



CBSE Class X Food Production (Code 96)



Time Allowed :2 Hours	Maximum Marks :50	Total Questions :21
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections: **Section A & Section B**.
3. Section A has **Objective type questions** whereas Section B contains **Subjective type questions**.
4. Out of the given (**5 + 16 = 21**) questions, a candidate has to answer (**5 + 10 = 15**) questions in the allotted (maximum) time of **2 hours**.
5. All questions of a particular section must be attempted in the correct order.
6. **Section A: Objective Type Questions (24 Marks)**
 - (a) This section has **5 questions**.
 - (b) There is **no negative marking**.
 - (c) Do as per the instructions given.
 - (d) Marks allotted are mentioned against each question/part.
7. **Section B: Subjective Type Questions (26 Marks)**
 - (a) This section has **16 questions**.
 - (b) A candidate has to do **10 questions**.
 - (c) Do as per the instructions given.
 - (d) Marks allotted are mentioned against each question/part.

SECTION-A (OBJECTIVE TYPE QUESTIONS)

Question 1. Answer any 4 out of the given 6 questions on Employability skills.

- (i) Which type of words are used for verbal communication?
- (a) Simple
 - (b) Acronyms
 - (c) Jargons
 - (d) Technical

Correct Answer: (a) Simple

Solution:

When we speak to others, we should use simple words because they are easy to understand. Complex words, technical terms, or jargons might confuse people, especially if they are not familiar with those terms. For example, saying "happy" is simpler and easier to understand than using a word like "euphoric."

Quick Tip

Always use words that everyone can understand, especially when talking to a larger group of people.

(ii) _____ is simply the force within you that drives you to do things.

- (a) Self-innovative
- (b) Self-awareness
- (c) Self-regulation
- (d) Self-motivation

Correct Answer: (d) Self-motivation

Solution:

Self-motivation means pushing yourself to do something even when no one else is asking you to. For example, when you study for exams without your parents reminding you, you are self-motivated. It is this internal drive that helps you achieve your goals, even when the task is tough.

Quick Tip

Motivate yourself by setting small goals and celebrating when you achieve them.

(iii) Which of the following is not a category of stress causal agents?

- (a) Mental
- (b) Physical
- (c) Social
- (d) Happiness

Correct Answer: (d) Happiness

Solution:

Happiness is a positive emotion and does not cause stress. On the other hand, stress can come from mental problems (like overthinking), physical problems (like illness), or social issues (like peer pressure). Happiness helps reduce stress instead of causing it.



Quick Tip

Try to focus on things that make you happy; it helps in reducing stress.

(iv) Physical part of computer is called:

- (a) Software
- (b) Hardware
- (c) Shareware
- (d) Microsoft

Correct Answer: (b) Hardware

Solution:

Hardware refers to the physical parts of a computer that we can touch and see, like the keyboard, mouse, monitor, and CPU. Software, on the other hand, is something we cannot touch but is necessary to run the hardware, like MS Word or games.

Quick Tip

Hardware is like the "body" of the computer, and software is like its "mind."

(v) _____ people are those who start business to satisfy the need of people.

- (a) Self-employed
- (b) Wage-employed
- (c) Skilled man
- (d) Labourer

Correct Answer: (a) Self-employed

Solution:

Self-employed people are entrepreneurs who start their own businesses. They see what people need, like food, clothes, or services, and set up businesses to provide these. For example, a person who opens a grocery store in their village to serve the people there is self-employed.

Quick Tip

To be self-employed, you need to find a need in society and work hard to fulfill it.

(vi) Which of the following sources of energy is from a renewable source?

- (a) Solar energy
- (b) Wood
- (c) Coals



(d) Petrol

Correct Answer: (a) Solar energy

Solution:

Solar energy comes from the sun, which will not run out. This makes it renewable. On the other hand, coal and petrol take millions of years to form, so once used, they are gone. Wood is renewable if trees are replanted, but it takes a long time for trees to grow back.

Quick Tip

Switching to renewable energy like solar power helps protect the environment and save resources for the future.

Question 2. Answer any 5 out of the given 6 questions.

(i) Which one of the following is a good cooking practice?

- (a) Cutting the vegetables and then washing in running water.
- (b) Keeping the vegetables in sunshine for some time before cutting.
- (c) Cooking the vegetables by deep frying.
- (d) Washing the vegetables nicely and then cutting.

