

**SANGAM SKM COLLEGE NADI**  
**HOME ECONOMICS 2021**  
**YEAR 9 WORKSHEET**

**WEEK 2**

**MONDAY : 31/05/21**

**Answer these questions in your Home Exercise book.**

1. Identify the types of family given in the statement below
  - a. My family includes my father, mother and sister \_\_\_\_\_
  - b. My mother is remarried and I have two step sisters  
\_\_\_\_\_
  - c. My younger brother and I live alone with our mother  
\_\_\_\_\_
  
1. Explain why is it important to make decisions in life

**TUESDAY : 01/06/21**


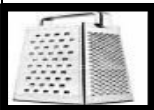
1. Define the term housing
2. Identify and explain one hazards that affect housing

1. Identify two Kitchen safety rules

**WEDNESDAY : 02/06/21**

2. What is First Aid?

**Complete the table**

<b>Diagram</b>	<b>Equipment</b>	<b>Uses</b>
		
		

**THURSDAY : 03/06/21**

1. List the characteristics of foods that is used when Evaluating a Meal
1. Identify 3 factors that affect Meal Planning

**FRIDAY : 04/06/21**

1. Define Food Preservation
2. List 2 reasons for Preserving Food

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**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
  - b. Tea towel
  - c. Apron
  - d. Dish cloth
  - e. Hand towel
2. State the difference between personal hygiene and kitchen hygiene

**TUESDAY 08/06/21**

1. Why is it important to clean the refrigerator
2. How could you avoid sink blockage
3. Why is consumption of food important in our body

**WEDNESDAY 09/06/21**

1. State the difference between the 3 food groups and healthy diet pyramid
2. State the functions of the following
  - a. Water
  - b. Dietary fibre

**THURSDAY 10/06/21**

1. State the difference between nutrition and nutrients
2. Identify the food available in our local environment
  - a. Plant source
  - b. Animal source
  - c. Plant product
  - d. Animal product

**FRIDAY 11/06/21**

1. List 3 factors to consider when eating out
2. Explain how would you store perishable food
3. Define the following COOKING METHODS ;
  - a. Boiling
  - b. Frying
  - c. Baking