

NIOS PYQ's SOLUTIONS

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2024

Your Path to Success

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

(a) Two types of food poisoning that occur due to microbial growth are _____ and _____.

Answer – Food infection, Food intoxication

(b) Foods can be spoilt by presence of microorganisms, _____ and _____.

Answer – Enzymes, insects and rodents

(c) _____ can be classified into _____ categories depending on the final product to be manufactured.

Answer – Food processes, four

(d) Labels on food packages, _____ the customer and provide _____ about the product.

Answer – attract, information

(e) Accessories used in packaging could be printing ink, _____ and _____.

Answer – gum, adhesives

(f) Market means a place where the goods are _____ and _____.

Answer – bought, sold

(g) Advertisements fall in two categories, _____ and _____.

Answer – product advertisement, institutional advertisement

(h) Recording money matters of _____ transaction in a systematic manner is called _____.

Answer – business, book keeping

(i) _____ is a plan of action to estimate income and _____ for a specified period.

Answer – Budgeting, expenditure

(j) _____ and _____ required by our body are called micronutrients.

Answer – Minerals, vitamins

(k) Starch and _____ are easily digested and provide _____.

Answer – sugars, energy



All Rights Reserved © Manish Verma (MVS Foundation), for more Notes visit https://www.mvsfoundation.in/

(l) Fats and oils are obtained from either _____ or _____ sources.

Answer – animal, vegetable

(m) After _____ of oil, the leftover material called cake, is rich source of _____.

Answer – extraction, protein

(n) Factors which speed up the process of food spoilage are heat, _____ and _____.

Answer – moisture, air

(o) To slice and peel a potato, _____ and _____ are required as a hand tool.

Answer – knife, peeler

Q2. Write in the answer-book whether the following statements are True (T) or False (F) :

(a) The characters to look for in packaging material are its physical characters only.

Answer – False (Packaging materials have physical characteristics as well as chemical and performance characteristics.)

(b) 'Gobar gas' is of high-cost method to generate energy in rural areas.

Answer – False (Gobar gas is a low-cost means of producing energy in rural areas through waste utilization.)

(c) The Consumer Protection Act in India came into force in the year 1976.

Answer – False (The Consumer Protection Act in India came into force in the year 1986.)

(d) Food additives are chemical substances added to foods to improve colour, texture, flavour, etc.

Answer – True

(e) Food adulteration is done by seller to increase profit.

Answer – True

(f) Overcooking spoils the texture of food and destroys nutrients.

Answer – True

(g) Deep frying is a method of cooking where food is completely immersed in hot oil.

Answer – True

(h) Milk is a good source of calcium to prevent anaemia.



All Rights Reserved © Manish Verma (MVS Foundation), for more Notes visit https://www.mvsfoundation.in/

Answer – False (Milk is a good source of calcium, which protects against bone diseases.)

(i) Roasting, grilling and baking are dry methods of cooking.

Answer – True

(j) Adulterants found in milk powder are starch and sugars.

Answer – True

(k) Hydrogenation is a process by which vegetable oils are converted to solid fats.

Answer – True

(l) Dehydration is a method of cooking food.

Answer – False (Dehydration is a method of food preservation.)

(m) Garbage arising from the preparation of food is also a source of contamination.

Answer – True

(n) Houseflies and cockroaches are carriers of germs.

Answer – True

(o) We get ghee by removing the moisture from butter.

Answer – True

Answer the following questions briefly :

Q3. How can food be contaminated by the food handlers?

Answer – Food can be contaminated due to germs present in the nose, mouth, throat and intestinal tract of food handlers who prepare food. The risk increases if they are ill or do not have good health habits. Undesirable habits such as scratching the head, touching the hair, coughing, sneezing, talking, touching food with dirty hands or clothes, licking fingers while tasting and smoking can transfer microorganisms directly to food and contaminate it.

Q4. Why are foods preserved?

Answer – Foods are preserved for the following reasons -

1. To increase shelf life so that foods can be stored for a longer time.
2. To use seasonal fruits and vegetables during the off-season.
3. To prepare new and tasty products such as jam, pickle and papad.



All Rights Reserved © Manish Verma (MVS Foundation), for more Notes visit https://www.mvsfoundation.in/

4. To reduce the size and weight of foods and make their transportation easier.
5. To retain their freshness and quality soon after harvesting or slaughter.

Q5. Why do we cook our food?

Answer – Cooking is an important process because it makes foods attractive in appearance, tasty and develops good flavour in them. Cooking makes foods more easily digestible and helps in preparing many kinds of dishes from the same foodstuff. In addition, cooking kills microorganisms present in foods and removes certain harmful toxins, making the food completely safe to eat.

Q6. What are the factors we need to consider to ensure the purchase of quality food?

Answer – To ensure the purchase of quality food, we should consider the following factors -

1. **What to buy :** Prepare a list of items according to your needs and check the special characteristics of food items such as freshness, colour and smell.
2. **Where to buy :** Choose a suitable and reliable shop such as a wholesale shop, retail shop, super market or co-operative store.
3. **When to buy :** Buy seasonal fruits and vegetables during the season or harvest time because they are cheaper and fresh at that time.
4. **What to check :** For packaged foods, carefully check certification marks such as AGMARK, ISI or FPO, date of manufacture, brand and net weight.



All Rights Reserved © Manish Verma (MVS Foundation), for more Notes visit https://www.mvsfoundation.in/



NIOS PYQ's SOLUTIONS

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2024

Your Path to Success

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

(a) One single food cannot provide _____ and the _____.

