

LABASA SANGAM (SKM) COLLEGE

YEAR: 10 – AGRICULTURAL SCIENCE

WEEK 13-14 WORKSHEET 13-14

NAME: _____

YEAR: _____

DUE DATE: 18-10-2021

TOTAL MARKS: 10 [5%]

STRAND 3 – Agronomy

SUB STRAND – Horticulture

1. Explain the recommended Fertilizers [before planting, during planting and during growth] use in growing Chinese cabbage [2 marks]

2. List 2 common pest that attacks Chinese cabbage and state its control [2 marks]

3. List 2 common disease that attacks Chinese cabbage and state its control [2 marks]

4. State the recommended harvesting and marketing of tomatoes [2 marks]

5. Explain Post-Harvest Management of tomatoes. [2 marks]

HOME STUDY PACKAGE

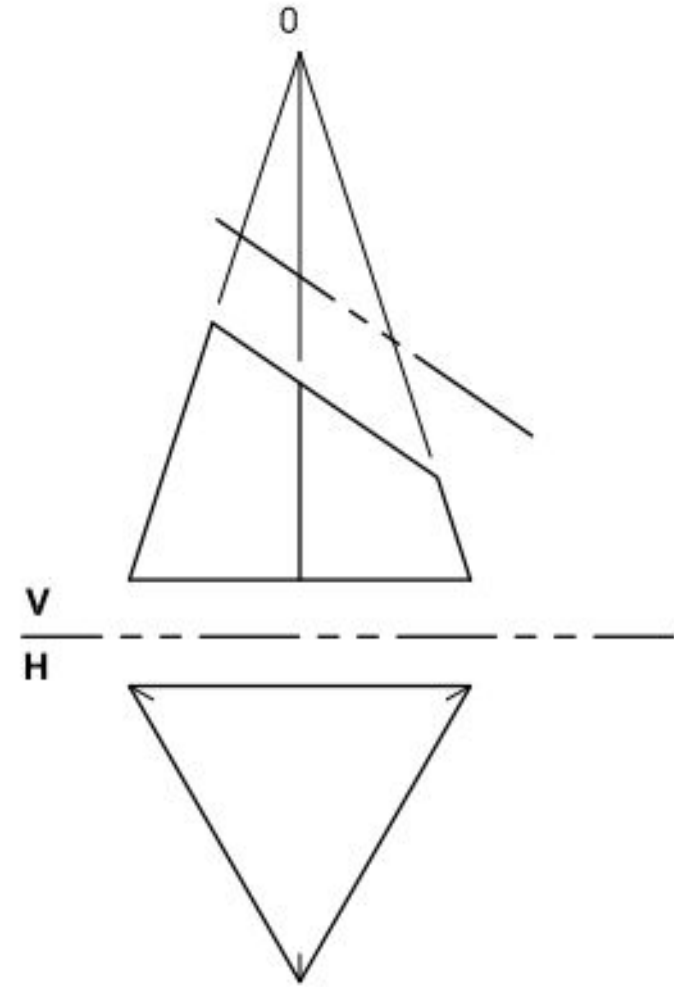
School: Labasa Sangam (SKM) College
Subject: Basic Technology
Worksheet Number: 1-2 / week 14
Due Date: 18th October 2021

Year/Level: 10
Student Name: _____

Date :4th – 8th October 2021

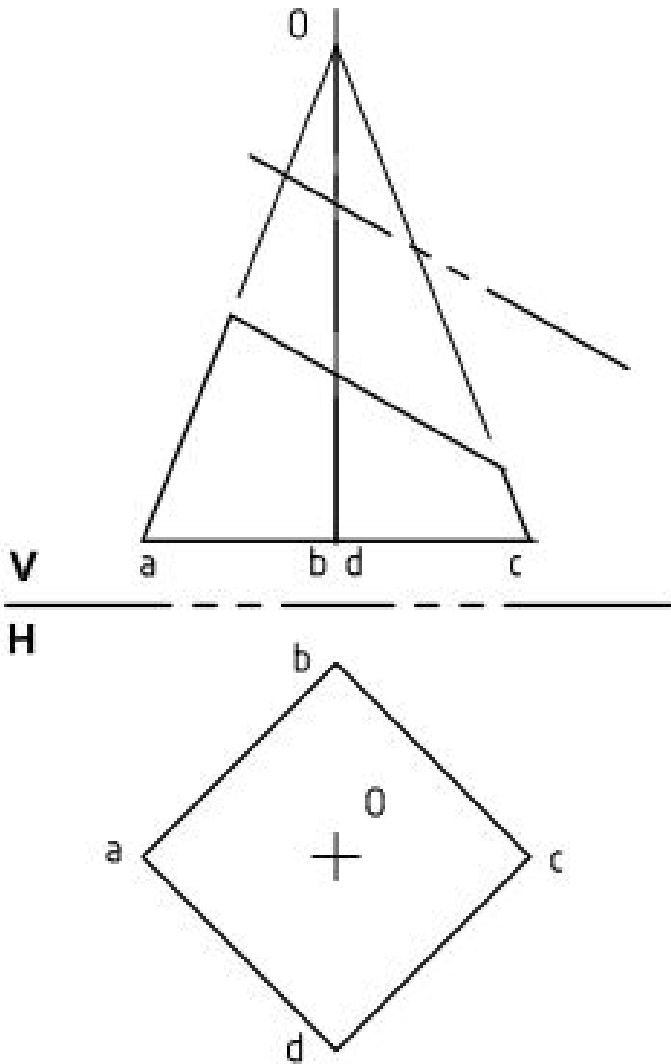
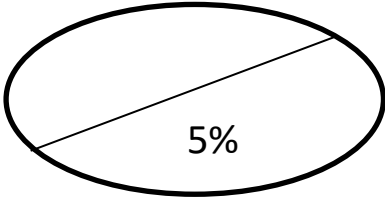
Question 1
GIVEN : THE PLAN OF A TRUNCATED TRIANGULAR PYRAMID DRAWN IN FIRST ANGLE ORTHOGRAPHIC PROJECTION
REQUIRED : A. COMPLETE THE SECTIONAL PLAN
 B. PROJECT THE TRUE SECTINAL SHAPE
 C. DRAW THE FULL SURFACE DEVELOPMENT
 D. LABEL ALL THE DRAWINGS

1	Guidelines shown	1	
2	Correct printing	1	
3	Correct line work	1	
4	Correct starting point used	1	
5	Correct line work	1	
6	Accuracy (L, W & H)	2	
7	Correct shape	2	
8	Neatness	1	



Question 2
GIVEN : THE PLAN OF A TRUNCATED SQUARE PYRAMID DRAWN IN FIRST ANGLE ORTHOGRAPHIC PROJECTION
REQUIRED : A. COMPLETE THE SECTIONAL PLAN
B. PROJECT THE TRUE SECTINAL SHAPE
C. DRAW THE FULL SURFACE DEVELOPMENT
D. LABEL ALL THE DRAWINGS

1	Guidelines shown	1	
2	Correct printing	1	
3	Correct line work	1	
4	Correct starting point used	1	
5	Correct line work	1	
6	Accuracy (L, W & H)	2	
7	Correct shape	2	
8	Neatness	1	



LABASA SANGAM (SKM) COLLEGE

HOMESTUDY PACKAGE 5

WORKSHEET NO: 1

STUDENTS NAME: _____

SUBJECT: COMMERCIAL STUDIES

YEAR 10 _____

DUE DATE: 18/10/2021

Total marks: 10

Weighting: 5%

Instructions :

- I. Write the answers in the space provided at the back of this page.
- II. File the lesson notes.
- III. Return the **worksheets only** on the due date as stated above.

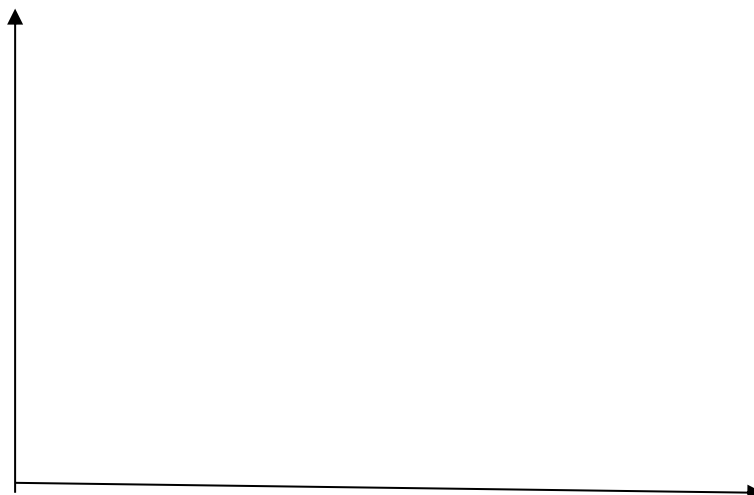
WEEK 13

DEMAND and SUPPLY

Use the following table given below to answer the questions that follow.

