

PENANG SANGAM HIGH SCHOOL

HOME ECONOMICS

YEAR 11

WORKSHEET (WEEK 6)

1. To have a meal cooked and ready to serve on time, an experienced cook would most likely
 - A. Plan her time by working back from the serving time
 - B. Read all recipes carefully and plan her time before beginning to cook
 - C. Make the dishes in advance and refrigerate
 - D. Use the microwave as much as possible

2. Which meal is considered the most important meal of the day
 - A. Lunch
 - B. Dinner
 - C. Breakfast
 - D. Buffet

3. To encourage good eating habits in children, one should
 - A. Add sugar to their foods
 - B. Give sweet when upset
 - C. Serve fried food in every meals
 - D. Serve fruits as snacks

4. A child suffering from kwashiorkor should be fed with foods rich in
 - A. Fats
 - B. Iron
 - C. Protein
 - D. Carbohydrates

5. A decrease in the production of insulin in the body would lead to
 - A. Gout
 - B. Anaemia
 - C. Diabetes
 - D. Marasmus

Short answer questions

- 1) Discuss the three factors that affect the food choices of teenagers.

- 2) Explain the term 'balanced diet'

3) List two healthy eating guidelines for a pregnant woman.

4) Studies show that we are eating more and more food away from home and that this trend is set to increase in the future. An Irish heart foundation study found that 72% of the people surveyed eat out at least once a week, with 32% saying that they eat out several times per week. (Consumer choice, January 2003)

a) Comment on the above statement and explain what is meant by *eating food away from home*

b) Describe three causes of coronary heart diseases.

c) List four dietary guidelines that should be followed by a person with coronary heart disease.

Essay

Food is important because it satisfies the well-being of individuals in many ways.

With reference to the above statement, discuss

- Two needs that are satisfied by food.
- Two ways food satisfies each of the needs mentioned above.
- One effect on society if the two needs are not met.