running cost of fuel or power and the cost of repairs. The make and quality, with the standard mark, a written guarantee, and spare parts and a service agent available in the town. Ease of use and of cleaning, with parts that come apart, no corners that

trap food and a weight that can be handled. Safety, with proper earthing, a sound cord and plug and guards or locking lids where they are needed. Whether the power point, the water connection or the fuel supply is available at the place where it will stand.

1 mark for each of five sound points.

(c) Measuring dry ingredients: a set of standard measuring cups and spoons, washed and dried fully so that they do not rust or hold damp flour, and kept together so the set is complete. Sieving flour: a sieve, from which the flour is tapped out and the mesh brushed or washed and then dried fully, and which is hung up rather than stacked under weight so that the mesh is not pushed out of shape. Peeling vegetables: a peeler, washed under running water at once, dried so the blade does not rust, and kept in a safe place where the blade is not blunted and cannot cut anyone reaching into the drawer. Rolling out dough: a rolling pin and board, from which the dough is scraped off and which are wiped with a damp cloth rather than soaked, then stood on edge to dry fully, because wood that is left wet warps, cracks and may grow mould. Lifting food out of hot oil: a perforated frying spoon, left to cool, then washed in hot water with detergent to take off the film of oil, with the holes checked clear, and dried before it is put away.

1 mark for each job, the equipment and its care both being needed.