Price (\$)	Quantity Demanded (kg)	Quantity Supplied (kg)
10	30	110
9	40	90
8	50	75
7	60	60
6	70	45
5	80	20

- i) Draw and label carefully the demand and supply curve .



- ii) State the equilibrium price and quantity.

Equilibrium price _____

Equilibrium quantity _____

(2 marks)

- iii) Shade the area on the graph where quantity supplied exceeds quantity demanded and label it (iii) (1 mark)

Study the information given below and answer the questions that follow.

Supply and Demand Schedule for Textbooks for an Economy		
Price (\$)	Quantity Demanded [units]	Quantity Supplied [units]
4	17	0
6	14	3
8	12	8
10	10	10
12	8	12
14	7	16
16	6	18
18	5	19

- a. State the equilibrium price and quantity.

Equilibrium price _____

Equilibrium quantity _____

(2 marks)

- b. Explain why the economy would not experience a shortage of textbooks at a price level of \$18. _____

_____ (1 mark)

- c. State two factors affecting changes in market supply.

i) _____

ii) _____

_____ (2 marks)

WORKSHEET NO: 2

STUDENTS NAME: _____

SUBJECT: COMMERCIAL STUDIES

YEAR 10 _____

DUE DATE: 18/10/2021

Total marks: 10

Weighting: 5%

Instructions :

- I. Write the answers in the space provided at the back of this page.
- II. File the lesson notes.
- III. Return the **worksheets only** on the due date as stated above.

WEEK 14

GOVERNMENT

Use the information given below to answer the questions that follow

Central Government's Major Consumption Expenditure [2008]

	\$m
General Public Services	76 356
Defense	77 241
Public Orders and Safety	102 860
Economic Affairs	139 699
Health	119 394
Education	229 356

Source: Fiji Bureau of Statistics

- a. What does the table given above show?

_____ (1mark)

- b. Which item did the Government spend the most on?

_____ (1 mark)

- c. Calculate the total Government Consumption Expenditure for 2008.

_____ (2 marks)

d. Which Government Ministry is responsible for preparing the Central Government's budget? _____ (1 mark)

e. State at least two items on which the Ministry of Education spends its money.

_____ (1 mark)

f. Differentiate between Local Government and Central Government

_____ (2 marks)

g. State one Central Government expenditure.

_____ (1 mark)

h. State two sources of revenue for local Government.

_____ (1 mark)

FORMATIVE ASSESSMENT TWO

SHORT TEST

COMMERCIAL STUDIES

YEAR 10

TOTAL MARKS: 20

NAME: _____

Weighting: 20%

Year 10__

Due Date: 18/10/21

Instructions :

- I. Write the answers in the space provided.
- II. Return the **short test** on the due date as stated above.

Multiple Choice

1. A surplus in a goods market occurs when the
 - A. demand is more than supply.
 - B. demand is less than supply.
 - C. quantity demanded is more than quantity supplied.
 - D. quantity demanded is less than quantity supplied

2. A **function** of the local government includes
 - A. cleaning the streets.
 - B. providing medical service.
 - C. maintaining law and order.
 - D. providing education service

3. One of the determinant of **supply** is
 - A. weather.
 - B. cost of production.
 - C. income of consumers.
 - D. taste and preferences.

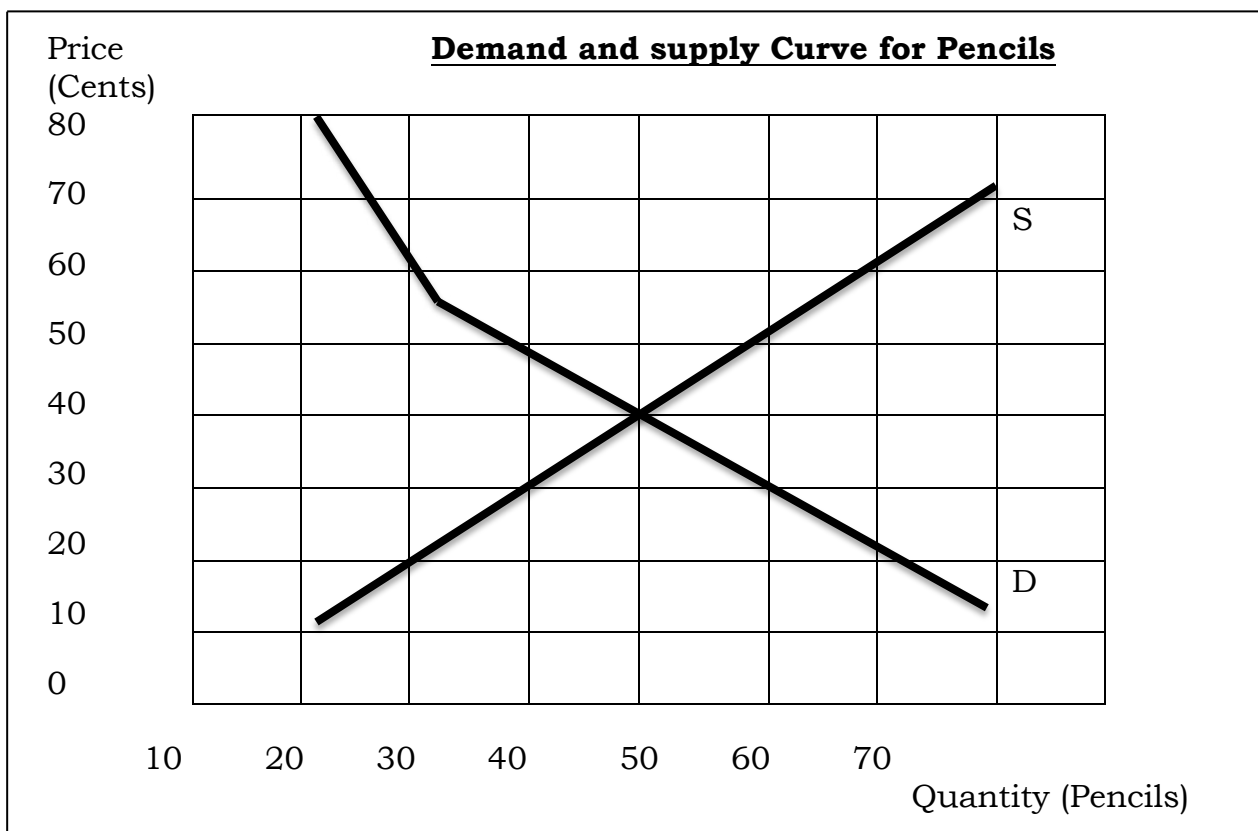
4. There are _____ factors of production.
 - A. One
 - B. Two
 - C. Three
 - D. Four.

