



3055 BA SANGAM COLLEGE

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WORKSHEET 26

School: Ba Sangam College

Name: _____

Subject: Home Economics

Year:10

Strand	HEC REVISION
Sub strand	HEC REVISION
Content Learning Outcome	HEC REVISION

REVISION

2019

QUESTION 2

(10 marks)

What is Food?

(a) Explain why it is important to serve breakfast cereals with fruits. **(2 marks)**

(b) (i) Define Absorption. **(1 mark)**

(ii) Explain the function of the **Oesophagus** in the digestion process. **(2 marks)**

Diet and Health

(c) State **one** disadvantage of convenience foods. **(1 mark)**

Food Supply

(d) Explain why convenience foods have become popular in many homes. **(2 marks)**

Food Preservation

(e) Explain the importance of **pectin** in Jam making. **(2 marks)**

2018

QUESTION 2

(10 marks)

(a) Explain why milk is referred to as a **complete food**. **(2 marks)**

(b) Define Nutrition. **(1 mark)**

(c) State **one** reason for preserving food. **(1 mark)**

(d) Explain the principle of preservation involved in jam making. **(2 marks)**

(e) Name **two** nutrients needed in an invalid's diet. **(2 marks)**

(f) Explain **one** reason why a teenager chooses to become a vegetarian. **(2 marks)**
