

SANGAM SKM COLLEGE NADI
DEPARTMENT OF HOME ECONOMICS
YEAR 11 -WEEK 2 WORKSHEET
MODEL ANSWERS

FOOD SUPPLY

1. Define subsistence agriculture.
 - Is self-sufficiency farming in which the farmers focus on growing enough food to feed themselves and their families
 - The typical subsistence farm has a range of crops and animals needed by the family to feed.
 - Planting decisions are made principally with an eye toward what the family will need. This is small scale farming
2. Explain **one** impact of climate change on food production.
 - Increased heat stress to crop and livestock, e.g. higher night temperatures which could adversely affect grain formation and other aspects of crop development.
 - Increased evaporation -transpiration rate caused by higher temperatures and lower soil moisture levels, Concentration of rainfall into a smaller number of rainy events with increases in the number of days with heavy rain, increasing erosion and flood risks.
 - Changes in seasonal distribution of rainfall, with less falling in the main crop growing season, Sea level rise, leading to coastal degradation and salt water intrusion.
 - Coastal areas that comprise a significant economic zone for small islands face the possibility of degradation of fishing areas because of changes in salinity, temperature and sedimentation.
 - There is evidence of increased flooding and salinization of land traditionally used for sugar cane farming in Fiji.
 - Many areas used for dalo in Pacific countries are becoming too saline for current varieties and the availability of fresh water for agriculture is being seriously compromised

3. Define food contamination.
 - **Food contamination refers to the presence of harmful chemicals and microorganisms in food, which can cause consumer illness**

FOOD PRESERVATION

4. State **one** reason for preserving food
 - **Keep the food fresh**
 - **Available when off season**
 - **Longer shelf life of food**
5. Explain how improper storage can cause food spoilage.
 - **Bacteria present in hands when handling food can spread to food leading to contamination**
 - **Many germs grow quickly in food held at room temperature; a tiny number can grow to a large number in just a few hours. Reheating or boiling food after it has been left at room temperature for a long time does not always make it safe because some germs produce toxins that are not destroyed by heat**

FOOD PLANNING AND PRODUCT DEVELOPMENT

6. Explain how the community influences meal planning
 - **Different communities use food that is specific to their communities to give them a sense of identity and belonging. These different cultures and societies live together and integrate so their diets are combined to make a diet unique to their particular community. For example, in a Fijian community, they would be to made lovo and Palusami or sea food compared to the Indian community.**
7. State **one** reason for the cooking skill **stuffing**.
 - **Stuffing, filling, or dressing is an edible mixture, often composed of herbs and a starch such as bread, used to fill a cavity in the preparation of another food item. As a cooking technique stuffing helps retain moisture, while the mixture itself serves to augment and absorb flavors during its preparation.**

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YEAR 11 -WEEK 3 WORKSHEET

THE KITCHEN SAFETY

1. Identify **one** feature of microwave cooking.
 - 3 most common features related to microwave cooking are:
 - 📌 **Timing - The correct duration to prevent under-cooking or overcooking.**
 - 📌 **Quantity - Larger the volumes of food, the more time it needs to be cooked**
 - 📌 **Shape and size - Thin food cooks faster than thick food; small pieces cook faster than large ones.**
2. Explain why eggs should not be cooked in their shell while using a microwave.
 - **To prevent eggs from exploding**
3. Give **one** advantage of using the rice cooker.
 - **Rice cooker automatically turns warm when rice is cooked. Does not require stirring.**

WHAT IS FOOD

4. Define Catabolism.
 - **Is the breaking down of digested foods into smaller units, and in most cases releasing energy in the process**
 - **E.g.→ *Carbohydrates are converted to glucose *Proteins are converted to amino acids *Fats/Lipids are converted to fatty acids and glycerol**
5. Explain **one** way food satisfies our physiological needs
 - **Air, water, and food are metabolic requirements for survival in all animals, including humans.**
 - **Physiological needs are to do with the maintenance of the human body.**

6. Define peristalsis.

- **Peristalsis is a series of wave-like muscle contractions that move food through the digestive tract. It starts in the esophagus where strong wave-like motions of the smooth muscle move balls of swallowed food to the stomach.**

7. Explain **one** cause of tooth decay.

- **Eating junk and sugary food**
- **Improper brushing**
- **Not brushing and rinsing mouth thoroughly after eating food**