5. Individuals who are willing to take risks, to bring the resources together and develop new products are known as .

- A. Labourers
- B. Carpenters
- C. Entrepreneurs.
- D. Human resources

Short answer questions

1. Use the information given below and your knowledge to answer the questions that follow.



a) State the equilibrium:

- (i) Price _____
- (ii) quantity _____ (2 marks)

b) At 60 cents, will the quantity supplied be greater or less than quantity demanded. _____ (1 mark)

c) If price decreases to 30 cents, what is the

(i) quantity demanded _____

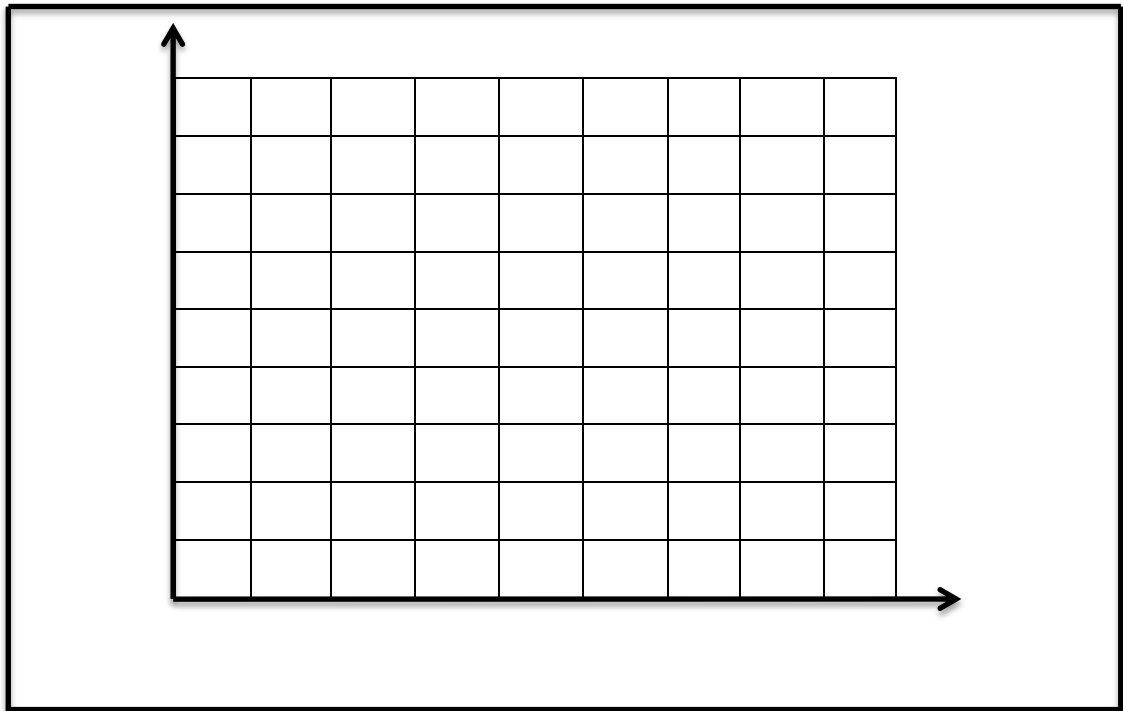
(ii) quantity supplied _____ **(2 marks)**

2. Use the information given below in the table and your knowledge to answer the questions that follow.

Price (\$)	Quantity Demanded Cabbage in bundles	Quantity Supplied Cabbage in bundles
4.50	2	18
4.00	4	16
3.00	6	14
2.50	8	12
2.00	10	10
1.50	12	8
1.00	14	6
0.50	16	4

i. **Draw and label** the demand and supply curve on the axis provided

ii. Demand and supply curve of Cabbage in bundles



(2 marks)

iii. From the graph, identify the **market equilibrium**

(a) Price _____

(b) Quantity _____

(2 marks)

3. Identify a type of expenditure incurred by the local government.

_____ (1 mark)

4. Explain how non-payment of town rates affects the activities of a town or city council.

_____ (1 mark)

5. List **two** problems faced by the local government.

i)

ii)

(2 marks)

6. State **two** sources of income for central Government

i) _____

ii) _____ (2 marks)

LABASA SANGAM (SKM) COLLEGE

YEAR 10 E

HINDI

HOME STUDY PACKAGE -5

2021

NAME :-----

YEAR :-----

DUE DATE : 18th October

WEEK 13

STRAND : 

Sub Strand : सारांश - summary  pg 73-74 


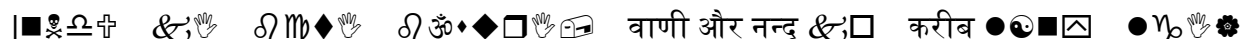
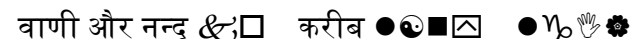

Content Learning Outcome

प्रश्नों का सही जवाब लिखने की क्षमता

अंश बीस

पात्र

- नन्दू
- लक्ष्मण
- मेली
- सावित्री
- वाणी
- भाई कुलदीप सिंह

एक साल बाद खेत फिर लहलहाने लगी | लक्ष्मण और उषा की शादी सुवा में  भाई कुलदीपसिंह भारत लौट गया | सावित्री की शादी नावोली गाँव में हो गई थी |  वाणी और नन्दू  करीब  एक दिन नन्दू पेड़ के नीचे बैठा आराम कर रहा था कि उसे लगा की आज्ञा उनसे कहा रहा है कि अच्छा हुआ तू किसान बन गया | तुम जैसे बेटों को इस धरती की जरूरत है | अब तू जवान हो गया है और कोई दुल्हन खोज ले | नन्दू उठा , फूल तोड़ी और वाणी और तावीता से शादी की बात करने चल देता है |

BATCH 5

WEEK 13

NAME:-----

YEAR : -----

DUE DATE: 18TH October

10

[illegible][illegible]



































































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Sub Strand : 🕊️🔲☯️♦️☯️🔲☯️ 📁📁☯️🔲 🌀🌀🔲 🌀🌀🔲🌀🌀☺️♦️

प्रश्नों का सही जवाब लिखने की क्षमता

✌️ ◼️ ☯️ ♦️ ☯️ ◼️ ☯️ 📁 📁 ☯️ ◼️ 🌀 📁 ◼️ 🏠 🌀 😊 ♦️

[illegible]

- [illegible]

