

Roll No.

Total No. of Pages : 02

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B.Sc. (Nutrition and Dietetics) (Sem.-2)

BASICS OF COOKING

Subject Code : BSND-121-18

M.Code : 77755

Date of Examination : 04-07-22

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN Multiple Choice questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

1) Write briefly :

- a) What is boiling?
- b) What are hot plates?
- c) What is pressure cooking?
- d) What is stewing?
- e) What is braising?
- f) What are binding agents?
- g) What are flavoring stocks?
- h) What is garnishing?
- i) What is roasting?
- j) What is essence?

SECTION-B

2. Pen down the precautions and care to be taken in handling hot plates and refrigeration equipment.
3. Describe the principles and practices of boiling and baking for different food groups.
4. Write short notes on :
 - a) Microwave cooking
 - b) Grilling.
5. Pen down the combined methods of cooking for different food groups.
6. Differentiate between sauces and gravies. Give examples.

SECTION-C

7. Discuss in detail about aims and objectives of cooking food. Enlist & explain various methods of cooking food.
8. What do you understand by kitchen equipment's? Write in detail about :
 - a) Various types of knives.
 - b) Cooking ranges.
 - c) Food holding equipment.
9. Discuss the effects of cooking on food and its nutritive value.

NOTE : Disclosure of Identity by writing Mobile No. or Making of passing request on any page of Answer Sheet will lead to UMC against the Student.