

# ICSE Class 9 Revised Cookery Syllabus PDF 2020-21

## COOKERY (69)

### CLASS IX

There will be **one** paper of **two hours** duration carrying 100 marks and Internal Assessment of 100 marks.

The paper will be divided into **two** Sections, A and B.

**Section A** will consist of **compulsory** short answer questions covering the entire syllabus.

**Section B** will consist of questions that will require detailed answers. There will be a choice of questions. Candidates will be required to answer **four** questions from this section.

#### PART 1: THEORY - 100 marks

##### 1. The Nutritive Value of Foods

- (i) Introduction to food and its role in providing adequate nutrition and in maintaining good health.

*Explaining the relationship between food and health is an important consideration while preparing meals for the family. Basic knowledge on food, good nutrition and health will help create an awareness regarding the necessity for developing healthy food habits. Definition of these terms and their relationship between food and health should be dealt with in this topic.*

- (ii) Food and nutrients; basic food groups as suggested by ICMR

*Listing the nutrients provided by food should be dealt with in this topic. Creating awareness about the nutrients and their food sources will lay a foundation to ensure they are well preserved and not lost while preparing meals.*

- (iii) Study of the following nutrients provided by food: Carbohydrates, Proteins, Fats and Lipids, Vitamins (A, C, D, E and K, Thiamine, Riboflavin and Niacin), Minerals (Calcium, Phosphorous, Iron and Iodine).

*Chemical structure, classification, functions and food sources of these nutrients. Knowledge of deficiency disorders such as protein-calorie malnutrition, Kwashiorkor, night blindness, rickets, osteomalacia, scurvy, and pellagra.*

*Studying each aspect of the various nutrients present in food enables a scientific understanding of their significant role in maintaining good health. Such knowledge is important for the inculcation of right food habits, proper food management and avoiding food fads and eating disorders among young adults. Analysis of such food habits will help in dealing with problems associated with being undernourished, underweight or overweight.*

##### 2. Basic methods of Cookery and Principles involved

- (i) Need for cooking and principles of cookery: basic terminology used in cooking

*This topic gives an introduction to the importance of cooking food and the corresponding principles involved. Knowledge of the principles involved will give an understanding on how best to use the cooking methods so that the cooked food is digestible, palatable and presentable. Understanding the use of right terminologies at the various stages of cooking methods help in developing the right cooking skills.*

- (ii) Basic methods of cookery: boiling, steaming, cooking under pressure, stewing, baking, frying, grilling; advantages and disadvantages of these methods of cooking; precautions to be observed.

*A brief description of these cooking methods, their advantages and disadvantages will help in creating awareness about the correct choice of a method for cooking a particular food item. Understanding the correct procedure is important for getting the ideal final product, preserving their nutritive value. The various methods of preparation of food and their suitability for various food items and the precautions to be taken to avoid over or under cooking are to be emphasised. The topic should also cover the need for safety in food handling procedures.*

### 3. Methods to improve flavour of cooked food

Use of spices, leavening agents, tendering agents, thickening agents: importance of garnishing and use of herbs.

*Knowledge of these terms can aid in modifying food consistency, texture and flavour to improve food acceptability and absorption of nutrients.*

### 4. Physical changes in food during cooking

Food components and major constituents: carbohydrates, protein, fats and inorganic mineral components.

*An understanding of the properties of the major food components and the changes that occur during the handling, processing and cooking processes is an important factor in making the right choice of a cooking method for each type of food. A brief discussion on these will enable a student to understand and carry out the appropriate cooking method to obtain an acceptable final product while preserving the nutritive contents.*

## PART 2: INTERNAL ASSESSMENT

To be assessed internally by the school - 100 Marks

Please note the guidelines for internal assessment as given for Class X.