- 𐀀 𐀁 𐀂 𐀃 𐀄 𐀅 𐀆 𐀇 𐀈 𐀉 𐀊 𐀋 𐀌 𐀍 𐀎 𐀏 𐀐 𐀑 𐀒 𐀓 𐀔 𐀕 𐀖 𐀗 𐀘 𐀙 𐀚 𐀛 𐀜 𐀝 𐀞 𐀟 𐀠 𐀡 𐀢 𐀣 𐀤 𐀥 𐀦 𐀧 𐀨 𐀩 𐀪 𐀫 𐀬 𐀭 𐀮 𐀯 𐀰 𐀱 𐀲 𐀳 𐀴 𐀵 𐀶 𐀷 𐀸 𐀹 𐀺 𐀻 𐀼 𐀽 𐀾 𐀿 𐁀 𐁁 𐁂 𐁃 𐁄 𐁅 𐁆 𐁇 𐁈 𐁉 𐁊 𐁋 𐁌 𐁍 𐁎 𐁏 𐁐 𐁑 𐁒 𐁓 𐁔 𐁕 𐁖 𐁗 𐁘 𐁙 𐁚 𐁛 𐁜 𐁝 𐁞 𐁟 𐁠 𐁡 𐁢 𐁣 𐁤 𐁥 𐁦 𐁧 𐁨 𐁩 𐁪 𐁫 𐁬 𐁭 𐁮 𐁯 𐁰 𐁱 𐁲 𐁳 𐁴 𐁵 𐁶 𐁷 𐁸 𐁹 𐁺 𐁻 𐁼 𐁽 𐁾 𐁿 𐂀 𐂁 𐂂 𐂃 𐂄 𐂅 𐂆 𐂇 𐂈 𐂉 𐂊 𐂋 𐂌 𐂍 𐂎 𐂏 𐂐 𐂑 𐂒 𐂓 𐂔 𐂕 𐂖 𐂗 𐂘 𐂙 𐂚 𐂛 𐂜 𐂝 𐂞 𐂟 𐂠 𐂡 𐂢 𐂣 𐂤 𐂥 𐂦 𐂧 𐂨 𐂩 𐂪 𐂫 𐂬 𐂭 𐂮 𐂯 𐂰 𐂱 𐂲 𐂳 𐂴 𐂵 𐂶 𐂷 𐂸 𐂹 𐂺 𐂻 𐂼 𐂽 𐂾 𐂿 𐃀 𐃁 𐃂 𐃃 𐃄 𐃅 𐃆 𐃇 𐃈 𐃉 𐃊 𐃋 𐃌 𐃍 𐃎 𐃏 𐃐 𐃑 𐃒 𐃓 𐃔 𐃕 𐃖 𐃗 𐃘 𐃙 𐃚 𐃛 𐃜 𐃝 𐃞 𐃟 𐃠 𐃡 𐃢 𐃣 𐃤 𐃥 𐃦 𐃧 𐃨 𐃩 𐃪 𐃫 𐃬 𐃭 𐃮 𐃯 𐃰 𐃱 𐃲 𐃳 𐃴 𐃵 𐃶 𐃷 𐃸 𐃹 𐃺 𐃻 𐃼 𐃽 𐃾 𐃿 𐄀 𐄁 𐄂 𐄃 𐄄 𐄅 𐄆 𐄇 𐄈 𐄉 𐄊 𐄋 𐄌 𐄍 𐄎 𐄏 𐄐 𐄑 𐄒 𐄓 𐄔 𐄕 𐄖 𐄗 𐄘 𐄙 𐄚 𐄛 𐄜 𐄝 𐄞 𐄟 𐄠 𐄡 𐄢 𐄣 𐄤 𐄥 𐄦 𐄧 𐄨 𐄩 𐄪 𐄫 𐄬 𐄭 𐄮 𐄯 𐄰 𐄱 𐄲 𐄳 𐄴 𐄵 𐄶 𐄷 𐄸 𐄹 𐄺 𐄻 𐄼 𐄽 𐄾 𐄿 𐅀 𐅁 𐅂 𐅃 𐅄 𐅅 𐅆 𐅇 𐅈 𐅉 𐅊 𐅋 𐅌 𐅍 𐅎 𐅏 𐅐 𐅑 𐅒 𐅓 𐅔 𐅕 𐅖 𐅗 𐅘 𐅙 𐅚 𐅛 𐅜 𐅝 𐅞 𐅟 𐅠 𐅡 𐅢 𐅣 𐅤 𐅥 𐅦 𐅧 𐅨 𐅩 𐅪 𐅫 𐅬 𐅭 𐅮 𐅯 𐅰 𐅱 𐅲 𐅳 𐅴 𐅵 𐅶 𐅷 𐅸 𐅹 𐅺 𐅻 𐅼 𐅽 𐅾 𐅿 𐆀 𐆁 𐆂 𐆃 𐆄 𐆅 𐆆 𐆇 𐆈 𐆉 𐆊 𐆋 𐆌 𐆍 𐆎 𐆏 𐆐 𐆑 𐆒 𐆓 𐆔 𐆕 𐆖 𐆗 𐆘 𐆙 𐆚 𐆛 𐆜 𐆝 𐆞 𐆟 𐆠 𐆡 𐆢 𐆣 𐆤 𐆥 𐆦 𐆧 𐆨 𐆩 𐆪 𐆫 𐆬 𐆭 𐆮 𐆯 𐆰 𐆱 𐆲 𐆳 𐆴 𐆵 𐆶 𐆷 𐆸 𐆹 𐆺 𐆻 𐆼 𐆽 𐆾 𐆿 𐇀 𐇁 𐇂 𐇃 𐇄 𐇅 𐇆 𐇇 𐇈 𐇉 𐇊 𐇋 𐇌 𐇍 𐇎 𐇏 𐇐 𐇑 𐇒 𐇓 𐇔 𐇕 𐇖 𐇗 𐇘 𐇙 𐇚 𐇛 𐇜 𐇝 𐇞 𐇟 𐇠 𐇡 𐇢 𐇣 𐇤 𐇥 𐇦 𐇧 𐇨 𐇩 𐇪 𐇫 𐇬 𐇭 𐇮 𐇯 𐇰 𐇱 𐇲 𐇳 𐇴 𐇵 𐇶 𐇷 𐇸 𐇹 𐇺 𐇻 𐇼 𐇽 𐇾 𐇿 𐈀 𐈁 𐈂 𐈃 𐈄 𐈅 𐈆 𐈇 𐈈 𐈉 𐈊 𐈋 𐈌 𐈍 𐈎 𐈏 𐈐 𐈑 𐈒 𐈓 𐈔 𐈕 𐈖 𐈗 𐈘 𐈙 𐈚 𐈛 𐈜 𐈝 𐈞 𐈟 𐈠 𐈡 𐈢 𐈣 𐈤 𐈥 𐈦 𐈧 𐈨 𐈩 𐈪 𐈫 𐈬 𐈭 𐈮 𐈯 𐈰 𐈱 𐈲 𐈳 𐈴 𐈵 𐈶 𐈷 𐈸 𐈹 𐈺 𐈻 𐈼 𐈽 𐈾 𐈿 𐉀 𐉁 𐉂 𐉃 𐉄 𐉅 𐉆 𐉇 𐉈 𐉉 𐉊 𐉋 𐉌 𐉍 𐉎 𐉏 𐉐 𐉑 𐉒 𐉓 𐉔 𐉕 𐉖 𐉗 𐉘 𐉙 𐉚 𐉛 𐉜 𐉝 𐉞 𐉟 𐉠 𐉡 𐉢 𐉣 𐉤 𐉥 𐉦 𐉧 𐉨 𐉩 𐉪 𐉫 𐉬 𐉭 𐉮 𐉯 𐉰 𐉱 𐉲 𐉳 𐉴 𐉵 𐉶 𐉷 𐉸 𐉹 𐉺 𐉻 𐉼 𐉽 𐉾 𐉿 𐊀 𐊁 𐊂 𐊃 𐊄 𐊅 𐊆 𐊇 𐊈 𐊉 𐊊 𐊋 𐊌 𐊍 𐊎 𐊏 𐊐 𐊑 𐊒 𐊓 𐊔 𐊕 𐊖 𐊗 𐊘 𐊙 𐊚 𐊛 𐊜 𐊝 𐊞 𐊟 𐊠 𐊡 𐊢 𐊣 𐊤 𐊥 𐊦 𐊧 𐊨 𐊩 𐊪 𐊫 𐊬 𐊭 𐊮 𐊯 𐊰 𐊱 𐊲 𐊳 𐊴 𐊵 𐊶 𐊷 𐊸 𐊹 𐊺 𐊻 𐊼 𐊽 𐊾 𐊿 𐋀 𐋁 𐋂 𐋃 𐋄 𐋅 𐋆 𐋇 𐋈 𐋉 𐋊 𐋋 𐋌 𐋍 𐋎 𐋏 𐋐 𐋑 𐋒 𐋓 𐋔 𐋕 𐋖 𐋗 𐋘 𐋙 𐋚 𐋛 𐋜 𐋝 𐋞 𐋟 𐋠 𐋡 𐋢 𐋣 𐋤 𐋥 𐋦 𐋧 𐋨 𐋩 𐋪 𐋫 𐋬 𐋭 𐋮 𐋯 𐋰 𐋱 𐋲 𐋳 𐋴 𐋵 𐋶 𐋷 𐋸 𐋹 𐋺 𐋻 𐋼 𐋽 𐋾 𐋿 𐌀 𐌁 𐌂 𐌃 𐌄 𐌅 𐌆 𐌇 𐌈 𐌉 𐌊 𐌋 𐌌 𐌍 𐌎 𐌏 𐌐 𐌑 𐌒 𐌓 𐌔 𐌕 𐌖 𐌗 𐌘 𐌙 𐌚 𐌛 𐌜 𐌝 𐌞 𐌟 𐌠 𐌡 𐌢 𐌣 𐌤 𐌥 𐌦 𐌧 𐌨 𐌩 𐌪 𐌫 𐌬 𐌭 𐌮 𐌯 𐌰 𐌱

◆ □ ☯ ■ & ☒ ∞ □ □ ☒ & ☯ □ ☄ ✨

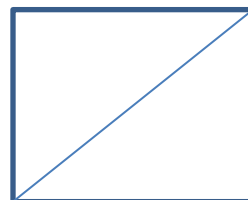
- [illegible]

◆ ㊦ ㊧ ㊨ ㊩ ㊪ ㊫ ㊬ ㊭ ㊮ ㊯ ㊰ ㊱ ㊲ ㊳ ㊴ ㊵ ㊶ ㊷ ㊸ ㊹ ㊺ ㊻ ㊼ ㊽ ㊾ ㊿

- [illegible]

[illegible]

YEAR : -----



























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LABASA SANGAM (SKM) COLLEGE

HOME ECONOMICS

LESSON NOTES –BATCH 5

WEEK 13

Year: 10




Strand	Food and Nutrition
Sub- Strand	6 - FOOD PROCESSING LESSON 1 – FOOD PRESERVATION
Content Learning Outcome	<ul style="list-style-type: none">• Define convenience foods• State the types of convenience foods available.• Discuss ways of using convenience foods in meals.• Design nutritious meals/ food products using convenience foods

Preservation

- means of ensuring availability of food during off season and to adapt to changes in the climate.

