

SANGAM SKM COLLEGE – NADI

HOME ECONOMICS DEPARTMENT

YEAR 10 WORKSHEET

WEEK 2

MONDAY (31/05/21) Answer these questions in your Home Ec exercise book.

1. Copy and complete the following table showing the digestion of the various nutrients:

ORGAN	PROTEIN	FAT	CHO
MOUTH	None	none	
STOMACH			
DUODENUM			
Small intestine			

2. Name the fluid found in the lacteal vessel in the villus.

TUESDAY 01/06/21

3. Does pepsin work on protein?
4. What happens to food in the stomach?
5. Name the part of the body where digestion ends.

WEDNESDAY 02/06/21

6. Name the enzyme that digests fats
7. List the final products of digestion of the following nutrients

Protein-

Fats-

Carbohydrates-

THURSDAY 03/06/21

Give a reason as to why this cooking methods are considered healthy

HEALTHY METHOD OF COOKING	REASON
Boiling	
Baking	

1. State the importance of proper nutrition.

FRIDAY 04/06/21

2. Discuss how lack of nutritional knowledge affects one's well-being.
3. What nutritional problems are on the rise in the Pacific Islands?

4. Discuss why traditional food is better than imported and processed food.

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WEEK 3

MONDAY 07/06/21

1. Define Convenience foods
2. What are the main disadvantages of using convenience foods?
3. Identify the different types of convenience food.

TUESDAY 08/06/21

1. How would you store the following :
(i) packet of ice cream
(ii) fresh fish
2. What are the main reasons for using food additives?

WEDNESDAY 09/06/21

1. Why should you consume fresh foods together with convenience foods?
2. What is the effect of storing frozen foods longer than the recommended time.
3. Explain why some teenagers refuse to have proper meals.
4. Name three healthy snacks.

THURSDAY 10/06/21

1. Why is a pregnant adolescent's diet important?
2. Suggest a healthy cooking method for an invalid and give a reason.
3. What are two important minerals that must be included in the diet of a convalescent recovering from a fractured leg?

FRIDAY (11/06/21)

- a. The baby is connected to the mother's body by the umbilical cord.
- b. Explain the function of the umbilical cord
- c. Define the term non renewable resources