



Booklet Series

A

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Test Booklet

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PAPER CODE

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Roll No. : _____

Name of the Candidate : _____

Test Duration : 03 Hours

Total Questions : 100

Total Maximum Marks : 200

INSTRUCTIONS TO CANDIDATES

1. Candidates will be admitted to the Examination Hall/Room on production of their Admit Card and Original ID such as **EPIC/Aadhaar/Driving License** with a view to establish the true identity of the candidate.
2. Candidates shall reach the venue of examination at least 30 minutes in advance and admission will be refused to a candidate who is late by 10 minutes from the start of the examination.
3. No candidate shall be permitted to leave the Examination Hall/Room until the time for the examination is over or until permitted to do so but not until the half of the allotted time.
4. Candidates must use a **BLUE/BLACK** ball point pen ONLY to make entries on the OMR Answer Sheet.
5. The candidates should not bring any articles (other than those specified above) such as books, notes, loose sheets, mobile phones, pagers, digital diaries, calculators, smart watches, etc. inside the Examination Hall/Room. Any candidate found in possession of the said articles will be liable to be de-barred from applying all future examinations to be conducted by the Board.
6. After receiving the Test Booklet with OMR inserted, the candidates may pull out the OMR Answer Sheet and fill in the necessary details. However the candidates are not allowed to break open the seal of the Test Booklet until the invigilator informs them to do so.
7. Mark carefully your Roll Number, Question Booklet Code and Booklet Series on the OMR Answer Sheet and append signature at the appropriate place. Write your Roll Number and **Name in the Question Booklet**. In the absence of the Roll Number and Question Booklet Series on the OMR Answer Sheet, it may NOT be evaluated.
8. The entire Test is of Objective Type Questions comprising 100 questions.
9. Candidates must check that the Question Booklet contains 100 multiple choice questions. If any discrepancy found, report to the invigilator immediately.
10. Every question carries a total of 2 marks each. Candidates will also keep in mind that there is negative marking of $1/3^{\text{rd}}$ for every wrong answer.
11. Rough work may be done on the space provided in this Question Booklet, but not on the OMR Answer Sheet.
12. In the event of a mistake made in marking the Roll Number in the OMR Answer Sheet or the OMR Series the candidates will not be given a new OMR Answer Sheet but he/she will be allowed to use whitener or correcting fluid for correction of the Roll Number and the Booklet Series only.
13. **Change of answer will not be permitted in the OMR Answer Sheet. Using of correcting fluid (of any sort) will be treated as wrong attracting negative marking.**
14. The candidates must abide by such instructions as may be specified on the cover of the Answer Paper or instructions to candidates given at the back of the Admit Card. If a candidate fails to do so or indulges in improper conduct, he/she will render himself/herself liable to expulsion from the examination or such other punishment as the Board deemed fit to impose.
15. At the end of the Test, candidates must submit the OMR Answer Sheet to the invigilator on duty. Candidates shall be allowed to take their Question Booklet only after the end of the examination session.
16. Any candidate found to be intoxicated with alcohol and/or psychotropic substances will be expelled from the Examination Hall/Room.
17. Examination centre once opted cannot be changed.

PLEASE REFER THE BACKSIDE OF THE QUESTION BOOKLET FOR MORE INSTRUCTIONS.

SEAL



1. _____ is the portion of the wheat kernel that is milled into white flour.

- (A) Bran
- (B) Germ
- (C) Endosperm
- (D) Cape

2. When wheat flour is mixed with water and kneaded, the _____



and _____ proteins present in the flour not only bond with the water but also link and crosslink with one another, forming sheets of a flexible, resilient film called gluten.

- (A) Glutenin and Gliadin
- (B) Glutenin and Gelatin
- (C) Gliadin and Gelatin
- (D) Gelatin and Gluten

3. _____ is the process of giving marks on top of the shaped bread dough with sharp blade or knife.

- (A) Knocking
- (B) Scaling
- (C) Piercing
- (D) Scoring



4. Many bakers preshape all their dough into smooth, round balls. This process is called

- (A) Punching
- (B) Preshaping
- (C) Flattening
- (D) Rounding

5. Bagged, or pressed, cookies are made from _____ doughs.

- (A) soft (B) hard
- (C) liquid (D) crumble



6. In cake mixing, _____ occurs when the fat can no longer hold the water in emulsion.

- (A) Binding
- (B) Foaming
- (C) Whipping
- (D) Curdling

7. The starch molecules bond with each other and become more solid as the product cools. This process, called _____, is responsible for staling.