Correct Answer: (d) Washing the vegetables nicely and then cutting.

Solution:

Before cutting vegetables, it is important to wash them thoroughly to remove any dirt, bacteria, or pesticides. Washing them after cutting may lead to the loss of nutrients. Always handle vegetables hygienically to ensure food safety.

Quick Tip

Always wash vegetables under running water to avoid contamination from stagnant water.

(ii) Which of the following is not blanching?

- (a) Par cook to whiten.
- (b) Par cook to soften.
- (c) Plunge in boiling water to remove skin.
- (d) Toss to coat with glaze.

Correct Answer: (d) Toss to coat with glaze.

Solution:

Blanching involves boiling or steaming vegetables for a short time and then placing them in



cold water to stop the cooking process. It is not related to coating with glaze, which is a different cooking technique.

Quick Tip

Blanching helps preserve the color, texture, and nutrients of vegetables before freezing or further cooking.

(iii) Which of the following is not a type of vegetable cut?

- (a) Dices
- (b) Baton
- (c) Chop
- (d) Freezing

Correct Answer: (d) Freezing

Solution:

Freezing is a method of food preservation and not a cutting technique. Cutting techniques like dices, baton, and chop refer to how vegetables are cut for cooking or presentation purposes.

Quick Tip

Understanding vegetable cuts helps in cooking efficiently and achieving even cooking results.

(iv) A clear, thin liquid resulting from a clarification process is:

- (a) Consommé
- (b) Purée
- (c) Bisque
- (d) Chowder

Correct Answer: (a) Consommé

Solution:

Consommé is a clarified broth that is clear and flavorful. It is made by simmering stock or broth with egg whites, which capture impurities, leaving the liquid clear. Other options like purée and chowder refer to thick soups.

Quick Tip

For a perfect consommé, cook it on low heat to avoid disturbing the clarification process.



(v) Which of the following is not an ingredient used in protein salad?

- (a) Chicken
- (b) Ham
- (c) Beef
- (d) Ice cream

Correct Answer: (d) Ice cream

Solution:

Protein salads are made with protein-rich ingredients like chicken, ham, or beef. Ice cream is a dessert and does not fit into a protein salad, as it is high in sugar and fat but low in protein.

Quick Tip

Protein salads are healthy meals that provide essential nutrients for growth and repair of the body.

(vi) What are the main components of a sandwich?

- (a) Bread, filling, garnish
- (b) Bread, filling, condiments
- (c) Bread, spread, filling
- (d) Bread, filling, body

Correct Answer: (c) Bread, spread, filling

Solution:

A sandwich typically consists of bread, a spread (like butter or mayonnaise), and a filling (like vegetables, meat, or cheese). The spread adds flavor and prevents the bread from becoming soggy.

Quick Tip

Choose whole-grain bread and fresh fillings for a healthier sandwich option.

Question 3. Answer any 5 out of the given 6 questions.

- (i) Which of the following is not an objective of cooking?
 - (a) Cooking preserve food for a longer time.
 - (b) Cooking kills the germs present in the raw food items.
 - (c) Cooking decreases the eye appeal and is not receptive to the palate.
 - (d) Cooking gives a variety to the menu.



Correct Answer: (c) Cooking decreases the eye appeal and is not receptive to the palate.

Solution:

Cooking enhances the food's appearance, taste, and nutritive value. It makes the food more palatable and digestible. Decreasing the eye appeal contradicts the objectives of cooking, which include improving presentation and ensuring it is pleasing to the consumer.

Quick Tip

Always aim for balanced cooking that preserves the food's texture and appeal.

(ii) What is heat transfer?

- (a) Flow of thermal energy from low temperature reservoir to high temperature reservoir.
- (b) Flow of energy in the form of heat from high temperature reservoir to low temperature reservoir.
- (c) Flow of thermal energy irrespective of reservoir temperature.
- (d) Flow of electrical energy from one to another.

Correct Answer: (b) Flow of energy in the form of heat from high temperature reservoir to low temperature reservoir.

Solution:

Heat transfer refers to the movement of thermal energy from a hotter object to a cooler one. This process continues until both objects reach thermal equilibrium. Examples include conduction, convection, and radiation.

