

PENANG SANGAM HIGH SCHOOL

HOME ECONOMICS

YEAR 10

WORKSHEET (WEEK2)

FOOD AND NUTRITION

The Kitchen

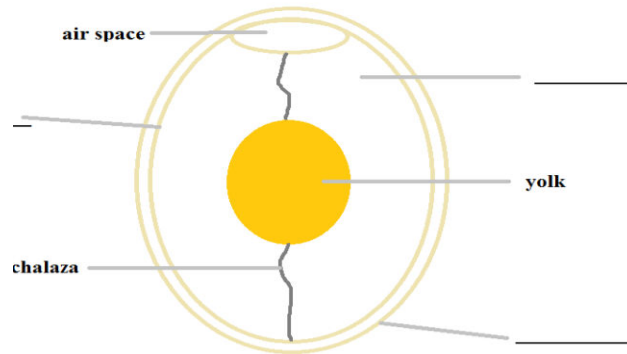
1. Study the following kitchen layout and answer the following questions.



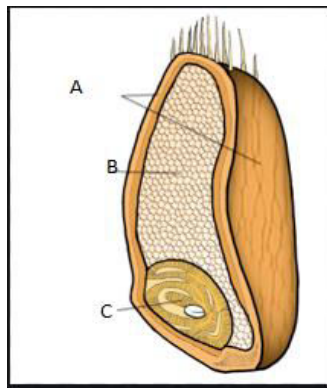
- i. Identify the above kitchen layout.
 - ii. State one advantage and one disadvantage of the above layout.
 - iii. Draw the work triangle on the above kitchen layout.
2. State one advantage of a plain wood surface in a kitchen.
3. Compare natural lighting with artificial lighting.

Food Study

4. Why meat is considered a perishable food?
5. State two methods of cooking tough cuts of meat.
6. Why is fish tenderer than meat?
7. Which group of fish does oysters belong to?
8. Explain the steps on how to fillet fish.
9. Differentiate between pasteurized and evaporated milk.
10. Study the structure of an egg and label.
 - i.



- ii. Name the nutrient that is present in yolk.
 - iii. Identify and explain one use of eggs.
11. Identify two points to consider when choosing fruits from the market.
 12. What should be done in order to avoid the loss of Vitamin C when cooking fruits?
 13. Give two examples of fruit vegetables.
 14. Give a reason for the following statements:
 - i. Do not soak vegetables in water.
 - ii. Peel carrots thinly or wash and cook in skin.
 - iii. Do not overcook vegetables.
 15. Label the structure of the cereal grain given below.



- ii. Compare refined products with enriched products and provide examples.
 - iii. Why should cereals be kept in tight fitting lid containers?
16. Why is cooking root crops in their skin an advantage?