

NIOS PYQ's SOLUTIONS

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2025

Your Path to Success

Q1. Fill in the blanks and write the answer in your answer-book :

(a) We get _____ by removing the _____ from butter.

Answer – ghee, moisture

(b) _____ and _____ are dry methods of cooking.

Answer – Roasting, baking

(c) Two adulterants found in milk powder are _____ and _____.

Answer – starch, sugar

(d) The sensory qualities of food are colour, taste, _____ and _____ .

Answer – flavour, texture

(e) Fat is used as a medium of cooking in _____ and _____ cooking methods.

Answer – shallow frying, deep frying

(f) Fats and oils are obtained/sourced from either _____ or _____.

Answer – animal, vegetable

(g) Ecomark is given to products that have the capacity of being _____ and _____.

Answer – recyclable, biodegradable

(h) _____ foods cannot be stored for more than two days but _____ foods can be kept for a week.

Answer – Perishable, non-perishable

(i) _____ and _____ are strong osmotic regulators as they draw water out from vegetables.

Answer – Salt, sugar

(j) After hydrogenation, oils are fortified with nutrients _____ and _____.

Answer – Vitamin A, Vitamin D



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(k) Pressure cooking employs the principle of using _____ under _____.

Answer – steam, pressure

(l) Two chemical preservatives you will use for fruit juices are _____ and _____.

Answer – sodium benzoate, sulphur dioxide

(m) Food handlers should wash their hands before _____ and after _____.

Answer – touching food, using the toilet

(n) _____ and _____ are types of caps for glass containers.

Answer – Lug cap, screw cap

(o) _____ and _____ are called micronutrients.

Answer – Minerals, vitamins

Q2. Write in your answer-book whether the following statements are True or False :

(a) Pesticides may lead to food poisoning.

Answer – True

(b) Sun drying is a method of food preservation.

Answer – True

(c) Budgeting does not help in the growth of the organization.

Answer – False (Budgeting helps in the growth of the organization and in achieving its goals.)

(d) Paper is made from plant fibre called cellulose.

Answer – True

(e) The object of Book-keeping is to provide accurate information about the transactions.

Answer – True



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(f) Fermentation is not done while processing tea.

Answer – False (Fermentation is an important stage in the processing of tea and coffee.)

(g) Blanching means dipping of vegetables in chilled water.

Answer – False (Blanching means dipping vegetables in boiling water or steam for a short time.)

(h) Aspirator equipment is used in food processing.

Answer – True

(i) Khoya is obtained by evaporating milk.

Answer – True

(j) The main feature of perfect market is the low level of price fluctuation.

Answer – True

(k) Budgeting means to calculate the income and expenditure of the previous year.

Answer – False (Budgeting means estimating income and expenditure for a specified period in the future.)

(l) 'Labels' on food packages are also called 'stickers'.

Answer – False (Labels provide detailed information; calling them only 'stickers' is not correct because stickers are used only for decoration or brief information.)

(m) All advertisements give correct information to consumers.

Answer – False (All advertisements do not provide correct information; some advertisements may also be misleading and exaggerated.)

(n) Fluorosis occurs due to toxicity of water.

Answer – True

(o) Food hazards result in immediate death.



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Answer – False (Food hazards do not necessarily result in immediate death; they may also cause illness, infection or long-term health problems.)

Answer the following questions :

Q3. Tell any five reasons for cooking food.

Answer – The five main reasons for cooking food are -

1. Cooking makes food tasty, flavourful and attractive in appearance.
2. It softens food and makes it more digestible.
3. Cooking destroys harmful microorganisms present in food, making it safe for health.
4. It helps to prepare a variety of dishes from the same type of raw material.
5. Cooking increases the shelf life of some foods for a short period.

Q4. Write any five advantages of preserving food.

Answer – The five major advantages of food preservation are as follows -

1. It increases the shelf life of foods, allowing them to be stored safely for a longer period.
2. It makes seasonal fruits and vegetables available for use even during the off-season.
3. It reduces the weight and size of foods, making their transportation easier.
4. It helps prepare new products such as pickles, jam, murabba and papad, which add variety to the diet.
5. It prevents surplus produce from getting spoiled, thereby reducing wastage.

Q5. In what five ways packaging helps the consumers and manufacturers?

Answer – Packaging helps consumers and manufacturers in the following ways -

1. It protects foods from dust, moisture and microorganisms and keeps them safe.
2. Packaging greatly facilitates the safe transportation, easy storage and distribution of products.
3. Labels on packages provide consumers with important information about the use, price, expiry date and nutrition of the product.
4. It makes the product attractive, which helps increase sales and profit.
5. Packaging makes brand identification easier and reduces the possibility of adulteration.



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Q6. Which five points would you consider while using and maintaining any equipment?

Answer – While using and maintaining any equipment, we should keep the following five points in mind-

1. Before using the equipment, we should carefully read and understand the instruction manual provided by the manufacturer.
2. Immediately after use, we should clean the equipment thoroughly and keep it in a safe place.
3. We should regularly apply oil or grease to the moving parts of equipment, such as motors or gears.
4. We should not operate the equipment beyond its specified capacity and should avoid overloading.
5. While using electrical equipment, we should follow safety rules, keep it away from water and get damaged wires repaired immediately.



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Thank you!

We hope you found this material helpful. We wish you the very best for your examination.

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