CAUSES OF FOOD SPOILAGE

- Food lasts longest in its natural state, before picking harvesting or slaughtering.
- Once it is gathered by human beings, it starts to deteriorate due to:
 1. **Enzymes** - The natural ripening process by enzymes. The food turns brown, goes soft and decays due to over ripening e.g bananas, pawpaws, guavas, carrots, pumpkin, tomatoes etc.
 2. **Microbial spoilage** -There are three types of microorganisms that cause food spoilage:

1. Bacteria 	Bacteria can be responsible for the spoilage of food. When bacteria breaks down the food, <u>acids</u> and other waste products are created in the process. While the bacteria itself may or may not be harmful, the waste products may be unpleasant to taste or may even be harmful to one's health.
2. Yeasts 	Yeasts can be responsible for the decomposition of food with high sugar content.
3. Moulds 	Moulds form spores which, when dry, float through the air to find suitable conditions where they can start the growth cycle again. As the mould grows on food it produces enzymes that break down the food resulting in spoilage. Food spoilage due to mould includes off-flavours, discoloration, and rotting.

3 .Environmental factors	
Temperature (warmth)	<ul style="list-style-type: none"> • Unrefrigerated pineapple juice will ferment • Heat causes milk to go sour. • slime grows on meat.
Moisture	<ul style="list-style-type: none"> • Foods tend to absorb or lose moisture in the atmosphere e.g. crisp biscuits exposed to the air becomes soft. • Bread kept warm and moist in a plastic bag goes mouldy.
Insects	<ul style="list-style-type: none"> • Moths produce “cobwebs” in cereals • Weevils grow in cereals.
Light	Causes loss of nutritive value, e.g. vitamins B2 and C, changes the colour and odour of food.
Oxygen	Atmospheric oxygen can react with some food components which may cause rancidity or color changes
Mishandling	Refers to the use of dirty hands, dirty containers and dirty places. It also refers to workers who are not careful in transporting and handling the food resulting in cuts, bruises, and blemishes
Improper storage	<ul style="list-style-type: none"> • Different food requires different places and temperature for storage • When meat, fish, fruits, and vegetables are not stored where they should be, spoilage easily sets in.
Inadequate preparation and cooking	This refers to uncooked meat or fish which, when left at room temperature, will later spoil.
Careless packaging	Packaging is important to keep bacteria away and to maintain the food quality when meat, fish, fruits, or vegetables are not properly wrapped before they are stored, it is easy for bacteria to enter and penetrate the food causing it to spoil easily.

REASONS FOR PRESERVING FOOD:

- Long term storage of fresh produce (12 months+) without needing a refrigerator or freezer.
- To add variety to the diet.
- Teach skills to next generation.
- Reduce food wastage.
- Environmentally friendly - using seasonally grown and locally sourced fresh produce re-use preserving jars, reducing food packaging .
- Home preserved foods will not contain artificial preservatives.
- Convenient – ready to serve in minutes.
- Can be used as gifts as nothing beats homemade jam, pickles and chutneys.
- To prepare for emergencies and illness, for example during natural disasters like flooding, draught or arrival of unexpected visitors.
- Saves money by buying in bulk and seasonally.

METHODS OF HOME PRESERVATION

1. FREEZING:

- Freezing is a quick, convenient, and easy method of preserving foods in the home.
- Freezing preserves nutritive quality so that frozen foods resemble fresh foods.
- Bacteria, moulds, and yeast are present on all fresh foods and multiply rapidly when the temperature is between 40°F and 140°F.
- Freezing does not kill most microorganisms in food, but it does prevent their growth if the food is held at 0°C or lower.
- When thawed, the surviving organisms can grow again.
- This is why proper handling and preparation techniques are essential.
- Frozen foods are easy to serve because most of the preparation is done before freezing.

ENZYMES AND BLANCHING

- Enzymes are naturally occurring substances in plants that control the ripening process. Freezing only slows enzyme activity.
- Most frozen vegetables will lose quality in the freezer unless they have been blanched

WHY BLANCH VEGETABLES?

- To improve flavour, colour, texture, and nutrient retention
- To slow or stop the action of enzymes in the ripening process
- To cleanse the surface of dirt and organisms
- To brighten the colour of green vegetables
- To wilt or soften vegetables, making it easier to fill containers



2. DRYING

- Drying basically dehydrates or removes the moisture from the food and this simple action inhibits the growth of bacteria, mold and yeast.
- Moreover, it slows down the enzyme action without deactivating them.
- These factors ensure that food does not spoil easily and hence, makes drying an effective food preservation technique.

- Since drying removes the water from the food, the weight of the food item also reduces.
- This not only makes it lighter but also shrinks it in size.
- In order to use the food, add water to it.

Another factor that helps with drying food is **humidity**.

- Low humidity will help with the drying process.
- If the humidity is high, drying will be slower simply because the surrounding air would also be laden with moisture.
- By increasing the currents or flow of air, one can speed up the drying process.

WAYS OF DRYING FOOD:

i). Sun Drying: Drying food in the sun is a safe and economical way to preserve food, especially fruits. Meats and vegetables, however, cannot be dried outdoors since they have a low sugar and acid content. Fruits have a high sugar and acid content, which makes sun drying safe and easy. Meats and vegetables are best dried indoors in a controlled oven or dehydrator since temperature and humidity are essential when preserving these food groups.

EQUIPMENT NEEDED FOR SUN DRYING:

- For drying food in the sun, one needs racks or screens that are placed on blocks or on a concrete surface.
- This arrangement and equipment ensures adequate flow of air around the food.
- To prevent transfer of moisture from the earth, place the racks or screens on a concrete surface or over a sheet of aluminium , which will help to increase the temperature.
- To protect the drying fruits from birds and insects, it is important to protect the fruits with some form of covering. To do this, one can simply use either another screen or a covering of cheesecloth.

ii). Oven drying

- An oven can easily and effectively be used to dry food.
- For this, place the food in a single layer on a tray or in a shallow pan, and then place the tray or pan in an oven preheated to 1600 F for 30 minutes.
- Ovens have all the three elements needed for food drying – heat, low humidity and air flow.
- However, while it can be possible to dry small amounts of fruit leathers, meat jerky, and banana chips, it is indeed difficult to use a home oven to dry large quantities on a regular basis.

iii).Room drying

- Drying food in the room is different from sun drying.

- Here the food that has to be dried is placed in a well-ventilated room or covered space.
- Fruits, nuts, herbs and hot peppers are usually dried in this manner.
- To dry herbs and hot peppers, either suspend them from a string or tie in bundles and suspend them from overhead racks.
- Keep the herbs and peppers covered in paper bags with small openings to allow air circulation.
- The paper covering will protect them from dust, insects and other pollutants.
- To air dry nuts in the room, simply spread them on a single layer of paper while for partially sun dried fruits, one can simply leave them on their drying trays.

3. **SMOKING**

- When food is smoked, some of the water inside it is lost.
- Some of the smoke and resin from the wood goes into the food, giving the food a special taste.
- The loss of water and the smoke and resin help to preserve the food. Suitable foods for smoking are: Fish, Shellfish, Meat, Whole breadfruit.

METHOD FOR SMOKING FOOD:

- Cut meat into thin strips or prepare fish and shellfish as for drying.
- Thread the fish onto a wire or bamboo and hang about 3 feet (approx. 1metre) above the cooking fire. The fire must be kept low so that the food does not cook. There should be smoke with no flame.

4. **FERMENTING FOOD**

- Process of causing food to change in taste through the action of special kinds of yeasts or bacteria.
- People in the Pacific used to preserve root crops and breadfruit in fermentation pits for ages.
- It was once the most important method of preserving large amounts of surplus food for times of need and for special ceremonies.
- It was also an important way to store foods when disasters forced people to harvest all the food at once: for example, breadfruit blown down by cyclone.
- Some bacteria cause milk to go sour, example in yoghurt.
- These bacteria also cause breadfruit and root crops to go sour during fermentation.
- Acid or sour food lasts for a longer time because the bacteria which cause food to go bad do not grow well in sour food.

5. ADDITION OF CHEMICALS (PRESERVATIVES)

1. Salt

- Salting is the preservation of food with dry edible salt.
- Salt draws water out of food and dehydrates it.
- All living things require water and cannot grow in the absence of water.

- Salt is used to preserve beef jerky by keeping it dry, and it prevents butter from spoiling by drawing water out, leaving just the fat.

2. Acids

- Vinegar and all other citric juices can be used as a preservative.
- These are the preservative and flavoring agent in most pickles and chutneys.
- They contain acetic acid which does not allow bacteria to survive.

