

Version No.			

ROLL NUMBER						



0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

0	0	0	0	0	0	0
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9

Answer Sheet No. \_\_\_\_\_

Sign. of Candidate \_\_\_\_\_

Sign. of Invigilator \_\_\_\_\_

**Fundamentals of Cooking SSC–I**  
**SECTION – A (Marks 06)**  
**Time allowed: 10 Minutes**

Section – A is compulsory. All parts of this section are to be answered on this page and handed over to the Centre Superintendent. Deleting/overwriting is not allowed. **Do not use lead pencil.**

**Q.1 Fill the relevant bubble for each part. All parts carry one mark.**

- (1) If your hair falls in food, what type of contamination is it?  
 A. Physical  B. Biological   
 C. Chemical  D. Cross contamination
- (2) Starving procedure is used for:  
 A. Class A fire  B. Class C fire   
 C. Class E fire  D. Class D fire
- (3) Common food allergens are:  
 A. Milk, vegetables, eggs   
 B. Beans, egg, milk   
 C. Nuts, eggs, milk   
 D. Fruits, beans, meat
- (4) Apricot is a:  
 A. Tropical fruit  B. Pit   
 C. Core  D. Berry
- (5) Egg white contains:  
 A. 9% protein  B. 16% protein   
 C. 50% protein  D. 31.5% protein
- (6) Storage temperature of fresh seafood is:  
 A. 0 to 20°c  B. 0 to 4°c   
 C. 0 to -2°c  D. 0 to -50°c



Federal Board SSC-I Examination  
Fundamentals of Cooking  
(Curriculum 2021)

Time allowed: 2.00 hours

Total Marks: 24

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Note: Answer any seven parts from Section 'B' and attempt any two questions from Section 'C' on the separately provided answer book. Write your answers neatly and legibly.

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**SECTION – B (Marks 14)**

Q.2 Attempt any **SEVEN** parts from the following. All parts carry equal marks. Be brief and to the point. (7 × 2 = 14)

- i. What is the purpose of food preservation?
- ii. Define hazard.
- iii. What is danger-zone?
- iv. Write down any two types of vegetables with examples?
- v. What does FATTOM stands for?
- vi. Write down the temperature of blanching.
- vii. What is egg storage temperature?
- viii. Write down the use of red chopping board.
- ix. Write any two hot beverages.
- x. What is FIFO?

**SECTION – C (Marks 10)**

**Note:** Attempt any **TWO** questions. All questions carry equal marks. (2×5 = 10)

Q.3 Explain Chopping boards and their uses.

Q.4 Explain personal hygiene.

Q.5 Describe:

- a) Canning                      b) Pickling

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