

**LABASA SANGAM (SKM) COLLEGE**

**HOME ECONOMICS**

**YEAR 11**

**Worksheet 1**

**INSTRUCTIONS:**

Write **All** your answers in your activity book.

1. The basic unit from which carbohydrates are formed are
  - A. pectin
  - B. saccharides
  - C. amino acids
  - D. photosynthesis
  
2. Fats stored as a fuel reserve in the adipose tissue helps to
  - A. stimulate hunger
  - B. regulate body temperature
  - C. forms enzymes and hormones
  - D. insulates and protects the body
  
3. According to the “Pyramid of Health”, which of the following foods should be consumed moderately?
  - A. breakfast crackers
  - B. green vegetables
  - C. root crops
  - D. pancakes
  
4. One of the functions of thiamin in the human body is to help in
  - A. resisting infection
  - B. releasing energy
  - C. forming red blood cells
  - D. preventing the lips from cracking
  
5. Which of the following nutrients is needed more during pregnancy?
  - A. fats
  - B. starch
  - C. iron
  - D. protein

6. The desire for food is an example of which type of need?

- A. economical
- B. sociological
- C. physiological
- D. psychological

7. 'Kilojoules' is a metric measure of

- A. starch
- B. energy
- C. metabolism
- D. carbohydrates

8. Which food will help reduce the risk of iron deficiency?

- A. fruits, fish and eggs
- B. fruits, yeast and bread flour
- C. fish, leafy vegetables and milk
- D. offal, red meat and lemon

9. The electric appliance shown on the right is

- A. toaster
- B. blender
- C. cake mixer
- D. food processor



10. Which of the following nutrients begin its digestion in the mouth?

- A. fats
- B. protein
- C. vitamin C
- D. carbohydrates

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# HOME ECONOMICS

## YEAR 11

### Worksheet 2

#### INSTRUCTIONS:

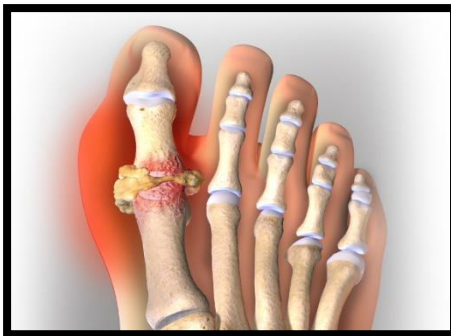
Write **All** your answers in your activity book.

#### Question 1

**10 Marks**

- a) Sedentary workers need limited amount of energy to do their work and it should be in balance.
- (i) Why do sedentary workers need limited amount of energy? [1 mark]
- (ii) What is meant by the phrase “energy in balance”? [1 mark]
- b) The NFNC Food Dietary Guidelines is used to plan meals.
- (i) List **three** dietary guidelines to be considered while planning a meal for a person suffering from hypertension. [1 ½ marks]
- (ii) What is the **advantage** of using the above guidelines? [½ mark]
- c) Explain with examples the following terms in relation to fats.
- (i) Emulsion [1 mark]
- (ii) Rancidity [1 mark]
- d) Name the diseases as shown in the pictures below

(i)



(ii)



- e) Calculate the BMI from the information given below

Height – 178cm

Weight – 56kg

[1 mark]

- f) State **three** functions of dietary fibre.

[1 ½ marks]

g) What is the energy value of 1 gram of protein? [ ½ mark]

**Question 2**

**10 Marks**

a) Define the following terms:

(i) Subsistence farming

(ii) Commercial farming [ 2 marks]

b) Briefly explain **two** effects of deforestation on food production [ 2 marks]

c) Identify **two** key principles of food hygiene. [ 2 marks]

d) Explain how the following procedures preserve food:

(i) Pasteurization

(ii) Addition of sugar [ 2 marks]

e) Food spoilage is caused by many factors  
Briefly explain the following statements:

(i) Enzymes destroy the food from inside.

(ii) Raw meat and vegetables should be chopped separately [ 2 marks]

**Question 3**

**10 Marks**

a) Differentiate between over nutrition and under nutrition. [1 mark]

b) Suggest **two** ways in which we can prevent tooth decay and plaque formation.  
[1 mark]

c) Identify and explain any **two** risk factors leading to cardiovascular disease. [1 mark]

d) Zinc supplement is vital for the unborn fetus. Identify **two** risk factors of zinc deficiencies during pregnancy. [1 mark]

e) Explain why breastfeeding mothers are recommended **not** to smoke?  
[1 mark]

f) Explain why babies should exclusively be given breast milk for first six month after birth  
[1 mark]

g) Why is energy controlled diet better than crash diet [1 mark]

h) Define the following terms and give an example of each:

(i) Coagulation

(ii) Gelatinization

(iii) Denaturation [3 marks]

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# **HOME ECONOMICS**

## **YEAR 11**

### **Worksheet 3**

#### **INSTRUCTIONS:**

Write **All** your answers in your activity book.

#### **Essay Questions**

Write an essay of about 200- 250 words to answer the questions given below. Attempt all the questions

#### **Question 1**

Listed below are factors that lead to food spoilage. Discuss how each of these factors affects the food that we consume at some level:

- Oxidation
- Poor handling
- Pollution
- Bacteria

#### **Question 2**

The daily nutritional requirements differ for different age groups. Discuss the nutritional requirements of each of the following age groups in relation to their daily needs:

- Infancy
- Childhood
- Adolescence
- Adulthood

#### **Question 3**

Using the four points listed below, write a paragraph for each to show how food satisfies our physiological needs.

- Growth and maintenance
- Supply growth
- Prevention from diseases
- Stimulation of senses

#### **Question 4**

Discuss the following points in relation to any **one** kitchen appliance that you have studied this year:

- Name of the appliance and its use
- Care and maintenance
- One advantage and one disadvantage
- Two effects on the nutritive value

#### **Question 5**

Baking and stewing are two cooking methods usually used to prepare family meals. Write an essay to:

- Define the two cooking methods
- Advantages and disadvantages of the two cooking methods
- Suitable foods to use for each cooking method
- Precautions to take using the two cooking methods