3.Sugar

- Sugar plays a role in the preservation of many food products.
- The addition of sugar to jams and jellies, for example, inhibits microbial growth and prevent spoilage.
- Having the ability to absorb water, sugar withdraws moisture from micro-organisms.
- As a result, micro-organisms become dehydrated, and cannot multiply and cause food spoilage.

4.Oil

- Oil is a natural food preservative as it can be used in several foods to preserve.
- Oil has an ability to stop the moisture from entering the food.
- It acts as a barrier for moisture by forming a layer on the surface of the food to stop the process of oxidation.

5.Spices

- Spices like red chilies, coriander, bay leaves, garlic, ginger etc. are great preservatives.
- Spices also contain antioxidants that help in preventing food oxidation.

PACKAGING AND STORING DRIED FOODS:

It is important to pack and store dried foods properly since they are prone to insect contamination and moisture re-absorption.

- Begin by cooling the foods completely.
- Foods that are warm tend to give off moisture after cooling, tightly pack the dried food into clean and dry insect-proof containers.
- While packing them tightly, do ensure that the food does not get crushed or broken.
- It is a good idea to pack foods according to serving -or recipe-size amounts.
- Reopening the package several times will expose the dried food to air and moisture, therefore reducing its shelf life and quality.
- Store dried food in cool, dark areas and most dried foods have a storage time from 4 months to a year.
- The storage temperature plays an important role in determining shelf life.
- Higher storage temperatures mean lower storage time.

- Most dried fruits can be stored for a year at a temperature of 600 F and for 6 months at a temperature of 800 F Dried vegetables can be stored for half the storage period of that of fruits.
- Keep a close eye on stored dried food to check for moisture that may creep in during storage.
- Glass containers make this easily possible.
- If one spots moisture on food, it is a good idea to dry and package them again. Mouldy foods, however, should be discarded immediately.

LABASA SANGAM (SKM) COLLEGE

HOME ECONOMICS

LESSON NOTES –BATCH 5

WEEK 14

Year: 10

Strand	Food and Nutrition
Sub- Strand	6 - FOOD PROCESSING LESSON 2 – FOOD PLANNING AND PRODUCT DEVELOPMENT
Content Learning Outcome	<ul style="list-style-type: none">• Identify the nutritional needs of special groups of people(adolescents, invalids and convalescents).• Select foods suitable for different needs.• Plan, prepare and evaluate nutritious meals for special needs.• Use the cooking skills and methods appropriate to the preparation of food for special needs

PLANNING FOR SPECIAL NEEDS

- Everyone has different needs and requirements for food according to their age and sex; health condition, daily activity, the climate in which they live, their likes, dislikes, food customs and taboos.
- It is important to consider an individual need for a type of meal that suits him or her at a particular time.

AN ADOLESCENT’S DIET

- Adolescence is a critical period of growth and development, so good nutrition is essential.
- During adolescence, the need for most nutrients including energy, protein, vitamins and minerals increases.
- As appetite is also likely to increase, it is important that food choices are made carefully.
- It can be tempting at this time to increase the intake of snack foods and fast foods that are high in fat, sugar and salt.

Nutrients essential in the daily diet of an adolescent	Reason
Iron	Particularly important for girls to prevent anemia due to menstruation
Calcium	To form adult sized skeleton and reduce the risk of osteoporosis at a later age.
Vitamin D & Phosphorous	To build bones
Protein	Growth and maintenance of muscle
Zinc	For growth and sex maturation
Vitamin A	Good development of eyes and immune system

EATING TIPS TO IMPROVE AN ADOLESCENT'S DIET

Small changes can make a big impact.

Try to:

- Cut back on sugary drinks like soft drinks and energy drinks. Water is the healthiest drink – try adding a slice of lemon, lime or orange for flavour.
- Keep a fruit bowl stocked at home for fast and low-kilojoule snacks
- Eat breakfast every day so you are less likely to snack on junk food at morning tea. A whole meal or wholegrain breakfast cereal that is low in sugar served with low-fat milk can provide plenty of vitamins, mineral and fibre. Other fast and healthy options include yoghurt or whole meal toast.
- Do not skip lunch or dinner either.
- Help with the cooking and think up new ways to create healthy meals.
- Make those old family recipes lower in fat by changing the cooking method – for example, grill, stir-fry, bake, boil or microwave, instead of deep frying.
- Reduce the size of your meals.
- Do not add salt to your food.
- Do not eat high-fat foods every time you visit a fast food outlet with your friends.
- Many of the popular fast food chains now have healthier food choices on the menu.

POTENTIAL NUTRITION-RELATED PROBLEMS FOR ADOLESCENTS

1. OBESITY

- All over the world, adolescent obesity is on the rise.
- In the Pacific Island, the prevalence of overweight and obesity is reported to be on the increase among children and adolescents, suggesting a problem with energy imbalance.
- Obesity is associated with an increased risk of obesity-related diseases like diabetes and heart disease.

- Experts have linked this rise in obesity to lack of physical activity and an increase in the amount of fast food and “junk food” available to adolescents.
- Staying active and avoiding sugary drinks and fatty snacks foods will promote a healthy weight for adolescents.

2. EATING DISORDERS

- Over-eating, under-eating and eating disorders can have serious health impacts.
- Adolescents tend to be very conscious of appearances and may feel pressured to be thin or to look a certain way (that is self-image).
- Fear of becoming obese may lead to overly restrictive eating habits.
- Some adolescents even go to the extent of resorting to self-induced vomiting in an attempt to control their weight.

HIGH-RISK ADOLESCENT GROUPS

1. PREGNANT ADOLESCENTS

- When a teenager becomes pregnant, she needs more nutrients than her non-pregnant colleague to support both her baby and her own continued growth and physical development.
- If her nutritional needs are not met, her baby may be born with impaired foetal growth and the subsequent low birth weight or other health problems.
- For the best outcome, pregnant adolescents need to seek prenatal care and nutrition advice early in their pregnancy.

2. ATHLETES

- Adolescents involved in athletics may feel pressure to be at a particular weight or to perform at a certain level.
- Some young athletes may be tempted to adopt unhealthy behaviours such as crash dieting, taking supplements to improve performance, or eating unhealthy foods to fulfil their hearty appetites.
- A balanced nutritional outlook is important for good health and athletic performance.

3. VEGETARIANS

- A vegetarian diet can be a very healthy option.
- However, adolescents who follow a vegetarian diet, whether for religious or personal reasons, need to carefully plan their intake to get the protein and minerals they need.
- *Strict vegetarians* (those who do not eat eggs or dairy products), also known as *vegans*, may need nutritional supplements to meet their needs for calcium, vitamin B12, and iron.

4. CONVALESCENTS

- A convalescent is a person who is recovering from an illness, injury or surgery.
- For instance, Shelly recently had her appendix taken out.
- She has been allowed to go home to recuperate.

- Shelly is now considered a **convalescent**.*[recovering at home]*
- Temporary, her diet will be adjusted to help her overcome her temporary weakness.
- She will return to her normal diet once she is well again.
- Most convalescents want to do no more than sleep and rest.
- This is because when you are ill, you feel weak and have a poor appetite.
- Yet, the convalescent must eat nourishing meals in order to regain good health.
- They need food that will compensate for the loss of nutrients and strength that has occurred, e.g. loss of iron as a result of losing blood or loss of calcium or protein from a bone fracture.

Nutrients essential in the daily diet of a Convalescent	Reason
Proteins	To repair and rebuild damaged body tissues
Vitamin A	To help build healthy membrane linings
Vitamin B group	To release energy from foods.
Vitamin C	To heal wounds and help prevent sores from developing
Calcium and Phosphorus	To help repair fractured or broken bones
Iron	To replace iron lost during bleeding

NOTE:

- Dietary fibre must not be forgotten as constipation is common amongst convalescents.
- More fruits and vegetables to be eaten if convalescent becomes constipated.
- There is a need to lower the amount of fats and carbohydrates since a convalescent's movement is reduced; energy need is less.

Tips to remember

1. Follow the doctor's orders if any have been given.
2. Observe strict hygiene in preparing and cooking the food.
3. Consider the convalescent's likes and dislikes.
4. Avoid oily and strongly flavoured foods such as fried foods and hot curries as these are not easily digested
5. Do not serve leftover food because of the possibility of food contamination and the loss of valuable nutrients like Vitamin C.
6. Serve the food neatly and attractively on a tray to help stimulate the convalescent's poor appetite.

