



INDIAN SCHOOL AL WADI AL KABIR



CLASS: X	DEPARTMENT OF SCIENCE 2024- 2025 SUBJECT: HOME SCIENCE	DATE: 22/08/2024
WORKSHEET NO: 05 WITH ANSWERS	CHAPTER: 7- FOOD &PERSONAL HYGIENE	NOTE: A4 FILE FORMAT
NAME OF THE STUDENT:	CLASS & SEC: X .H	ROLL NO.

MULTIPLE CHOICE QUESTIONS

1	A food handler should wash his hands thoroughly for _____seconds. a.60 b.40 c.20 d.30	1
2	‘Flow of food’ refers to the a. action to keep food safe. b. time taken to reach the food to the consumer c. principles of handling food d. flow of food from farm to folk.	1

CASE-STUDY BASED QUESTIONS

	Whether it’s a household kitchen or a professional one, you need to maintain safety and hygiene in the kitchen. The kitchen is the place where you prepare, cook and store food. It naturally gets dirty and stained due to frequent use. As such, if it is not cleaned on a regular basis, bacteria can contaminate food and pests can also attack. The importance of safety and hygiene in the kitchen cannot be denied as maintaining hygiene can help overcome various foodborne diseases. Harmful bacteria like E.coli, Listeria and Salmonella can thrive in the kitchen due to lack of hygiene. Mr. Roshan wants to build a new house. What are the important points he has to take care to maintain hygiene in the kitchen? Choose the correct answer from the following from question 3 to 5	
3	Which type of material should the kitchen equipment be made of? i. non-absorbent ii. toxic iii. rust-resistant iv. rough material Choose the correct option.	1

	a. ii and iii b. iii and iv c. i and iii d. ii and iv	
4	Mr. Roshan wants to provide adequate lighting in the kitchen. Why? a. Helps to keep the kitchen rust -resistant b. Roshan loves to add more lights c. It will add aesthetics of the kitchen d. The dirt and grime can be seen and cleaned.	1
5	What are the measures to take care to keep the kitchen free from household pests? a. Do not use Insecticides b. Windows and doors should be fitted with wire mesh c. Cleaning and spraying should not do periodically d. Drains without cockroach traps	1
	<u>PREVIOUS BOARD QUESTIONS</u>	
	<u>MULTIPLE CHOICE QUESTIONS</u>	
6	What could be the possible reason of cross contamination in food? a. Using same chopping boards b. Packing and labelling of food products c. Keeping the raw food in refrigerator d. Cutting the food in uniform size	1
7	What two points are to be considered while selecting packaged juice? i. Freshly packed ii. Rust proof packing iii. Standardized mark iv. Price of pack Choose the correct option from the following a. i and ii b. ii and iii c. i and iv d. iii and iv	1
8	_____ is the person who directly comes in contact with packaged or unpackaged food, equipment, utensils and is expected to adopt all hygienic requirements. a. Food shopkeeper b. Food officer c. Food handler d. Food supplier	1

9	Once _____ food is opened, should always be stored in glass bowls/jars. a. Raw b. Canned c. Cooked d. Ready to eat	1
10	What temperature is considered as danger zone in which bacteria can grow quickly? a. 5°C - 60°C b. Above 60°C c. Below 5°C d. 10°C-65°C	1
11	Pests are agents for transferring the diseases. How can you keep your kitchen free from pest? a. Covering wounds b. Wire mesh on windows c. Wash vegetables d. Switch off the appliances	1
12	Which of the following statement is incorrect? a. Left overs should be stored hot to avoid contamination b. Use separate chopping boards and knives for different foods c. cooked food should be kept covered d. Tongs should be used to serve the food	1
13	Mr. Verma wants to renovate kitchen of his house. Advise him about the features related to kitchen surface. i. Washable ii. Adequate ventilation iii. Non absorbent iv. Fit exhaust fans Choose the correct option. a. ii and iii b. iii and iv c. i and iii d. ii and iv	1
14	Mahima has joined a restaurant as a chef. Which rules she must follow while working in the kitchen? i. Nails should be trimmed ii. Wearing necklace iii. No wrist watch iv. Torn clothes	1

