

CHAPTER 7 – PRINCIPLES AND METHODS OF PREPARATION OF FOOD

PART A

I Answer the following questions (1 Marks)

1. What is cooking?
2. List the preliminary preparations of food.
3. List the different methods of cooking.
4. List the methods of enhancing nutritive value of food.
5. What is Germination? What is sprouting?
6. What is fermentation?
7. What is baking?
8. What is smoke point?
9. What is substitution?
10. What are dietary supplements?

PART B

II Answer the following questions (2 Marks)

1. Mention the principles of cooking.
2. Write a note on pressure cooking.
3. Write a note on solar cooking.
4. Write a note on microwave cooking.
5. Give the different methods of cooking.
6. Mention the preliminary preparations of food.
7. Give the effects of germination on food.
8. How will you select various food ingredients for cooking?

PART C

III Answer the following questions (3 Marks)

1. List the preliminary preparations of food. Explain any two.
2. Which aspects are important while selecting food for cooking?
3. Mention the principles of cooking.
4. List the different methods of cooking. Explain any two.
5. List the unconventional methods of cooking. Explain any one.
6. What are the effects of cooking on the nutritive value of nutrients?
7. What is the effect of cooking on vitamins and minerals?
8. List the different methods of enhancing nutritive value of food. Explain any two.
9. What is sprouting? What are the advantages of sprouting?

PART D

IV Answer the following questions (5 Marks)

1. Explain the preliminary preparations of food.
2. List the methods of cooking. Explain any four methods.
3. What are the effects of cooking on nutritive value of different nutrients? Explain
4. Explain any five methods of enhancing nutritive value of foods.
5. Discuss unconventional methods of cooking.
6. Discuss the principles of cooking.
7. Explain the methods of cooking by using water as a medium.
8. Discuss/Explain methods of cooking by using oil as medium.