Quick Tip

Understanding heat transfer helps in effective cooking and temperature management.

(iii) Round vegetables cut equally lengthwise is termed as:

- (a) Wedges
- (b) Slicing
- (c) Paring
- (d) Matignon

Correct Answer: (a) Wedges

Solution:

Wedges are a cutting technique where vegetables are sliced into equal triangular shapes. This is common for potatoes and citrus fruits and ensures even cooking or presentation.



Quick Tip

Practicing uniform cuts ensures even cooking and better presentation.

(iv) is normally based on dried peas, lentils, or starchy vegetables, such as potatoes & carrots.

- (a) Chowders
- (b) Bisque
- (c) Purees
- (d) Broth

Correct Answer: (c) Purees

Solution:

Purees are thick, smooth dishes prepared by mashing cooked ingredients. Starchy vegetables like potatoes and lentils are common ingredients in purees, often used as side dishes or bases.

Quick Tip

Always blend or mash cooked ingredients thoroughly for a smooth puree.

(v) The salad is built on the

- (a) Body
- (b) Plate
- (c) Base
- (d) Platform

Correct Answer: (c) Base

Solution:

The base is the foundational layer of a salad, usually made from lettuce or leafy greens. It provides structure and complements the other components like toppings and dressings.

Quick Tip

Choose fresh greens for a crisp and healthy salad base.

(vi) A multi-decker sandwich is:

- (a) A small, fancy construction made with light soft breads.
- (b) Made with three or more pieces of bread and two or more fillings.
- (c) Made from a split roll.



(d) Made from a dough.

Correct Answer: (b) Made with three or more pieces of bread and two or more fillings.

Solution:

A multi-decker sandwich contains multiple layers of bread and fillings, creating a visually appealing and filling meal. Examples include club sandwiches.

Quick Tip

Layer fillings carefully to maintain stability in a multi-decker sandwich.

Question 4. Answer any 5 out of given 6 questions.

(i) Which of the following components is not a major nutrient in our food?

- (a) Carbohydrates
- (b) Lipids & Proteins
- (c) Vitamins & Minerals
- (d) Lead

Correct Answer: (d) Lead

Solution:

Nutrients are essential substances required by our body for growth and survival. Major nutrients include carbohydrates, proteins, fats (lipids), vitamins, and minerals. Lead is a toxic metal and not a nutrient; in fact, it is harmful to the body.

Quick Tip

Always focus on the six essential nutrients: carbohydrates, proteins, fats, vitamins, minerals, and water. Anything outside this list is not a nutrient.

(ii) Heat transferred through the movement of molecules in air or liquid is:

- (a) Convection
- (b) Conduction
- (c) Radiation
- (d) Induction

Correct Answer: (a) Convection

Solution:

Convection is the process of heat transfer in fluids (liquids and gases) through the movement of molecules. For example, when water is heated, the hot water molecules rise, and cooler molecules sink, forming a circulation pattern. Conduction, on the other hand, occurs through



direct contact, while radiation transfers heat through electromagnetic waves. Induction involves electric currents and is not related to molecular movement.

Quick Tip

Remember, convection occurs only in liquids and gases, conduction happens in solids, and radiation works without any medium.

(iii) Which vegetable is a flower that we eat?

- (a) Potato
- (b) Broccoli
- (c) Lettuce
- (d) Tomato

Correct Answer: (b) Broccoli

Solution:

Broccoli is the edible flower part of the plant. It is rich in nutrients like vitamins, minerals, and antioxidants. Other options, like potatoes, are roots; lettuce is a leaf, and tomatoes are fruits. This makes broccoli unique as an edible flower vegetable.

Quick Tip

Flowers like broccoli and cauliflower are nutrient-dense. Including them in your diet is a good way to improve health.

(iv) Minestrone soup is from:

- (a) U.S.A.
- (b) Italy
- (c) Germany
- (d) Scotland

Correct Answer: (b) Italy

Solution:

Minestrone is a traditional Italian soup made with vegetables, beans, pasta, or rice. It is a hearty and healthy dish. The other countries listed have their own traditional soups, but Minestrone is specifically Italian in origin.

Quick Tip

Try associating dishes with their origins. For example, Minestrone = Italy, Gazpacho = Spain, and Mulligatawny = India.



