

**SANGAM SKM COLLEGE – NADI**  
**HOME ECONOMICS DEPARTMENT**  
**WORKSHEET 1 SOLUTIONS**

**WEEK 2**

**MONDAY : 31/05/21**

**Answer the questions below in your Home Ec exercise book.**

1. Define “Window Shopping”
  - **the activity of looking at goods displayed in shop windows, especially without intending to buy anything.**
2. List one way to impart skills such as carving, baking to the younger generations
  - **Through storytelling,chanting,music and dances ,arts**
3. Define the following terms :
  - i. Resource
    - source or supply by which a benefit is produced that are materials that are transformed to and in the process may be consumed or made available.
  - ii. Natural Resource
    - anything obtained from the natural environment to satisfy human needs and wants.

**TUESDAY: 01/06/21**

1. Discuss how the following can assist in saving resources such as Money
  - i. Budget
    - *it ensures that you will always have enough money for the things you need and the things that are important to you. Following a budget or spending plan will also keep you out of debt or help you work your way out of debt if you are currently in debt.*
  - ii. Backyard Gardening
    - *Backyard gardening can inspire one to take an interest in the origins of his or her food and make better choices about what he or she puts on the plate.*
2. What is Climate Change?
  - *is a change in global or regional climate patterns, in particular a change apparent from the mid to late 20th century onwards and attributed largely to the increased levels of atmospheric carbon dioxide produced by the use of fossil fuels.*

WEDNESDAY : 02/06/21

1. Discuss the two effects of Climate Change below that are being experienced in Fiji
  - i. Rising in temperature
    - ***Greenhouse gases are trapping more heat in the Earth's atmosphere, which is causing average temperatures to rise all over the world.***
  - ii. Economic Loss
    - ***Climate change is affecting businesses and economies at home and around the world. More intense hurricanes and downpours could cause billions of dollars in damage to property and infrastructure.***
  
2. Explain two factors below for the suitability of housing structure to adverse climate change
  - i. Plan and structure
    - ***With careful planning, owners often can see if at some point they are likely to face a problem. It is much easier to adjust their plan to avoid or smoothen a coming crisis, rather than to deal with the crisis when it comes unexpected.***
  - ii. Choice of Housing Structure

***Designing energy-efficient buildings is an important step toward preventing more drastic warming. Plant based materials can be used to make high performing building envelopes, protecting against external weather and making a building more comfortable, healthy and energy efficient to live in.***

THURSDAY : 03/06/21

1. For Disaster Preparedness ,List a way in which an individual prepares for safety :
  - i. Before the cyclone
    - ***Preferably fit shutters, or at least metal screen***
  - ii. During the cyclone
    - ***Stay inside and shelter .***
  - iii. After the cyclone
    - ***Don't go outside until officially advised it is safe***



FRIDAY : 04/06/21

1. Identify and explain two features that can be used when Planning an Industrial Kitchen.
  - ***Wooden floorboards are an alternative to polished concrete floors and will suit the industrial theme well if they are original.***

- **Large Windows for industrial kitchen to allow light to enter the kitchen. It also assists in natural ventilation.**
2. Define : Food Choice
- **Food choice is defined as the selection of foods for consumption.**

### WEEK 3

#### MONDAY : 07/06/21

EQUIPMENT	USES
<b>Commercial Saucepans</b> 	<i>A metal container of moderate depth, usually having a long handle and sometimes a cover for stewing, boiling</i>
<b>Melon Baller</b> 	<i>A spoon like utensil with a sharp edge used especially for cutting ball-shaped pieces from the pulp of a fruit.</i>

- 1.State the uses of the Industrial Kitchen Equipment below
2. Briefly explain how the following factors influence the Choice of Food in Families
  - i. Cost
    - **Cost of food is a particularly important factor for people with low incomes. Food prepared food at home is often cheaper than eating out or buying take-always.**
  - ii. Food Availability
    - **Most foods are grown in a particular season of the year, e.g. strawberries are harvested in summer.These are called 'seasonal foods'.Buying foods when they are in season will often ensure the food price is lower.Technology and the importation of food, however, have allowed food to be available all year round. Frozen foods such as vegetables are a great alternative to fresh, if they are unavailable.**

#### TUESDAY : 08/06/21

1. State the functions of the following Micro nutrients:
  - i. Vitamin A [Retinol]
    - **It regulates growth. It promotes healthy skins.**
  - ii. Vitamin D [Calciferous]
    - **Necessary for the absorption and lying down of calcium and phosphorus in bones and teeth.**

2. List one function of dietary Fibre in the body.

*Blood cholesterol – it helps in the prevention of coronary heart disease (CHD) by improving blood lipid profiles.*

### **WEDNESDAY : 09/06/21**

1. State two symptoms of the deficiency diseases given below

i. Rickets

- *Bony necklace.*
- *Curved bones.*

ii. Night Blindness

- *Poor vision at night or in dim light.*

1. Identify the two effects of Heat on Vegetables.

- *Loss of vitamin B and C.*
- *Change in color takes place*

### **THURSDAY : 10/06/21**

1. Explain the term ‘Rancidity’

- *Rancidity is caused by the action of enzyme lipase, or by oxidation. Lipase breaks down the fat molecules, and the ‘off’ flavors and odours develop because of the free fatty acids in the food.*

2. List and explain two types of Commercial preservation

Food may be preserved by:

Removing warmth	→	freezing
Removing moisture	→	drying
Removing air	→	canning/ bottling

### **FRIDAY : 11/06/21**

1. Describe the following types of Meal Service

A la Carte

- *a list of food items each priced and served separately.*
  - i. Table d’ hote
- *a restaurant meal offered at a fixed price and with few if any choices*

2. Explain “Pastry Making”

- *Dough or paste consisting primarily of flour, water, shortening that is baked and used as a crust for foods such as pies and tart.*