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Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION
NOVEMBER 2024**

Family and Community Science

FCS 5D 01—FOOD SCIENCE AND BASIC COOKERY

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Section A

Answer all questions.

Each question carries 2 marks.

1. What are the essential vitamins present in rice ?
2. How does yeast contribute in bread making ?
3. Give examples of food items that can be included in a vegetarian diet to meet protein requirements.
4. Enlist vegetables which are good sources of Vit-C.
5. Name the sugar which is found in fruits.
6. How will you differentiate between stale and fresh eggs ?
7. Enlist few techniques to consume oil healthily.
8. How are food items preserved by addition of heat ?
9. Enlist few steps to prevent crystallization of sugar while cooking ?
10. Why is there a need to preserve food ?
11. How is blanching done ?
12. What is Pasteurization ?

(Ceiling marks = 20 Marks)

Section B (Short Answer Questions)

Answer all questions.

Each question carries 5 marks.

13. Explain the role of pulses in cookery.
14. What are the quality factors used to grade eggs ?

Turn over

15. Explain the benefits of consuming beverages.
16. How does freezing help in preservation ?
17. Enlist the major food groups and its importance.
18. Explain the impact of heat on protein.
19. Mention few critical points to be considered while baking cake.

(Ceiling marks = 30 Marks)

Section C (Essay Questions)

*Answer any **one** question.
The question carries 10 marks.*

20. Explain the stages of sugar cookery.
21. Compare between the nutritional profile of cereals and pulses.

(Ceiling marks = 10 Marks)