PENANG SANGAM HIGH SCHOOL

YEAR 9

HOME ECONOMICS-WEEK 4

SECTION A

MULTIPLE CHOICE QUESTIONS

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1. The first meal o	of the day is						
A. tea	B. lunch	C. dinner	D. breakfast				
2. In meal plannin is	g, the factor to co	onsider in order t	o make the meal attractive and	l appealing			
A. presentation	B. availability	C. occasion	D. variety				
3. Food poisoning A. eating raw food B. eating half ripe C. using soft food D. preparing food	ds. fruits. s for preparing m	neals.					
4. The three basic	food groups are	used as a guide t	0				
A. Save time and		B. Planning b					
C. Identify differe	nt foods	D. Reducing 1	money spent on food				
5. Liver is rich in A. Iron	B. Iodine C.	Sodium D. (Carbohydrates				
6. Natural fibres a	re						
A. linen, silk and wool B. linen, nylon and rayon							
C. cotton, wool ar	id nylon	D. cotton	, linen and nylon				
7. Making a doorr	nat from scraps of	of fabric is an exa	ample of				
A. repairing	B. recycling	C. removing	D. renovating				
8. Which fibre has A. Cotton	s twisted ribbon l B. Wool	like appearance v C. Nylon	when seen under a microscope D. Silk				
9. Which group	of fibre are expec	cted to burn easil	y leaving a soft feathery ash				
A. Proteins	B. Cellulose	c. Minerals	D. Synthetics				
10. Achieving the	highest mark in	Home Economic	s Year 9 Mid-term test is an e	example of			

A. Long term goal B. short-term goal C. resources D. value

SECTION B SHORT ANSWER QUESTIONS

FOOD AND NUTRTITION

(a) (i)	Define the terms below and give examples. Eating out									
(ii)	Food Preservation									
(iii)	Perishable food									
(iv)	Nutrient									
b) Give three reasons for eating out.										
c) E	plain how VMB can be applied when eating out.									
d) L	d) List and explain the two factors to consider when planning meals.									
e) P	e) Plan a nutritious breakfast meal for a teenager using the basic meal plan.									

f) Explain why breakfast is considered to be the most important meal of the day.