	Choose the correct option. a. i and iv b. i and iii c. ii and iii d. iii and iv	
15	What temperature would you maintain while storing hot and cold food? a. 55° C, 5° C b. 54° C, 7° C c. 63° C, 5° C d. 57° C, 7° C	1
16	Why should milk be stored away from cabbage while kept in refrigerator? a. Milk absorbs strong flavor of cabbage b. Cabbage absorbs strong flavor of milk c. Insects from cabbage may enter the milk d. Cabbage may fall into the milk	1
17	Sangeeta has a cut on her finger. Which of the following should she practice while cooking food at home to ensure food safety? a. Put ointment on her cut b. Don't cook the food c. Cover it with waterproof bandage d. Wrap it with a piece of cloth	1
18	Cold food stuffs should always be held at temperature below 4 Degrees C because: a. To keep the food cool b. To avoid the growth of microorganisms c. To avoid cross contamination d. To keep it away from insects	1
19	Which of the following practice should not be adopted by a food handler? a. Wearing clean clothes b. Wearing rings c. Covering wounds with waterproof tapes d. Short nails	1
	<u>ASSERTION-REASONING QUESTIONS</u>	
	Given below are two statements are labelled as Assertion (A) and reason (R). Select the most appropriate answer from the options given below for the questions from 20 to 23: a) Both A and R are true and R is the correct explanation of A. b) Both A and R are true but R is not the correct explanation of A. c) A is true but R is false. d) A is false but R is true	

20	ASSERTION (A): Perishable food should be refrigerated as soon as they are purchased. REASON (R) : Any spill in the refrigerator should be cleaned immediately.	1
21	ASSERTION (A): Milk should be refrigerated after 24 hours of its purchase. REASON(R) : Refrigerator should be set at right temperature.	1
22	ASSERTION(A) : We should not buy puffed or torn food packets. REASON (R) : They might be contaminated.	1
23	Assertion (A) : Proper lighting and ventilation should be provided in the kitchen. Reason(R) : It helps to keep kitchen free from dirt and germ.	1
	<u>TWO MARKS QUESTIONS</u>	
24	Give four ideal characteristics of hygienic kitchen.	2
25	Your sister is going to the market for purchasing grocery. What four points she should keep in mind while selecting the grocery items?	2
26	a) Define food hygiene. b) Why is it important to sterilize the dustbin in the kitchen?	2
27	What are the factors affecting the safety of food?	2
28	How can we keep the kitchen free from pests?	2
29	Your cook is going to the market to buy tinned pineapple. What four points he should keep in mind while buying this?	2
30	Tell your mother four hygiene practices which she should follow while working in kitchen.	2
31	After a dinner party, you are helping your mother to store the left-over food items. What four points you will keep in mind while doing so?	2
	<u>THREE MARKS QUESTIONS</u>	
32	What three points are to be considered for each while serving and holding the cooked food?	3
33	Guide six rules of personal hygiene to be followed by cook while working in the kitchen. OR While working in the kitchen, what specific personal hygiene activities (any six) would you recommend to the cook for ensuring safe food for the family? OR How can we maintain personal hygiene while handling the food in the kitchen?	3

34	Prepare a checklist of do's and don'ts (any three for each) to be followed while maintaining hygiene in the kitchen.	3
<u>FOUR MARKS QUESTIONS</u>		
35	List down the rules to be followed while serving the food.	4
36	What are the precautions has to be taken care while storing the milk and milk products? OR Advice four points to your mother she should consider while storing milk.	4
37	You are a member of canteen committee of your school. What four tips you will give to canteen manager in each of the following cases: a. To maintain personal hygiene of cooks. b. To keep kitchen insect free.	4
<u>ANSWER KEY</u>		
<u>MULTIPLE CHOICE QUESTIONS</u>		
1	c.20	1
2	d. flow of food from farm to folk.	1
<u>CASE-STUDY BASED QUESTIONS</u>		
3	d. flow of food from farm to folk.	1
4	d.the dirt and grime can be seen and cleaned.	1
5	b.windows and doors should be fitted with wire mesh	1
<u>PREVIOUS BOARD QUESTIONS</u>		
<u>MULTIPLE CHOICE QUESTIONS</u>		
6	a) Using same chopping boards	1
7	b) ii and iii	1
8	c. Food handler	1
9	b. Canned	1
10	a. 5°C - 60°C	1
11	b. Wire mesh on windows	1
12	a. Left overs should be stored hot to avoid contamination	1
13	c. i and iii	1
14	b. i and iii	1
15	c. 63°C, 5°C	1
16	a. Milk absorbs strong flavor of cabbage	1
17	c. Cover it with waterproof bandage	1
18	b. To avoid the growth of microorganisms	1
19	b. Wearing rings	1
<u>ASSERTION-REASONING QUESTIONS</u>		
20	b) Both A and R are true but R is not the correct explanation of A.	1
21	d) A is false but R is true.	1
22	a) Both A and R are true and R is the correct explanation of A.	1
23	a) Both A and R are true and R is the correct explanation of A.	1