- (A) starch retrogradation
- (B) starch hydration
- (C) starch bonding
- (D) starch coagulation

8. A _____ dough is one that is low in fat and sugar.

- (A) Lean
- (B) Rich
- (C) Rolled
- (D) Laminated

9. The _____ is the part of the kernel that becomes the new wheat plant if the kernel is sprouted. It has a high fat content that can quickly become rancid.

- (A) endosperm
- (B) germ
- (C) bran
- (D) husk



10. Oat flour is whole-grain oats ground into fine flour, which can be mixed with _____ in small quantities for specialty breads.

- (A) bran flour
- (B) spelt flour
- (C) rye flour
- (D) wheat flour

11. The _____ assists the executive chef and is directly in charge of the cooking during production.

- (A) Boulanger
- (B) Sous Chef
- (C) Chef Garde Manger
- (D) Pastry Chef

12. _____ is the rapid rising in the oven due to production and expansion of trapped gases as a result of the oven heat.

- (A) Fermentation
- (B) Oxidation
- (C) Oven heat
- (D) Oven spring

13. _____ contain fans that circulate the air and distribute the heat rapidly throughout the interior.

- (A) Rack ovens
- (B) Deck ovens
- (C) Convection ovens
- (D) None of the above

14. In bakery, the yeast leavened products need a certain kind of temperature, between _____, in order to ferment and double in volume.

- (A) 4 – 7°C
- (B) 10 – 15°C
- (C) 25 – 30°C
- (D) 40 – 45°C

15. _____ is made of flour, sugar, butter, and eggs in equal parts.

- (A) Chiffon cake
- (B) Fruit cake
- (C) Pound cake
- (D) Sponge cake

16. A flat knife used for icing the sponges. They can be straight or angular and are available in various sizes.

- (A) Serrated knife
- (B) Palette knife
- (C) Pastry knife
- (D) Flat knife

17. Which of the following is not a Imperial measuring systems for liquid ?

- (A) Ounce
- (B) Pint
- (C) Gallon
- (D) Litre



18. The interior of baked goods is referred to by bakers as the

- (A) Crumb
- (B) Pulp
- (C) Surface
- (D) Crust

19. A bread dough that is made without any addition of yeast or other leavening agents. These doughs are used to prepare breads for displays and not consumption



- (A) Dead dough
- (B) Leavened dough
- (C) Flat dough
- (D) None of the above

20. A mixing method in which the fat is mixed with the dry ingredients before the liquid ingredients are added.

- (A) Creaming method
- (B) Emulsified method
- (C) Dough method
- (D) Biscuit method



21. Perishable foods must be kept out of the Food Danger Zone, which is

- (A) 0°C to 5°C
- (B) 7°C to 18°C
- (C) 5°C to 57°C
- (D) 27°C to 72°C

22. Keep frozen foods at

- (A) -18°C
- (B) -5°C
- (C) 0°C
- (D) 4°C

23. In _____ breads, all the ingredients for the finished bread dough are combined in the initial mixing stage : flour, water, yeast, and almost always salt, along with any other additional ingredients.



- (A) No-time dough
- (B) Straight-dough
- (C) Sponge dough
- (D) Dough

24. _____ is the process by which yeast acts on the sugars and starches in the dough to produce carbon dioxide gas (CO₂) and alcohol.

- (A) Oxidation
- (B) Fermentation
- (C) Caramelization
- (D) Retrogradation

25. _____ is dried purified stems of seaweed that swell with water to form gel. It is also used as a substitute as vegetarian gelatin.

- (A) Seaweed
- (B) Pectin
- (C) Agar Agar
- (D) Algae

26. _____ is Icing made from boiled sugar and liquid glucose and then agitated to form a homogeneous mass of minute crystals.



- (A) Ganache
- (B) Frosting
- (C) Fondant
- (D) Caramel



27. Chilling or refrigerating yeast dough slows the rate of fermentation so the dough can be stored for later baking. A _____ is a refrigerator that maintains a high level of humidity to prevent the dough from drying out or crusting.

(A) refrigerator
(B) retarder
(C) divider
(D) cooler

28. These ovens are different from regular ovens as they are used mostly for baking pizzas only.

(A) Combi ovens
(B) Pizza ovens
(C) Rack ovens
(D) Deck ovens

29. In the process of making Cookies, the proportion of high sugar and liquid content, but low fat content can contribute to

(A) Crispyness
(B) Chewiness
(C) Crunchyness
(D) None of these

30. Most cookies are baked at a relatively _____ temperature for a _____ time.

(A) high and short
(B) high and long
(C) short and short
(D) high and high

31. _____ shortening has good creaming ability. This means that a large quantity of air can be mixed into it to give a batter lightness and leavening power.

