

SANGAM SKM COLLEGE – NADI
HOME ECONOMICS DEPARTMENT
WORKSHEET 1 – YEAR 12A/F/E

WEEK 2

MONDAY : 31/05/21

Answer the questions below in your Home Ec exercise book.

1. Define “Window Shopping”
2. List one way to impart skills such as carving, baking to the younger generations
3. Define the following terms :
 - i. Resource
 - ii. Natural Resource

TUESDAY: 01/06/21

1. Discuss how the following can assist in saving resources such as Money
 - i. Budget
 - ii. Backyard Gardening
2. What is Climate Change?

WEDNESDAY : 02/06/21

1. Discuss the two effects of Climate Change below that are being experienced in Fiji
 - i. Rising in temperature
 - ii. Economic Loss
2. Explain two factors below for the suitability of housing structure to adverse climate change
 - i. Plan and structure
 - ii. Choice of Housing Structure

THURSDAY : 03/06/21



1. For Disaster Preparedness ,List a way in which an individual prepares for safety :
 - i. Before the cyclone
 - ii. During the cyclone
 - iii. After the cyclone

FRIDAY : 04/06/21

1. Identify and explain two features that can be used when Planning an Industrial Kitchen.
2. Define : Food Choice

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WORKSHEET 2 – YEAR 12A/E/F

WEEK 3**MONDAY : 07/06/21**

EQUIPMENT	USES
Commercial Saucepans 	
Melon Baller 	

1.State the uses of the Industrial Kitchen Equipment below

2. Briefly explain how the following factors influence the Choice of Food in Families

- i. Cost
- ii. Food Availability

TUESDAY : 08/06/21

1.State the functions of the following Micro nutrients :

- i. Vitamin A [Retinol]
- ii. Vitamin D [Calciferous]

2. List one function of dietary Fibre in the body.

WEDNESDAY : 09/06/21

1. State two symptoms of the deficiency diseases given below

- i. Rickets
- ii. Night Blindness

2. Identify the two effects of Heat on Vegetables.

THURSDAY : 10/06/21

1. Explain the term ‘Rancidity’

2. List and explain two types of Commercial preservation

FRIDAY : 11/06/21

1. Describe the following types of Meal Service

- i. A la Carte
- ii. Table d’ hote

2. Explain “Pastry Making”