(v) Which of the following is an optional part of the salad?

- (a) Base
- (b) Garnish
- (c) Body
- (d) Dressing

Correct Answer: (b) Garnish

Solution:

A salad typically consists of three main parts: the base (like lettuce), the body (main ingredient like vegetables or protein), and the dressing (sauce). Garnish, like herbs or toppings, is optional and used for decoration or flavor enhancement.

Quick Tip

Focus on the main components: Base, Body, and Dressing. Garnish is a bonus and not always necessary.

(vi) Which of the following can be made from a single slice of bread?

- (a) Closed sandwich
- (b) Hot dogs
- (c) Cold open sandwich
- (d) Hot open sandwich

Correct Answer: (c) Cold open sandwich

Solution:

A cold open sandwich uses a single slice of bread as the base, with toppings like vegetables, meats, or spreads arranged attractively on top. It does not have a second bread slice to "close" it, unlike a closed sandwich. Hot open sandwiches are heated, but cold open ones are served at room temperature or chilled.

Quick Tip

Remember, "open" sandwiches have one slice of bread, while "closed" ones use two slices. Hot or cold depends on serving temperature.

Question 5. Answer any 5 out of given 6 questions.

(i) Which of the following food products is not a source of animal proteins?

- (a) Milk
- (b) Egg
- (c) Cheese



(d) Soybean

Correct Answer: (d) Soybean

Solution:

Animal proteins are found in products derived from animals, such as milk, eggs, and cheese. Soybean, however, is a plant-based protein source and is not considered an animal protein.

Quick Tip

To differentiate, remember that animal proteins come from dairy, eggs, or meat, while plant proteins are found in beans, nuts, and seeds.

(ii) Cooking food in hot liquid, steam, or a combination of the two comes under:

- (a) Dry heat cooking
- (b) Moist heat cooking
- (c) Deep fat frying
- (d) Radiation

Correct Answer: (b) Moist heat cooking

Solution:

Moist heat cooking involves cooking food using water, steam, or other liquids. Examples include boiling, steaming, and braising. Dry heat cooking uses hot air, while deep fat frying uses oil, and radiation involves electromagnetic waves.

Quick Tip

Boiling, steaming, and poaching are all forms of moist heat cooking. Think of water-based methods to identify them.

(iii) Which of these vegetables is a root vegetable?

- (a) Carrots
- (b) Broccoli
- (c) Cabbage
- (d) Tapioca

Correct Answer: (a) Carrots

Solution:

Carrots are root vegetables, as they grow underground and store nutrients in their roots. Broccoli and cabbage are leafy vegetables, and tapioca is derived from the root of cassava, but it is processed and not directly consumed as a vegetable.



Quick Tip

Root vegetables like carrots, radishes, and turnips are nutrient-rich and grow underground.

(iv) Which of the following is an example of international soup?

- (a) Gazpacho
- (b) Mulligatawny
- (c) Chicken Broth
- (d) Tomato soup

Correct Answer: (a) Gazpacho

Solution:

Gazpacho is a cold Spanish soup made from raw vegetables like tomatoes, cucumbers, and peppers. Mulligatawny is an Indian-inspired soup, chicken broth is universal, and tomato soup is common but not specific to any one cuisine.

Quick Tip

Match dishes to their countries. Gazpacho = Spain, Minestrone = Italy, Tom Yum = Thailand.

(v) Which is not used as a garnish for salads?

- (a) Bread
- (b) Vinegar
- (c) Oil
- (d) Mayonnaise

Correct Answer: (a) Bread

Solution:

Garnishes enhance the flavor and appearance of salads. Vinegar, oil, and mayonnaise are dressings that can also act as garnishes. Bread, however, is not used as a garnish; it is served on the side or used as a base.

Quick Tip

Focus on toppings and dressings like herbs, oils, and sauces for garnishes, not staples like bread.

(vi) Sandwiches are the single slice of bread with attractively arranged fillings on top with the garnishes.



- (a) Cold open
- (b) Hot closed
- (c) Cold closed
- (d) Hot open

Correct Answer: (a) Cold open

Solution:

Cold open sandwiches are made using a single slice of bread, topped with ingredients like cheese, vegetables, or meats. The toppings are arranged attractively, and garnishes enhance the presentation. Unlike closed sandwiches, they are not covered with another bread slice.