	<u>TWO MARKS QUESTIONS</u>	
24	Four ideal characteristics of hygienic kitchen- ☐ Work surfaces, floors and walls of Kitchen should be nonabsorbent, washable and without cracks. ☐ It should be pest free. ☐ Dustbins should be emptied regularly and should not overflow. ☐ Windows and doors of kitchen should be fitted with wire mesh. ☐ Kitchen should be well lighted and well ventilated. Any other, Any four	2
25	Four points to be considered while buying grocery items: 1. Food packets should not be torn 2. Tins of food should not be puffed and bulging 3. Food items should not be rotten and blemished 4. Food should be fresh 5. Check the standardised marks, manufacturing and expiry date on the packets. Any other, Any four	2
26	a) Food hygiene is “safe handling of food in a way that will keep it safe and free from all contaminants.” b) It is important to sterilize dustbin to kill pathogens and microorganisms which may grow in it.	2
27	Factors affecting the safety of food at home are: 1. Kitchen hygiene 2. Personal hygiene 3. Hygienic practices while cooking and serving food 4. Any other (any two)	2
28	We can keep kitchen free from pests by:- 1. Spraying insecticides 2. Maintaining cleanliness 3. Proper lighting (natural Light) 4. Covering drains 5. Using fly catchers 6. Using mesh on windows and doors 7. Any other (any four)	2
29	Four points which should be kept in mind while buying tinned pineapple: 1. Tin should not be puffed 2. Tin should not be bulging 3. It should not be dented 4. It should not be rusted 5. It should be expired 6. It should be sealed	2

	7. Any other (any four)	
30	Four hygiene practices while working in kitchen: 1. Wash your hands properly. 2. Use clean and fresh water to wash and cook food. 3. Use separate chopping boards for meats and other foods. 4. Wear clean clothes. 5. Wash all utensils, chopping boards and knives after use. 6. Any other (any four)	2
31	Four points to be kept in mind while storing leftover food: 1. It should be cooled and packed immediately. 2. It should be reheated and consumed as soon as possible. 3. Food should be covered with tight fitted lids and stored in refrigerator. 4. Raw and cooked items should be stored separately. 5. Foods which absorb flavors stored away from those that give strong flavors. 6. Any other (any four)	2
	<u>THREE MARKS QUESTIONS</u>	
32	Three points to be considered while serving- ☐ Hold the glass from its bottom. ☐ Hold utensils from their handles. ☐ Tongs and ladles should be used to serve food. ☐ Use disposable gloves to serve the food. ☐ Fingers should not be dipped in food or water while serving Any other, Any three Three points to be considered while holding the cooked food- ☐ Cooked hot food should be kept above 63-degree C ☐ Cold foods should be held below 5-degree C. ☐ Keep the cooked food covered ☐ Keep the food in clean container Any other, Any three	3
33	Six rules of personal hygiene to be followed by cook – 1. Bathe daily 2. Hands should be washed thoroughly for 20 seconds with hot water and bactericidal soap before handling food and beginning the kitchen work and after using washroom, handling raw meat, vegetables etc 3. Wear clean washable and light coloured apron 4. Nails should be kept unpainted and trimmed. 5. Wear covered shoes 6. Rings and watches should not be worn as particles of food may accumulate under them. 7. Comb your hair and Hair should be free from dandruff/lice and tied and covered with an absorbent cap while working in the kitchen. 8. Avoid scratching hair and nose pricking. 9. Brush your teeth.	3

	10. Change undergarments regularly. 11. Ensure that food handler is not suffering from any kind of diseases such as common cold, boils, skin diseases, etc. Any other, Any six	
34	The do's to be followed while maintaining hygiene in the kitchen- 1. Work surfaces, floors and walls should be non-absorbent, washable and without cracks. 2. Surfaces should be kept free of any infection growing in corners. 3. Walls and ceilings must be free from flaking. 4. Keep the drains clean and disinfected. Any other, Any three The don'ts to be followed while maintaining hygiene in the kitchen- 1. No food particle should be left on the surface to rot. 2. Open drains should not be there. 3. Dustbins should not be overflowing.	3
	<u>FOUR MARKS QUESTIONS</u>	
35	Rules of hygiene to be followed while serving food are:- 1. Wash your hand 2. Cover the food 3. Use clean utensils to serve 4. Serve with clean hands using gloves 5. Used plates should be washed immediately (Any four)	4
36	Precautions while storing milk and milk products : 1. Should be properly boiled and cooled before storing in refrigerator 2. Do not mix old milk with fresh milk 3. It should be kept in clean and covered container. 4. Milk products such as curd, cream and paneer should be stored in cool place 5. Butter should be stored preferably in refrigerator 6. Milk should be stored away from strong smelling food. Any other	4
37	a. Tips to maintain personal hygiene of cooks. 1. Wear clean clothes 2. Wash hands properly before cooking and after using toilets. 3. Do not wear dirty footwear in kitchen. 4. Keep nails unpainted and short. 5. Do not lick food. 6. Keep your head covered 7. Any other (any four) b. To keep kitchen insect free. 1. Insecticides should be sprayed. 2. Drains should have cockroach traps.	4

	3. Wire mesh on windows and doors. 4. Adequate lighting in the kitchen. 5. All crevices or grooves should be filled. 6. Any other (any four)	
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