

**BA SANGAM COLLEGE**

**YEAR 11**

**HOME ECONOMICS**

**WEEK 4**

**11.2.2 WHAT IS FOOD?**

- (b) (i) State **one** factor that affects the basal metabolic rate of a person.  
(ii) Explain the **relationship** between nutritional knowledge and nutritional status.  
(b) (i) Define nutrition.  
(ii) Explain the effect of nutrition on one's nutritional status.

**11.2.3 DIET AND HEALTH**

- (c) Define the term emulsion.  
(d) Explain **one** effect of heat on proteins.  
State **one** nutritional disease caused by deficiency of energy in the body.  
(d) Describe how protein is absorbed in the body.

**ESSAY QUESTION**

**Having proper and enough food contributes to the wellbeing of an individual.**

With reference to the above statement, discuss

- **two** types of needs that are met through food.
- **one** way each of the needs identified contribute to one's wellbeing.
- **one** nutritional problem that may occur when each of the needs mentioned above are not met.
- **one** way families can deal with each nutritional problem identified above.

**11.2.4 FOOD SUPPLY**

- (a) Explain **one** impact of salinization on food production in Fiji.  
(b) Explain **one** impact of deforestation on food availability in Fiji.  
(c) Identify two cultural ways of obtaining food in Fiji?  
(d) Differentiate between **Subsistence** and **Commercial** Farming.  
(e) Discuss **two** advantages and **two** disadvantages of importing food from other countries.  
(f) The introduction of agriculture in Fiji has been beneficial to the people and the economy. However the effects on the environment have been destructive. Discuss the effects of the following methods on the environment:  
(a) Deforestation  
(b) Use of pesticide  
g. Explain how the following changes in weather pattern affect food supply:  
1) Intense rainfall  
2) Rise in sea level  
3) Severe storms  
4) Droughts

- h. Define the term **Food Security**.
- i. Discuss how these factors lead to promoting food security at home.
  - 1) Livestock farming
  - 2) Domestic food preservation

### **11.2.5 FOOD PRESERVATION**

- 1. Explain how vacuum packaging contributes to longer storage life.
- 2. Explain how inadequate preparation and cooking contributes to food spoilage.
- 3. Define the term Food contamination
- 4. Discuss how food spoilage can lead to food poisoning.
- 5. Explain how the following factors lead to food spoilage:
  - a) Oxidations
  - b) Microorganisms
  - c) Pests

### **ESSAY QUESTION.**

**Practicing proper hygiene is important when handling food.**

With reference to the above statement, discuss **two**

- personal hygiene practices to observe when handling food.
- kitchen hygiene practices to follow while preparing food.
- food hygiene practices to observe when cooking.
- reasons why maintaining proper hygiene is important when handling food.

### **11.2.6 FOOD PLANNING AND PRODUCT DEVELOPMENT**

- (c) (i) Explain how food habits influence one's choice of food.
- (ii) Design a dinner menu for your brother's 16th birthday. The menu must include the cooking skill **stuffing**.
- (iii) State **one** advantage of stuffing food before cooking.
- (i) Define fermentation.
- (ii) Differentiate between **peeling** and **paring**.
- (iii) Using your knowledge of meal planning, plan a lunch menu for your sister who has just returned from her studies overseas. The menu must include a traditional dish/ product.