Quick Tip

"Open" sandwiches = one slice of bread. "Cold" indicates serving temperature without heating.

SECTION-B (SUBJECTIVE TYPE QUESTIONS)

Answer any 3 out of the given 5 questions on Employability skills. Answer each question in 20-30 words.

Question 6. What is the Communication Process?

Solution:

The communication process involves the transfer of information between a sender and a receiver. It includes the following steps:

1. **Sender:** The person who wants to share information or an idea.
2. **Message:** The actual content that needs to be communicated.
3. **Medium:** The channel or method used to deliver the message (e.g., speaking, writing, or using devices).
4. **Receiver:** The person who receives the message.
5. **Feedback:** The response given by the receiver, indicating that the message was understood.

Quick Tip

Communication works effectively when the message is clear and the receiver provides constructive feedback.

Question 7. Name any four stress management techniques.

Solution:

Four effective stress management techniques are:

1. **Deep Breathing Exercises:** Helps calm the mind and reduces anxiety by improving oxygen



flow.

2. **Time Management:** Organizing your tasks to avoid last-minute stress and pressure.
3. **Physical Exercise:** Activities like walking, yoga, or cycling can reduce stress hormones and boost mood.
4. **Relaxation Techniques:** Meditation or listening to music can help relax the mind and body.

Quick Tip

Start with simple breathing exercises or short walks to feel instant stress relief.

Question 8. What do you mean by input devices? Give two examples.

Solution:

Input devices are hardware components used to provide data and instructions to a computer system. They help in interacting with the computer. Examples include:

1. **Keyboard:** Used to type text and commands.
2. **Mouse:** Used to point, click, and navigate on the screen.

Quick Tip

Remember, any device that helps "input" information into a computer is an input device, like microphones and scanners.

Question 9. Enlist four functions of an entrepreneur.

Solution:

The main functions of an entrepreneur are:

1. **Idea Generation:** Coming up with innovative products or services.
2. **Risk-taking:** Managing financial, operational, and market risks to achieve business goals.
3. **Decision-making:** Making strategic and operational decisions to run the business smoothly.
4. **Resource Management:** Efficiently managing labor, capital, and materials to maximize output.

Quick Tip

Think of an entrepreneur as a problem-solver who turns ideas into businesses by taking calculated risks.

Question 10. What is Sustainable Development?

Solution:

Sustainable development refers to meeting the needs of the present without compromising the ability of future generations to meet their own needs. It focuses on:



1. **Environmental Protection:** Conserving natural resources like water, air, and forests.
2. **Social Equity:** Ensuring equal opportunities and well-being for all.
3. **Economic Growth:** Promoting development without harming the environment.

Quick Tip

Sustainable development is about balance – taking care of people, the planet, and the economy simultaneously.

Answer any 4 out of the given 6 questions in 20-30 words.

Question 11. What are the aims and objectives of cooking food?

Solution:

The aims and objectives of cooking food are:

1. **Improving Taste:** Cooking enhances the flavor, aroma, and texture of food.
2. **Killing Harmful Microorganisms:** Heat destroys bacteria, making food safe to eat.
3. **Increasing Digestibility:** Cooked food is easier to chew and digest.
4. **Preserving Food:** Cooking can extend the shelf life of certain foods through methods like pickling or drying.

Quick Tip

Remember, cooking is not just about taste; it's about making food safe and nutritious too.

Question 12. How does conduction help in heat transference?

Solution:

Conduction is the transfer of heat through direct contact between molecules in solids. For example:

- When a pan is heated on a stove, the heat from the flame transfers through the metal to cook the food.
- Conduction ensures even cooking by distributing heat efficiently in utensils.

Quick Tip

Always use good conductors like aluminum or copper for faster and even cooking.

Question 13. Give any two examples of baby vegetables.

Solution:



Two examples of baby vegetables are:

1. Baby carrots.
2. Baby corn.

Quick Tip

Baby vegetables are harvested early for their tender texture and mild flavor.

Question 14. What is the national soup of India?

Solution:

The national soup of India is **Mulligatawny**. It is a spiced lentil-based soup with origins in South Indian cuisine.

Quick Tip

The name Mulligatawny comes from Tamil words meaning "pepper water."

