

LABASA SANGAM (SKM) COLLEGE

HOME ECONOMICS

YEAR 13

REVISION WORKSHEETS

STRAND 2: WORKSHEET 1

STRAND 3: WORKSHEET 2

WORKSHEET 1

STRAND 2: FOOD AND NUTRITION

SUB – STRAND: KITCHEN SAFETY, HYGIENE AND MANAGEMENT

1. Describe kitchen layout.

2. State two points to consider when choosing floor covering for a kitchen.

(i) _____

(ii) _____

3. Explain the importance of proper ventilation in a kitchen.

4. State one disadvantage of using laminated kitchen surface.

5. What is a Contemporary Kitchen?

SUB – STRAND: WHAT IS FOOD

6. Define the following terms:

(i) Traditional diet

(ii) Contemporary diet

7. State the benefit of including traditional foods in our meal.

8. List two disadvantages of contemporary diet.

(i) _____

(ii) _____

9. Give one example of:

(i) Basic contemporary food _____

(ii) Manufactured contemporary food _____

10. Discuss: Nitrification

11. Differentiate between food fortification and enrichment.

12. State two reasons why people do not prefer to use traditional foods in their meals.

(i) _____

(ii) _____

WORKSHEET 2
STRAND 3: CLOTHING AND TEXTILES

SUB – STRAND: STUDY OF FIBRES AND FABRICS-FABRIC END USE

1. Define the following terms:

(i) Resilience

(ii) Thermoplasticity

2. State the effect of pilling on a garment.

3. List two characteristics of cotton fabric.

(i) _____

(ii) _____

4. Give a reason:

(i) Linen is suitable for tea towels.

(ii) Wool is suitable for cardigans.

5. State the importance of using fabric softner when washing synthetic fabrics.

6. Explain why spandex is suitable for swim wear.

7. Differentiate between technical test and non-technical test.

8. Differentiate between weaving and knitting.

9. Differentiate between weft knitting and warp knitting.

10. Differentiate between felting and fusing.

11. Name a suitable fabric used for sublimation printing.

SUB – STRAND: CARE OF FABRICS-TEXTILE RECYCLING

12. Define: Eco Friendly Clothing

13. State one advantage of using eco friendly clothing.

14. Define: Vintage Clothing

15. Give three reasons why one should consider buying clothes from second hand shops.

(i) _____

(ii) _____

(iii) _____

SUB – STRAND: CLOTHING NEEDS-SELECTION OF FABRICS/CLOTHES

16. State three factors which influence selection of clothes.

- (i) _____
- (ii) _____
- (iii) _____

17. Give a reason:

- (i) For workout clothes, avoid wearing fabrics that do not breathe.

- (ii) Hospital cubicle curtain fabric is manufactured with a white baked enamel finish.

SUB – STRAND: CLOTHING CONSUMER-AN INFORMED CONSUMER

18. Explain the following rights of a consumer:

- (i) Safety

- (ii) Opportunity to be heard

19. State two points which consumers need to consider before making a purchase.

- (i) _____

- (ii) _____

20. State the importance of advertisement.

21. State three benefits of online shopping.

- (i) _____

- (ii) _____

- (iii) _____

SUB – STRAND: CLOTHING SELECTION-FASHION TRENDS

22. State the traditional costume for the following ethnic groups:

- (i) Indian men _____
- (ii) Muslim women

- (iii) I-Taukei men

23. Distinguish between Cultural industry and Expressive arts industry.

SUB – STRAND: EQUIPMENT-REQUIREMENTS FOR A STORY BOARD

24. Differentiate between functional requirement and social requirement.

25. Differentiate between mood board and inspiration board.

SUB – STRAND: PATTERNS AND DESIGNS-PRINCIPLES AND ELEMENTS OF DESIGN

26. State the effect of the following lines on a figure type:

(i) Vertical lines

(ii) Curved lines

27. Name two warm colours.

- (i) _____
(ii) _____

28. Define: Radial balance

29. State two ways of achieving rhythm in a garment.

(i) _____

(ii) _____

30. Define: Draping

THE END

STAY SAFE AND STAY BLESSED!