Serve small portions of food at regular intervals. Often the convalescent is able to eat only a small amount of food each time, his appetite is poor.

5. INVALIDS

- An invalid is a person who is disabled as a result of illness or injury.
- As such, food for invalids should provide the maximum amount of nourishment with the minimum amount of bulk.
- Food essential in the invalid's diet includes:

Nutrients essential in the daily diet of a Invalid	Reason
Proteins	To repair diseased and wasted tissue.
Vitamin A	To assists to prevent infection and create healthy mucous membrane.
Vitamin B	For nervous tissue, vitality and energy release.
Vitamin C	To help in healing tissues and wounds and prevent bed sores.
Fibre	To prevent constipation – a common complaint in bed – ridden patients.
Iron	To prevent anaemia, this is common in illness.

Energy Foods:

- Should be restricted and used to round off the appetite after the essential foods have been eaten e.g. desserts or sweets

Note:

- During illness, digestion is impaired.
- Food such as pastries, oily fish, fatty meat, fried foods, cheese and highly seasoned foods should be avoided.

PREPARATION OF FOOD FOR SPECIAL NEEDS HEALTHY COOKING METHODS

1. POACHING:

- Cooking food either partially or completely covered by a liquid which is brought to, and maintained at a temperature just below boiling point.
- Poaching is an effective way of cooking foods for either hot or cold service, not only does it produce healthy food but it enhances flavour.
- It can however require considerable skill and judgment particularly with complex shallow poached fish dishes.
- Some dishes described as poached are strictly speaking a mixture of boiling & poaching, for example, a whole poached salmon.

PURPOSE OF POACHING

Main reasons for which foods are poached include

- It is a fast method of cooking tender food
- Food is moved as little as possible and does not break up or fall apart
- Poaching liquid can contribute to taste and make good bases for sauces
- Keeps flavour of food well and does not add fats/oils

METHODS OF POACHING

1. Deep Poaching:

- Involves covering the food with cooking liquor, and is usually carried out on top of the stove.

2. Shallow Poaching –

- Food is partially covered with cooking liquid.
- The process is usually started on top of the stove and continued in the oven.
- The liquid usually comes two thirds of the way up the food.

Cooking Method	Advantages	Disadvantages
Poaching	Food is easily digested when poached.	Skill is required when poaching food. For many foods, it is not a suitable method.



source:internet

2. STIR FRYING

- Stir frying is a technique that cooks foods quickly, using only a small amount of fat.
- Food is continuously stirred /tossed to cook it.



Source: internet,

Cooking Method	Advantages	Disadvantages
Stir frying	Food is cooked at high temperature enabling food to be cooked very quickly.	Food can stick to pan and may scorch.
	Quick cooking of meat and vegetables with nothing sticking	Has considerable amount of sodium in the meal if seasoning such as soy sauce and oyster sauce are used.

ADVANCED COOKING METHOD ROASTING

- Roasting is high-heat baking with very little moisture.
- Roasted foods get drier and browned on the outside by initially exposing it to a high temperature.
- This keeps most of the moisture from being lost.
- Temperature is then lowered to cook the meat through.
- Basting during roasting ensures meat remains moist and prevents drying or burning.
- The flavours of both meats and vegetables are retained and enhanced by roasting.

Cooking Method	Advantages	Disadvantages
Roasting	It is very tasty.	It contains lot of fat.
	It is economical.	Proteins are lost.
	Tenderizes suitable joints of meat, develop flavor.	Consumes a lot of time.

LABASA SANGAM (SKM) COLLEGE

HOME ECONOMICS

LESSON NOTES –BATCH 5

WEEK 15

Year: 10

Strand	Food and Nutrition
Sub- Strand	CHAPTER 1 – THE FAMILY LESSON 1- HUMAN DEVELOPMENT
Content Learning Outcome	<ul style="list-style-type: none">• Identify the different stages of human development• Discuss the physical growth and development in all stages of human development• Discuss changes that occur during the period of adolescence• Explain factors that influence the identity of individuals

The Life stages

- Development and growth work together within the body from conception to adulthood.
- Once a person has reached a certain stage for example, infancy ,he/she passes on to the next stage of development, i.e. childhood.
- It is like going from Kindergarten to Primary school to High school and then to Tertiary institutions.
- This lesson covers the first four stages of human development;
 - **Prenatal-growth** which is the early stages of human development,
 - **Infancy**,
 - **childhood** and
 - **Adolescence**, the stage to be studied at this level.



Source: Vosailagi Family Pics, 2010

Physical Growth and Development

- Physical Development simply refers to growth.
- The body goes through changes from one life stage to the next.

These developments are affected by certain factors:

1. Heredity-

- most of our characteristics are inherited from our parents and family .
- For instance you may have your Mom's eyes or your Dad's complexion.
- In some cases someone in your family will resemble someone from past generations for instance a great- great mother or grandfather.

2. Environment,

- including:
 - contact with other people;
 - opportunities available, example in sports;
 - the kind of climate you are exposed to

3. Diet-

- You eat the food which is available to you.
- What we choose to eat and how it is prepared contributes largely to our physical development.

Pregnancy or Gestation

- **Gestation** is the period during which the baby grows and develops inside the mother's body and lasts for about nine months or forty weeks.

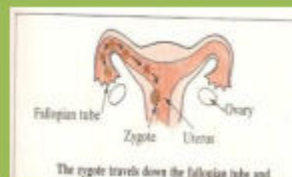
- **Pregnancy** - the female reproductive cell (ovum) is fertilized by the male reproductive cell (sperm).
- The fertilized egg is called a **zygote**.








- The zygote divides into two cells.
- These two cells then divide again into four cells and subdivide again into eight cells, sixteen cells and so on, until a ball of cells is formed.



- This ball of cells then travels down the fallopian tube to the uterus (or womb). There it nestles into the thick soft tissues that contain enriched blood and oxygen.
- This is where it will grow and develop into fully-formed human baby.



Development of the baby during gestation

<p>Second to eighth week of gestation:</p> <ul style="list-style-type: none"> • The baby is called the <i>embryo</i>. • The embryo is connected to the mother's body by the umbilical cord. • It is through this cord that food and oxygen pass from the mother to the embryo and waste products from the embryo are carried back to the mother. • Amniotic Sac: Contains a liquid in which the embryo floats in. It cushions the embryo from shocks. 	
<p>Eighth week:</p> <ul style="list-style-type: none"> • The face, hands and fingers, legs, feet and toes have formed. • A skeleton of soft gristle has developed. <p>After the eighth week:</p> <ul style="list-style-type: none"> • The embryo is called a foetus and resembles a human being. • All the main organs of the body are formed and the heart beats steadily. 	
<p>By the end of the sixteenth week:</p> <ul style="list-style-type: none"> • The foetus is covered with fine <i>downy hair</i>. • This disappears by the seventh or eighth month. • The foetus begins to move and the movements are felt by the mother. 	
<p>At twenty four weeks:</p> <ul style="list-style-type: none"> • The foetus is covered with creamy substance called the <i>vernix</i> that protects it in its watery environment. • At this stage, the foetus is well developed and the mother's uterus stretches to accommodate the development. 	
<p>During the last month of gestation,</p> <ul style="list-style-type: none"> • The foetus turns upside down and waits to be born. 	

Signs and Symptoms of Pregnancy

In the first three months, she will probably notice the following changes:

- **She misses her period (menses).**

- This is the first sign of pregnancy.
- In fact, menstruation will not start again until a period has elapsed after the baby is born, usually six weeks.

- She may experience a **feeling of nausea** early in the morning or at different times of the day.

- This is referred to as 'morning sickness'.

- **She may need to pass urine more often.**

- This is because the enlarged uterus is pressing on the Urinary bladder.

- **Her breasts may feel full and a little tender.**

Not all women experience these signs and symptoms as different women experience different things.

- By the beginning of the fourth month,

- the mother will experience other symptoms like feeling tired easily and special cravings.
- Her uterus begins to enlarge and gradually it becomes obvious that the mother is expecting a baby.

- She begins to feel the movements of the baby inside her uterus.

During the ***second half of pregnancy***, some of the following problems may be experienced

- Varicose veins may appear, usually on the legs.