(A) Regular
(B) Emulsified
(C) Puff Pastry
(D) High-ratio

32. A _____ prepares basic creams such as whipped creams, pastry cream, bases such as sponges, short crust, and sable, and fillings such as ganache and mousses for various desserts.

(A) Boulanger
(B) Executive Chef
(C) Sous Chef
(D) Dessert Chef

33. _____ are enclosed spaces in which food is heated, usually by hot air.

(A) Gas ranges
(B) Salamander
(C) Induction hob
(D) Oven

34. A round metal screen supported in a stainless-steel hoop frame. It is used for sifting flour and other dry ingredient.

(A) Chinois
(B) Couche
(C) Strainer
(D) Sieve



35. _____ is a natural sugar substitute and in reality it is a sugar alcohol. It is available in crystalline forms and is used for preparing sugar garnishes.

- (A) Isomalt
- (B) Liquid glucose
- (C) Molasses
- (D) Invert sugar

36. Until modern roller milling was invented, wheat was made into flour by grinding it between two large stones. Once the grain was ground, it was sifted to remove some of the bran. This sifting is called



- (A) Grinding (B) Jolting
- (C) Bolting (D) Milling

37. Marzipan is a paste made of ground _____ and sugar.

- (A) Cashews
- (B) Almonds
- (C) Hazelnuts
- (D) Pistachios



38. Boston cream pie is a

- (A) pie
- (B) layered cake
- (C) sponge
- (D) tart

39. _____ is a substance obtained from fruits and used in setting jellies and jams.

- (A) Fructose
- (B) Sucrose
- (C) Pectin
- (D) Insulin

40. _____ is added to cake flour for two reasons : as a maturing agent, and to bleach the flour to pure white.



- (A) Chlorine
- (B) Nitrates
- (C) Magnesium
- (D) Potassium

41. _____ method is also used to make multi-coloured cookies in various designs, such as checkerboard and pinwheel cookies.

- (A) Rolled
- (B) Moulded
- (C) Icebox
- (D) Dropped

42. A small plastic tool , usually triangular, with serrated edges in various patterns, for decorating icings and other pastry and decorative items is



- (A) Silicone brush
- (B) Icing brush
- (C) Bench scraper
- (D) Comb icing



43. One of the below option is not a important characteristics of a baker.
- (A) Eagerness to Work
(B) Commitment to Learning
(C) Dedication to Service
(D) Absenteeism
44. For the food worker, the first step in preventing foodborne disease is _____ personal hygiene.
- (A) good
(B) bad
(C) average
(D) poor
45. _____ is a French word for cake and pastry person.
- (A) Pattisier
(B) Puff table chef
(C) Chocolatier
(D) Boulanger
46. _____ is weaving a rope of dough, paste, boiled sugar, etc., into orderly shapes.
- (A) Plaiting
(B) Shaping
(C) Pinning
(D) Knitting
47. The _____, also called the conventional method, was for a long time the standard method for mixing high-fat cakes.
- (A) Straight method
(B) Creaming method
(C) Two stage method
(D) Shortening method
48. _____ in cake batters are important for texture and leavening.
- (A) Sugar
(B) Lumps
(C) Air cells
(D) Yeast
49. A _____ is a large oven into which entire racks full of sheet pans can be wheeled for baking.
- (A) Deck oven
(B) Rack oven
(C) Mechanical oven
(D) Convection oven
50. Some bacteria require oxygen to grow. These are called
- (A) Aerobic
(B) Anaerobic
(C) Oxyrobic
(D) None of the above



51. A _____ works under the pastry chef and is responsible for all the baked products such as breads and breakfast rolls for the restaurant outlets, pastry shops and even banquet parties.



- (A) Pâtissier
- (B) Chocolatier
- (C) Apprentice
- (D) Boulanger

52. The Puff section does all the

- (A) Cake dough
- (B) Dead dough
- (C) Laminated dough
- (D) None of these

53. Saccharometer is used to test the density of

- (A) milk
- (B) water
- (C) sugar syrups
- (D) cream

54. There are four classes of fire, and fire extinguishers should be labelled according to the kind of fire for which they can be used. Class A is used for

- (A) switches, motors, electrical equipment, and so forth
- (B) cooking appliances involving combustible cooking products such as vegetable or animal oils and fat
- (C) burning liquids, such as grease, oil, gasoline, solvents
- (D) wood, paper, cloth, ordinary combustibles

55. Molasses is concentrated



- (A) Apple juice
- (B) Pomegranate juice
- (C) Grape juice
- (D) Sugar cane juice

56. In Breads, _____ is the change in texture and aroma of baked goods due to the change in structure and the loss of moisture by the starch granules.