Answer – macronutrients, micronutrients

(b) Fruits and vegetables should be _____ well and _____ dry before peeling and cutting.

Answer – washed, wiped

(c) Low _____ foods are always _____ than good quality ones.

Answer – quality, cheaper

(d) Food intoxication is caused due to presence of _____ of microbes known as _____.

Answer – toxins, food intoxication

(e) India has _____ food standards based on international _____ Alimentarius with some modification.

Answer – adopted, Codex

(f) Processed milk _____ should not _____ breast milk.

Answer – formulae, replace

(g) Additives are substances _____ to food products in small _____.

Answer – added, quantities

(h) Foods can be _____ into three groups depending on their _____ to survive.

Answer – classified, ability

(i) _____ means removal of water from foods for _____ them.

Answer – Dehydration, preserving

(j) Processing may _____ the _____ quality of food sometimes.



All Rights Reserved © Manish Verma (MVS Foundation), for more Notes visit https://www.mvsfoundation.in/

Answer – affect, nutritional

(k) The _____ of planning and _____ of each unit operation have to be worked out before setting it up.

Answer – cost, management

(l) The main objective of a food processing unit is to _____ food products and develop _____ processes.

Answer – manufacture, preservative

(m) Standardizing the conditions for _____ products ensures their _____ in composition.

Answer – manufacturing, uniformity

(n) When insects contaminate food they can _____ diseases like typhoid and _____.

Answer – cause, cholera

(o) Both _____ and heating are used for _____ foods.

Answer – cooling, preserving

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

(a) Enamel paper is made with cellulose like waxed paper.

Answer – True

(b) Fats and oils are concentrated sources of energy in our diet.

Answer – True

(c) Red gram dhal is adulterated with Kesari dhal.

Answer – False (Kesari dhal is used to adulterate arhar/toor dal, not red lentils.)

(d) Three major types of microorganisms are known to contaminate food.

Answer – True



All Rights Reserved © Manish Verma (MVS Foundation), for more Notes visit https://www.mvsfoundation.in/

(e) Check the label for FPO before buying jams and pickles.

Answer – True

(f) Most plants carry toxic compounds which get destroyed during processing.

Answer – True

(g) Pesticides are used to protect grains from infestation.

Answer – True

(h) Removing the husk of cereals is called secondary processing.

Answer – False (Removing the husk of cereals is called 'primary processing'.)

(i) Cottage cheese is made from refined flour and lemon juice.

Answer – False (Cottage cheese is made with lemon juice or citric acid, not refined flour.)

(j) Enzymes are substances present naturally in foods.

Answer – True

(k) Size enlargement means shaping of materials as in bread making.

Answer – True

(l) Meat or fish packaging does not help to maintain a hygienic environment in the market.

Answer – False (Packaging meat, fish, etc. helps to maintain a hygienic environment in the market.)

(m) Labels need not attract the customer to convey a message.

Answer – False (Labels should be attractive so that they attract the customer and convey the product message.)

(n) Printing of external packages is safe because the food is not in contact with the ink.

Answer – True

(o) In a perfect market, buyers and sellers have a poor relationship.



All Rights Reserved © Manish Verma (MVS Foundation), for more Notes visit https://www.mvsfoundation.in/

Answer – False (In a perfect market, buyers and sellers have a good relationship and maintain regular contact.)

Answer the following questions :

Q3. What is the difference between a wholesale market and retail market ?

Answer – Difference between a perfect market and an imperfect market -

Basis	Wholesale Market	Retail Market
Quantity Sold	Sells goods in very large quantities.	Sells goods in very small quantities.
Price	Prices are relatively lower.	Prices are higher because retailers add their own profit margin.
Storage Period	Goods are stored for a shorter time.	Goods have to be stored for a longer time.
Product Quality	Quality of food stays better due to short storage.	Quality of food can decrease due to long storage time.

Q4. What is book keeping ?

Answer – Book keeping is the art of permanently recording money matters of business transactions in a systematic manner. Its main objective is to provide accurate information about the income and expenditure, profit and loss, liabilities, and capital invested in the business. A scientific and systematic book keeping system enables any businessman to clearly understand his financial position and control the business properly.

Q5. Name the resources needed to set up a food processing unit.

Answer – The following resources are required to set up a successful food processing unit -

1. Continuous and adequate supply of raw materials.
2. Continuous supply of energy (electricity, fuel) and safe water.
3. Adequate land.
4. Skilled and seasonal labour.
5. Transport and packaging facilities.
6. Necessary equipment and machinery.



All Rights Reserved © Manish Verma (MVS Foundation), for more Notes visit https://www.mvsfoundation.in/

7. Credit and financial facilities.

Q6. Write short notes on :

(i) Meat Products order

Answer – 'Meat Products Order' is a standard made by the Government of India to control the quality of meat products sold in the market. It lays down strict standards for the health of animals to be slaughtered, cleanliness and hygienic conditions of slaughterhouses, and the microbiological quality of meat, so that consumers receive safe products.

(ii) Fermented Foods

Answer – Fermented foods are food products prepared with the help of yeast or lactic acid bacteria. This process makes foods sour or fluffy and increases the amount of vitamin B-complex in them. At the same time, they become more digestible and nutritious. Bread, idli, dosa, bhatura, dhokla and curd are major examples.



All Rights Reserved © Manish Verma (MVS Foundation), for more Notes visit https://www.mvsfoundation.in/



Thank you!

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

Strive for Excellence – Your Path to Success