BA SANGAM COLLEGE

YEAR 10
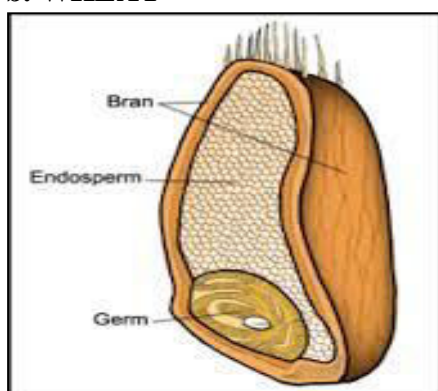
HOME ECONOMICS

WORKSHEET 4

10.2.2   FOOD SUPPLY
a. MEAT

i. Define meat, offal

ii. Identify the 3 types of meat and list 3 examples of each.

iii.Why is meat considered as a perishable food?

iv.Differentiate between tough and tender cuts of meat.

v.Identify suitable cooking methods of meat for the different cuts.

vi.List 3 ways of making meat tender.

b. WHEAT

Name **one** nutrient present in the following structures of the grain

    i.   Bran

    ii.   Endosperm

    iii.   Germ

b. Define cereals and list 5 examples of it.

c. Find out why white flour has a longer shelf – life than whole meal flour.

d. Identify suitable storage place for cereals.

FISH

    a.   How would you recognize fresh fish?
    b. Why is fish coated with a batter before frying? (2 reasons)
    c. Differentiate between fish filleting and fish steak.
    d. Identify the major nutrient that is present in fish.
    e. Why is fish more tender than meat?
    f. State the difference between white fish and oily fish with 2 examples.

FRUITS & VEGETABLES

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a. Why are fruits and vegetables are important in our diet?
b. What is the nutritive value of orange juice?
c. Why is cooking root crops in their skin an advantage?
d. List 3 ways in which fruits can be served.
e. Identify the proper storage area for fruits and vegetables.
f. Why should you Cook frozen vegetables in boiling water without thawing?

EGGS.

a. Why are eggs cooked at low temperature?
b. Give two reasons why eggs are often used in meals.
c. State 3 uses of eggs with an example.
d. Where should eggs be stored?
e. Identify the cause and prevention of black rings formed in cooked eggs.

MILK

a. Why do you think milk is often called a complete food?
b. List 3 uses of milk.
c. Identify the proper storage area for milk.
d. List 2 major nutrients that are present in milk.
e. State the difference between homogenized and pasteurized milk.
f. Write an example of the following milk: UHT and dehydrated