- (A) Fungus
- (B) Staling
- (C) Stealing
- (D) Drying

57. Products thickened with _____ set up almost like gelatin when cooled.

- (A) Flour
- (B) Oat flour
- (C) Corn starch
- (D) Splet

58. The following commodity is not used as gums by pastry chefs and retail bakers.



- (A) Baking soda
- (B) Gum tragacanth
- (C) Xanthan gum
- (D) Agar-agar



59. Flat icings, also called _____, are simply mixtures of confectioners' sugar and water, sometimes with corn syrup and flavouring added.

- (A) Royal icing
- (B) Water icings
- (C) Sweet icings
- (D) Sugar icing

60. _____ is a sugar syrup that is crystallized to a smooth, creamy white mass. It is familiar as the icing for napoleons, éclairs, petits fours, and some cakes. When applied, it sets up into a shiny, non-sticky coating.

- (A) Butter cream
- (B) Glaze
- (C) Fondant
- (D) Icing

61. In bread making process, _____ means to let the dough rise to at least double in size.

- (A) Panning
- (B) Kneading
- (C) Proving
- (D) None of these

62. An underfermented dough is called a

- (A) lean dough
- (B) dead dough
- (C) young dough
- (D) old dough

63. _____ is laminated breakfast pastry.

- (A) Choux buns
- (B) Biga
- (C) Croissant
- (D) Breakfast rolls

64. Baking of a tart or flan without any filling inside is called as

- (A) Empty baking
- (B) Initial baking
- (C) Tart baking
- (D) Blind baking

65. _____ can help protect foods against cross-contamination.

- (A) Knife
- (B) Gloves
- (C) Scissors
- (D) Piping bag

66. White flour consists of about _____ starch.

- (A) 10 to 20%
- (B) 30 to 40%
- (C) 68 to 76%
- (D) 80 to 95%

67. This section makes various types of bases and fillings for cakes and pastries and makes cakes, pastries, and other products related to these for restaurants, buffets, banquets as well as pastry shops.

- (A) Bread Section
- (B) Dessert Section
- (C) Pastry Section
- (D) Puff Section





68. _____ are the trainees who help out in day-to-day operations in kitchen department.

- (A) Apprentices
- (B) Chef de Parties
- (C) Demi Chef de Parties
- (D) None of the above

69. _____ an oven causes the cake to set unevenly with a humped center, or to set before it has fully risen. Crusts will be too dark.

- (A) Moderate heat
- (B) Too hot
- (C) Too low
- (D) Perfect temperature

70. A mould used for making Baba au rhum. The hole in the centre of the cake is filled with fresh fruits after baking.

- (A) Savarin mould
- (B) Tart mould
- (C) Barquette mould
- (D) Silpat mould

71. _____ electrical equipment before disassembling or cleaning.

- (A) Plug in
- (B) Switch on
- (C) Connect
- (D) Unplug

72. _____ should be avoided for preventing falls in the bakery.

- (A) Clean up spills immediately
- (B) Running
- (C) Don't carry objects too big to see over
- (D) Keep aisles and stairs clear and unobstructed

73. A cook with a _____ attitude works quickly, efficiently, neatly and safely.

- (A) Positive
- (B) Negative
- (C) Rude
- (D) Calm

74. In Composition of Wheat, the _____ is the hard outer covering of the kernel.

- (A) Bran
- (B) Germ
- (C) Endosperm
- (D) Cape

75. _____ is a high-gluten wheat of a different species than those used for most flour. It is used primarily to make spaghetti and other dried pasta.

- (A) All-purpose flour
- (B) Durum flour
- (C) Bran flour
- (D) Wheat flour



76. Breads made with 100% rye flour are _____ and _____.

- (A) Soft and fluffy
- (B) Moist and heavy
- (C) Heavy and dense
- (D) Heavy and moist

77. The other name for convectional ovens are

- (A) Combi ovens
- (B) Deck ovens
- (C) Hearty ovens
- (D) Batch ovens

78. _____ allows the cakes and pastries to freeze quickly so that they can be glazed or sprayed depending upon the finish required.

