

CHAPTER VII ANCIENT TRADITIONAL FOOD CULTURE

- 1) Which crop was unfamiliar to Vedic people?
 - a) Barley
 - b) Wheat
 - c) Rice
 - d) **Tobacco**
- 2) The staple food of the Vedic Aryans was
 - a) **Barley and rice**
 - b) Milk and its products
 - c) Rice and pulses
 - d) Vegetables and fruits
- 3) What are the common staple foods raised in Indus Valley?
 - a) Wheat and barley
 - b) **Ragi and sorghum**
 - c) Bajra and brown rice
 - d) Rice and Wheat
- 4) What was the major grain eaten between 1500 and 350BC by Aryans?
 - a) Wheat
 - b) **Barley**
 - c) Jowar
 - d) Sorghum
- 5) Which of the following food was mostly eaten by the Vedic Indians?
 - a) **Parched Ripened barley seeds with soma juice**
 - b) Rice with cooked vegetables
 - c) Leavened bread with Sura drink
 - d) Rice gruel with meat
- 6) List the forest fruits mentioned in the Epic Ramayana.
 - a) **Ber,Pilu,andAsvatta**
 - b) Bimba and grapes
 - c) Suran,Pindalkaandlasora
 - d) Slesh-mataka,Vrsapani and Karira
- 7) Which of the two major crops introduced in India during the Mughal period
 - a) Millet and Groundnut
 - b) Potato and Mustard
 - c) **Tobacco and Maize**
 - d) Indigo and Maize
- 8) When was the kitchen garden established for continuous supply of fresh fruits?
 - a) The Middle Age
 - b) European Period
 - c) Delhi Sultanate
 - d) **Mughal Dynasty**
- 9) Which of the following was called "food of the gods" in ancient India by Aryans?
 - a) Potato
 - b) **Ghee**
 - c) Yogurt
 - d) Cheese
- 10) What Indian method of cooking involves food being prepared over a cylindrical clay oven among Mesopotamian?
 - a. Deep frying
 - b. **tandoor**
 - c. Steaming
 - d. Boiling
- 11) Which of these desserts is commonly served at Muslim and Hindu festivals and special occasions?
 - a) **Payasa**
 - b) Hayapunna
 - c) Madhusarika
 - d) Golepapaadi
- 12) Which Indian dish inspired British settlers in India to adapt a spice mixture (meant to help re-create the dish's flavor that was turned into a commercial condiment)
 - a) Tea Powder
 - b) Baking powder
 - c) **Curry**
 - d) Bhujia

- 13) Which of the following sweeteners were used by Indus valley people?
 A) Honey C) Dates
 B) Palm sugar D) Sugar cane
a) A, B, C only b) A, C, D only c) B, C, D only d) C & D only
- 14) Where the food has been stored at home in Indus Valley
 a) **Pottery jars** c) Copper pots
 b) Mud jar d) Aluminium tins
- 15) Which of the food is more popular in the year 400 BC among Buddhas and Jains
 a) **Rice with Til** c) Barley with sugar
 b) wheat with Jaggery d) Ragi with dhal
- 16) Which of the below regions the pulses such as Green gram and Uraddhal was widely used in prehistoric south Asia
 a) **South** c) West Bengal
 b) Ghanna d) South west Asia
- 17) What is known as PuccaFood ?
 a) **Rice cooked with water** c) dhal cooked with water
 b) food cooked with oil d) Kitchadi with Dhal
- 18) Which of the following statement is the objective of the domestic cooking practice?
 a) **Conjoining the cultural properties of food and eater**
 b) Preparing Vegetables without fire
 c) Exclusion of organoleptic properties of food
 d) Incorporation of Code of conduct with eater
- 19) Indicate the number of meals advised by the ancient physicians during the treatment of diseases
 a) Three meals per day
b) Two meals per day
 c) five meals per week
 d) Two meal & snacks in an alternate days
- 20) Which of the following vessel is used to cook milk and rice in vedic sacrifice period
 a) Sharva c) Havani
b) Mahavira d) Prakasa
- 21) Name the king's kitchen which was depicted in Cave 17 Ajanta frescoes
 a) Alarika c) **Rasavati**
 b) Supakara d) Odanika
- 22) Which of the group of food group indicate cold food according developed Hot-cold food concept
 a) Bajra, Rajmah and Kulthi
b) Sugarcane, Honey and Sesame
 c) Ghee, Jaggery and hydrogenated fat
 d) Pepper, Ginger and turmeric
- 23) Which of the specific items of food was suggested by Sushruthra for treating fever?
 a) Boiled rice with milk
 b) Rice sweetened with jaggery
 c) Suspension of Parched barley
d) Juice of tender radish

