

HOME ECONOMICS DEPARTMENT

YEAR 10 WORKSHEET

SOLUTION

WEEK 3

MONDAY 07/06/21

1. Define Convenience foods
 - **Are processed foods that require little or no preparation**
 - **Partly or fully prepared by the food manufacturer- cannot be used as a substitute for fresh foods**
2. What are the main disadvantages of using convenience foods?
 - **Usually more expensive than fresh food**
 - **Contain preservatives like fats, sugar, salt which can be harmful to our health when taken excessively.**
 - **Contains less dietary fiber compared to fresh food.**
3. Identify the different types of convenience food.
 - **Canned foods**
 - **Bottled foods**
 - **Dehydrated foods**
 - **Frozen foods**
 - **Packet mixes and Ready- to –eat foods**

TUESDAY 08/06/21

1. How would you store the following :

(i) packet of ice cream

❄️ **Should be stored frozen at -18⁰ C**

(ii) fresh fish

- ★ **Store in the chiller compartment and use as quickly as possible**
- ★ **Scale, remove entrails, portion, wrap tightly in polythene film and freeze flat at -18⁰C**

2. What are the main reasons for using food additives?

- ❖ **To preserve the food**
- ❖ **To improve taste**
- ❖ **To make food look attractive**
- ❖ **To enhance its nutrient content**

WEDNESDAY 09/06/21

1. Why should you consume fresh foods together with convenience foods?

To add back nutrients and flavors lost during processing

2. What is the effect of storing frozen foods longer than the recommended time.
 - **Changes in flavor, color or texture will result**
 - **Freezer burns**
3. Explain why some teenagers refuse to have proper meals.
 - **Concerned with their appearance**
 - **To loose weight**

4. Name three healthy snacks.

Boiled peas/peanuts/Fruits/Nuts

THURSDAY 10/06/21

1. Why is a pregnant adolescent's diet important?
To provide important nutrients to both mother and growing adolescent.
2. Suggest a healthy cooking method for an invalid and give a reason.
Poaching/Boiling-uses no fat/oil at all
3. What are two important minerals that must be included in the diet of a convalescent recovering from a fractured leg?
Calcium and Phosphorus

FRIDAY (11/06/21)

The baby is connected to the mother's body by the umbilical cord.

- a. Explain the function of the umbilical cord

Through this cord food and oxygen pass from the mother to the foetus and waste products from the embryo are carried back to the mother

- b. Define the term non-renewable resources
Non –renewable are the natural resources from the earth that are in limited supply and cannot be replaced if they are used up. For example, fossil fuels like liquid petroleum gas, coal and oil.