- (A) Refrigerator
- (B) Blast chillers
- (C) Coolers
- (D) None of these

79. _____ is made by grinding the entire wheat kernel, including the bran and germ.

- (A) Germ flour
- (B) Whole wheat flour
- (C) Bran flour
- (D) None of the above

80. _____ is the outer skin of citrus fruits that is used for flavouring.

- (A) Pith
- (B) Shell
- (C) Zest
- (D) Peel

81. A scalloped-edge knife for cutting cakes and splitting cake layers horizontally into thinner layers is

- (A) Palette knife
- (B) Offset spatula
- (C) Serrated knife
- (D) Comb knife

82. _____, also called decorating or decorator's icing, is similar to flat icings except it is much thicker and made with egg whites, which make it hard and brittle when dry.

- (A) Royal icing
- (B) Flat icing
- (C) Fudge icing
- (D) Marshmallow icing

83. _____ starches do not get thicker as they cool, and they remain fairly clear. They also remain stable when frozen and do not release liquid in storage or after freezing.

- (A) Amylopectin
- (B) Amylose
- (C) Rice
- (D) None of the above

84. _____ are precooked or pregelatinized so they thicken cold liquids without further cooking. They are useful when heat will damage the flavour of the product, as in fresh fruit glazes such as strawberry.

- (A) Corn starch
- (B) Wheat starch
- (C) Waxy maize
- (D) Instant starches



85. _____ doughs that consist of many layers of fat sandwiched between layers of dough.

- (A) Rolled
- (B) Rich
- (C) Lean
- (D) Laminated

86. Mixing yeast doughs has three main purposes. In the given below one is not a main purpose.



- (A) To scale the ingredients
- (B) To combine all ingredients into a uniform, smooth dough
- (C) To distribute the yeast evenly throughout the dough
- (D) To develop the gluten

87. _____ is a flour to which bran flakes have been added.

- (A) Adulterated flour
- (B) Protein flour
- (C) Flakes flour
- (D) Bran flour

88. _____ is a type of Italian bread made from a very slack dough deposited on pans with minimal shaping.



- (A) French loaf
- (B) Croissant
- (C) Ciabatta
- (D) Babka

89. Any substance in food that can cause illness or injury is called a

- (A) commodity
- (B) bad substance
- (C) foreign substance
- (D) hazard

90. _____ type of fire extinguisher is used for burning liquids, such as grease, oil, gasoline, solvents.

- (A) Class A
- (B) Class B
- (C) Class C
- (D) Class K

91. _____ icings are light, smooth mixtures of fat and sugar. They may also contain eggs to increase their smoothness or lightness. These popular icings for many kinds of cakes are easily flavoured and coloured to suit a variety of purposes.



- (A) Fondant
- (B) Chocolate
- (C) Buttercream
- (D) None of these



92. _____ cakes are based on egg-white foams and contain no fat.

- (A) Angel food
- (B) Sponge
- (C) Genoise
- (D) Fruit

93. _____ is the process that occurs when oxygen from the air reacts with proteins and other components of flour during mixing.

- (A) Hydration
- (B) Oxidation
- (C) Fermentation
- (D) Dehydration



94. In baking process, browning cannot occur until the surface temperature rises to about

- (A) 100°C
- (B) 110°C
- (C) 130°C
- (D) 150°C

95. _____ bacteria most commonly found in the contaminated raw eggs.

- (A) Streptococcal
- (B) Botulism
- (C) Escherichia coli
- (D) Salmonella

96. Vertical mixers has 3 attachments, _____ is not an attachment of that.

- (A) Paddle
- (B) Wire whip
- (C) Dough arm
- (D) Brush

97. A small boat-shaped mold for petits fours and small tartlets is

- (A) Bombe
- (B) Petit
- (C) Charlotte
- (D) Barquette

98. A _____ is a conical strainer with a fine mesh, used mostly for straining sauces.

- (A) Docker
- (B) Chinois
- (C) Tammis
- (D) Stariner

99. Sugars or sweetening agents are used for the following purposes in baking

- (A) To add sweetness and flavor
- (B) To create tenderness and fineness of texture by weakening the gluten structure
- (C) To give crust color
- (D) All of the above

100. We customarily use the term sugar for regular refined sugars derived from sugar cane or beets. The chemical name for these sugars is

- (A) Glucose
- (B) Fructose
- (C) Sucrose
- (D) Lactose