- 24) Which of the following therapeutic diet was helpful in treating Asthma by ancient doctors?
- Cooked roots with acid juices
 - Extracts of pigeons with acid juices**
 - Flesh of crow and Vulture
 - Milk and curd
- 25) Which of the condiment is used to cure infections caused by wounds ?
- Coriander seeds
 - Cardamom
 - Black pepper**
 - Jathipatta
- 26) Which state vegetarianism was prevalent since ancient time brought by in the twelfth century King Kumarapala (ruled 1143–72)
- Kerala
 - New Delhi
 - Gujarat**
 - Bengal
- 27) What is the characteristic feature of medieval Arab recipes ?
- Restricted use of spices and condiments
 - Lavish use of spices**
 - Use of Milk in all recipes
 - Inclusion of fried vegetables
- 28) Who has introduced tomatoes to Asian colonies in 15th Century?
- Chinese
 - Mughals
 - British**
 - Portuguese
- 29) Which of the following pulses was originated from south India in prehistoric period?
- Chick pea
 - Green gram**
 - Lenti
 - Red gram
- 30) Which of the following major grains are originated from India
- Kudo millet
 - Brown top millet
 - A, B, C only**
 - A, C, D only
- Little millet
 - Fox tail millet
 - B, C,D only
 - C & D only
- 31) Buckwheat was produced in which part of the world during prehistoric time?
- Africa
 - Central Asia**
 - Euphrates Valley
 - Yangtze Valley
- 32) According to Linguistic evidence when coconuts were cultivated in South India?
- 2,500-3,000 years ago**
 - 8000 BC
 - 600-1300CE
 - 1000-600BCE
- 33) Name the dish where rice was cooked with yoghurt, honey or ghee by Buddhist and Jain?
- Payodana**
 - Skshiraudana
 - Yavagu
 - Kulmasha

- 34) Which of the following ingredients in sambhara was the popular flavouring agent mentioned in the Arthashastra
 A) Cinnamon C) Honey
 B) Long black pepper D) Fermented rice water
 a) A & C only b) C, D only c) B, C, D only **d) A & B only**
- 35) What is the portion size eaten per meal by the sage which was mentioned in the Dharma Literature
 a) Unlimited quantity c) Sixteen mouthful
b) Eight mouthful d) Twenty two handful
- 36) Which of the cereal products was consumed by south India written in the Sangam literature?
 a) Ragiroti,gruel, Ragi malt
b) Idiappam,Bamboorice,flattened rice in milk
 c) Wheat bread,chappathies,halwa
 d) jowar roti, cooked bajra with milk ,bajra with buttermilk
- 37) Which food plays an intrinsic part of most festivals and feast celebrated in olden times
 a) Puffed fried bread made with white flour
b) Sweets of all varieties
 c) Savouries with dhal only
 d) Gruels made with milk and Rice
- 38) Name the first Indian cookbook, written by Mythical Nala which was printed in Sanskrit and regional languages
 a) Chalukya c) Ken Albala
 b) Dhanvantari **d) Pakasastra**
- 39) Name the source of information which contains famous treatise on garlic dating back to the fourth or fifth century CE.
 a) Vaidyajivanam c) Ksemakutuhalam
b) Bower Manuscript d) The macrocosm
- 40) What are the adjectives to describe the medical properties of food in Ayurvedic textbooks
 A) Six tastes of food
 B) Ten pairs of qualities of food
 C) Jangala
 D) Cold and unctuous
 a) A,B & C only b) A, C,D only **c) A,B,D only** d) A, C, & B only
- 41) Which of the following statement explain the recipe Manda (today the name of a steamed sweet rice dumpling)?
a) Frying rice with long pepper and ground ginger and then boiling it in water
 b) Cooking grain with meat, fruit and vegetables.
 c)Cooking the boiled rice, milk and sugar.
 d) Boil dairy products, rice gruel (kanjika), cumin seeds and black pepper
- 42) In Indian philosophy which of the following guna (Quality) indicates Sattvic is associated with certain foods?
 a) Passionate, extroverted c) ignorant, oblivious
 b) lethargic, dull **d) Lucid, pure or dispassionate**

- 43) Which of the following method was employed for the preparation of millets?
- a) Milling
b) Whisking
c) Hovering
d) **Pounding**
- 44) What is known as mesashringi mentioned in the 'Manusmriti'?
- a) Long pepper and ground ginger juice
b) **Pepper flavoured decoction of a tree bark**
c) Vanilla flavoured milk with sugar.
d) Garlic juice with cow's milk
- 45) Which of the following food has been widely used in South India based on radiocarbon dating in 2100BC?
- a) **Meat and Milk**
b) Vegetables and dairy
c) Barley and milk
d) Dhal and Wheat
- 46) Which rasa pacify the cough?
- a) **Bitter**
b) Sour
c) Sweet
d) Pungent
- 47) _____ foods pacify the pitta dosha?
- a) **Astringent**
b) Sour
c) Salty
d) Pungent
- 48) Which of the following was the most important crop of Sangam Period?
- a) Wheat
b) Barley
c) Maize
d) **Rice**
- 49) Which Cook Book was written by Chavundaraya and it is a compilation of vegetarian recipes.
- a) Manasollasa
b) **Lokopakara**
c) Soopa Shasta
d) Bhonjana Kutuhala
- 50) Food that is digested immediately is called _____
- a) Usna
b) **Laghu**
c) RKVSha
d) Srigdha

ANSWERS:

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