

SANGAM SKM COLLEGE NADI

HOME ECONOMICS 2021

YEAR 9 WORKSHEET

WEEK 3

MONDAY 07/06/21

Answer these questions in your Home Ec exercise book

1. List the uses of the following:
 - a. Food cover- prevent flies, insects and germs from contaminating the food
 - b. Tea towel - to dry cutlery and cookery after they have been washed
 - c. Apron -to prevent food stains on garment
 - d. Dish cloth - for wiping kitchen tables, chopping and pastry boards, kitchen tables and sink
 - e. Hand towel- for drying wet hands
2. State the difference between personal hygiene and kitchen hygiene.
Personal hygiene is keeping one-self clean whereas kitchen hygiene is keeping the kitchen clean.

TUESDAY 08/06/21

1. Why is it important to clean the refrigerator?
 - To keep the food fresh
 - To prevent food spoilage
2. How could you avoid sink blockage.
Avoid putting scraps of food, hot fat or tea leaves in the sink
3. Why is consumption of food important in our body ?
 - For growth
 - Repairing body's worn out tissue
 - Providing energy for work
 - Protection from diseases thus the need to keep our bodies

WEDNESDAY 09/06/21

1. State the difference between the 3 food groups and healthy diet pyramid.
The 3 Food Groups help us to prepare a balanced meal where a meal consists of food from the three food groups whereas the healthy diet pyramid help us to determine the amount of food eaten where to eat most, moderately and least.

2. State the functions of the following

a. Water

- Keeps body temperature constant
- Helps in digestion and absorption of nutrients
- Assist in removal of waste matter from the body
- For blood to carry oxygen to different parts of the body

b. Dietary fibre

- Needed to move the bowels and help the body to get rid of waste.
- Prevents constipation by keeping the waste soft allowing it to pass out from the body easily.

THURSDAY 10/06/21

1. State the difference between nutrition and nutrients

Nutrients is the chemical substance present in food whereas nutrition is the study of nutrients and its relationship with food.

2. Identify the food available in our local environment

a. Plant source

- are plants and parts of the plant eaten as food (seeds, grains, leaves, roots, stems and fruits)

b. Animal source

- are used as foods either directly or indirectly by the product they produce such as pigs, cows, chicken, birds, goats, fish & selfish

c. Plant product

- breakfast cereals, biscuits and breads

d. Animal product

- milk, cheese, yoghurt, fat and ghee

FRIDAY 11/06/21

1. List 3 factors to consider when eating out.

- Eat a variety (**V**)
- Eat in moderation (**M**)
- Balance (**B**) what you eat with your energy need

2. Explain how would you store perishable food.

- Wrap or cover food before putting it in the refrigerator
- Meat and poultry to store in the freezer compartment
- Fruits and vegetables to be stored in the crisper compartment

3. Define the following COOKING METHODS :

a. Boiling

➤ Cooking food in water at a temperature of 100°C

b. Frying

➤ A quick dry heat method of cooking food in fat or oil at high temperature

c. Baking

➤ Cooking food in an enclosed space such as gas or electric oven