Question 15. Name two types of dressings used for salads.

Solution:

Two types of salad dressings are:

1. **Vinaigrette:** A mixture of oil and vinegar, often flavored with herbs.
2. **Mayonnaise:** A creamy dressing made with eggs, oil, and lemon juice or vinegar.

Quick Tip

Dressings enhance the taste and texture of salads. Try combining them for unique flavors.

Question 16. Name any two types of sandwich breads.

Solution:

Two types of sandwich breads are:

1. **Whole wheat bread.**
2. **Sourdough bread.**

Quick Tip

Choose the right bread for your sandwich; sturdy breads like sourdough are best for heavy fillings.



Answer any 3 out of the given 5 in 50-80 words.

Question 17. Explain briefly any 4 examples of dry methods of cooking.

Solution:

Dry methods of cooking use heat without moisture. Four examples are:

1. **Baking:** Cooking food in an oven using dry heat, like bread or cakes.
2. **Roasting:** Cooking food, especially meat or vegetables, in an open flame or oven.
3. **Grilling:** Cooking food on a grill with direct heat, often outdoors.
4. **Frying:** Cooking food in hot oil or fat, as in making French fries.

Quick Tip

Use frying sparingly as it adds extra calories; prefer baking or roasting for healthier options.

Question 18. List five effects of heat on vegetables.

Solution:

Heat affects vegetables in the following ways:

1. **Texture:** Softens vegetables, making them easier to chew and digest.
2. **Color:** Retains or enhances the natural color when cooked correctly.
3. **Flavor:** Releases aromatic compounds, improving taste.
4. **Nutrient Loss:** Overcooking can lead to the loss of vitamins like Vitamin C.
5. **Shape:** Prolonged cooking can cause vegetables to lose their shape.

Quick Tip

Steam vegetables lightly to retain nutrients and texture.

Question 19. List any six features of a good soup.

Solution:

Six features of a good soup are:

1. **Flavorful:** The soup should have a balanced and rich taste.
2. **Aromatic:** Pleasant aroma enhances the appetite.
3. **Nutritional Value:** Contains a good mix of vegetables, proteins, and spices.
4. **Consistency:** Neither too thick nor too watery, just the right texture.
5. **Color:** Appealing and matches the ingredients used.
6. **Serving Temperature:** Served hot or warm to suit the type of soup.



Quick Tip

Garnish soups with fresh herbs like coriander or parsley for a professional touch.

Question 20. Mention few salient features of preparing good salads.

Solution:

Salient features of preparing good salads include:

1. **Fresh Ingredients:** Use fresh and clean vegetables, fruits, or proteins.
2. **Proper Dressing:** Choose a dressing that complements the salad ingredients.
3. **Balanced Flavors:** Combine sweet, sour, salty, and savory elements.
4. **Good Presentation:** Arrange ingredients neatly for an appealing look.
5. **Right Temperature:** Serve salads chilled for a refreshing experience.

Quick Tip

Add a mix of colorful vegetables like bell peppers and carrots for a visually appealing and nutritious salad.

Question 21. "The breads used for making sandwiches must be chosen carefully." Justify.

Solution:

Breads are the foundation of a sandwich, and their quality directly affects the texture, taste, and overall presentation. Choosing the right bread is essential for the following reasons:

1. **Freshness:** Fresh bread enhances the flavor and ensures a pleasant eating experience. Stale bread can ruin the taste and texture.
2. **Texture:** Different types of sandwiches require different bread textures. For example, soft bread works well for delicate fillings, while crusty bread pairs better with heavier fillings.
3. **Flavor Compatibility:** The bread should complement the sandwich fillings. Whole-grain bread, for instance, is ideal for healthy sandwiches, while white bread suits most classic sandwiches.
4. **Structural Integrity:** The bread must be sturdy enough to hold the fillings without becoming soggy or breaking apart. This is especially important for sandwiches with moist ingredients or sauces.
5. **Appearance:** Well-chosen bread enhances the sandwich's visual appeal. Shapes, sizes, and colors of bread, like baguettes, buns, or sliced bread, can be tailored for specific occasions.

Quick Tip

Always choose bread based on the type of sandwich and its fillings. For example, use focaccia for gourmet sandwiches and pita for wraps to suit the cuisine.