- As the foetus grows bigger and heavier, the pressure on blood vessels in the legs increases and this causes the veins to swell.
- The veins at the back of the knees and on the calves bulge and become prominent.
- Varicose veins can be prevented if the mother sits with her legs raised whenever possible.

- As the foetus grows heavier, the mother may experience backache.

- This can be relieved with plenty rest and by maintaining proper posture.
- The mother should always try to stand up straight and if sitting keep her back straight.
- She should be encouraged to wear flat shoes.
- When lifting an object from the ground, the mother should put one foot slightly in front of the other, bend both knees and then straighten her knees as she lifts the object.

- An expectant mum often feels more tired than usual.
 - She must ensure that she gets enough exercise and rest.

Prenatal or Antenatal Care

- The expectant mother should take special care of her health.
- She needs to do this not only for her sake but to give her baby a good start in life.
- The growth of the fetus depends a great deal on the mother's health; the healthier the mother is the healthier the baby will become.
- This special care for the expectant mother, known as Prenatal or Antenatal care, is of the utmost importance.

Clinical visit

- The expectant mum should consult her doctor early, preferably as soon as she knows that she is pregnant
- The visits will begin monthly and become more frequent as she approaches the ninth month.
- These visits help the doctor to monitor the progress of the mother and the baby. If any disorder is discovered, it can be attended to at once.

Diet

- What the mother eats affects the baby.
- Thus the mother must make sure that she eats nutritious meals to provide proper nourishment for the baby.
- She also needs to maintain her own health and vitality.

Clothes

- Expectant mothers' clothes should be comfortable and attractive.
- They should not be tight at the waist or bust, and should hang from the shoulders.
- Lightweight cottons and cotton blends are very comfortable to wear.

Shoes

- Shoes should be low-heeled and comfortable
- High heeled shoes may cause backache and accidents.

Fresh air and exercise

- An expectant mother continues to do her normal chores but must be careful not to strain herself.
- Some recommended exercises which will keep the mother fit and prepare her for delivery are:
 - Daily walks
 - Swimming
 - Antenatal exercises recommended by the doctor who will help to straighten the back, thigh and abdominal muscles.

Development Changes at the different stages

1. INFANCY STAGE: (0 – 18MONTHS)

The child learns to:

- Lift head
- Crawl around
- Sit up
- Walk
- Eat solid food
- Crawl
- Toilet training

2. CHILDHOOD :(18 months- 12 years)

This stage is between infancy and adolescence.

Growth in this stage is less rapid.

- The child becomes taller, losing baby appearance.
- The muscles become large which is necessary for running, jumping, and climbing, hopping, skipping.
- Later on smaller muscles needed for fine work such as using a pencil, scissors and a knife and fork, develop.



source:internet

3. ADOLESCENCE :(13-19years)

- Adolescence is the stage between childhood and adulthood.
- This is when puberty occurs and is referred to as the period of rapid growth since the body will undergo many physical changes.
- The rate at which an individual reaches puberty (sexual maturity) differs due to factors such as heredity, diet and environment.

PHYSICAL CHANGE

FEMALE	MALE
<ul style="list-style-type: none">• Breasts develop• Hair grows on underarms and pubic areas• Facial features mature• Body organs grow to adult size• Legs get longer• Reproductive system matures and menstrual cycle begins• Fat deposits give 'rounded features'	<ul style="list-style-type: none">• Muscles become bigger• Hair grows on face ,chest, underarms and pubic areas• Facial features mature• Body organs grow to adult size• Legs get longer• Reproductive system matures and sperm production begins• Voice deepens

PSYCHOLOGICAL CHANGES

These changes relate to the mental growth of an adolescent.

The adolescent at this stage prepares for an occupation so she/he can be financially independent and have a feeling of self-worth.

- Improve old skills
- Learn new skills
- Train for an occupation
- Make own decisions
- Get a job

GOOD GROOMING HABITS

Well-groomed persons take care of their appearance so that they may look presentable always.

This means having good Personal Hygiene for example:

- Wear clean presentable clothes.
- Hair combed and, or tied neatly
- Bath regularly, twice a day.

- Clean teeth regularly.
- Keep fingernails and toe nails short and clean.
- Eat healthy meals that will contribute to good health.
- Exercise regularly.

Naps

- Can Improve Your Skin
- A nap is a short period of time one spends sleeping and is taken during the day.
- Naps fight stress and help you feel more rested, and also have benefits for your skin.
- Many people take naps to make up for the lack of sufficient sleep hours, but there are also people that take naps during the day to regain energy and relax.
- You also have to listen to your body clock and if you notice any signals such as yawning or you feel tired, it may be time for a nap.

The Benefits of Naps

- for your Skin During naps, the body may go through the first stage of sleep, which is non-rapid eye movement (NREM).
- During this stage, the body regenerates and allows the cells to regenerate as well.
- The skin cells can benefit from naps and you may notice that the skin has a fresher appearance after a nap.

HOME STUDY PACKAGE
LABASA SANGAM (SKM) COLLEGE

HOME ECONOMICS - YEAR 10

WORKSHEET 5

BATCH 5

NAME: _____

YEAR: _____

DUE DATE: 18/10/21

WORKSHEET - 13/14/15 FOOD PRESERVATION

MULTIPLE – CHOICE

Circle the best answer

(10 marks)

1. Substances that help to improve the taste, appearance and nutritional value of convenience foods are known as food
 - A. Oxidants.
 - B. Additives.
 - C. Chemicals.
 - D. Preservatives.
2. Preserving foods in lemon juice and vinegar helps food
 - A. Maintain a longer shelf life.
 - B. Increase the moisture content.
 - C. Retain all the vitamins in the food.
 - D. Release more nutrients to the liquid.
3. The baby at eight weeks of gestation is called the
 - A. ovum.
 - B. foetus.
 - C. zygote.
 - D. embryo.
4. Good personal hygiene means
 - A. Changing our hair style.
 - B. Keeping ourselves clean and healthy.
 - C. Wearing matching accessories to work.
 - D. Applying perfume and make up to work.
5. Which of the following methods of preservation is used in the production of pickles?
 - A. Drying
 - B. Freezing
 - C. Canning

- D. Smoking
6. The creamy substance which covers and protects the foetus from its watery environment is called
- A. gristle.
 - B. vernix.
 - C. amniotic sac.
 - D. umbilical cord.
7. Blanching vegetables before freezing
- A. activates enzymes in the vegetables.
 - B. destroys the enzymes in the vegetable.
 - C. seals the juice outside the vegetables.
 - D. destroys all the micro-organisms in the vegetables.
8. Which of the following factors affect the growth of microorganisms?
- A. Water, oil and air
 - B. Moisture, heat and air
 - C. Minerals, fat and water
 - D. Protein, water and minerals.
9. Which of the following groups of food is easily contaminated by harmful micro-organisms?
- A. Milk, meat, fish
 - B. Pickle, jam, chutney
 - C. Potatoes, tomatoes, apples
 - D. Pawpaw, orange, pineapple.
10. Why do we preserve food?
- A. To create a new hobby.
 - B. To show-off your skills
 - C. To add variety to your diet

- D. To compete with others.

WORKSHEET - 13/14/15 FOOD PRESERVATION

MULTIPLE – CHOICE

Circle the best answer

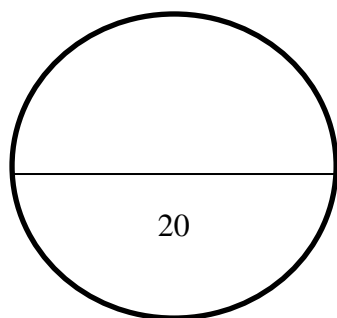
(10 marks)

1. Which of the following is an environmental factor that contributes to food spoilage?
 - A. Yeasts
 - B. Moulds
 - C. Bacteria
 - D. Mishandling.
2. The method of preservation whereby food is made to change in taste through the action of special kinds of yeast and bacteria is
 - A. Drying.
 - B. Pickling.
 - C. Smoking.
 - D. Fermentation.
3. Cooking method whereby food is cooked by the vapour that is generated from boiling water is
 - A. Blanching.
 - B. Deep poaching.
 - C. Direct steaming.
 - D. Shallow poaching.
4. The cooking method demonstrated on the right is
 - A. Stir frying.
 - B. Poaching.
 - C. Steaming.
 - D. Roasting.



5. Vegans are also known as
- A. Ovo-vegetarians. B. Strict vegetarians.
C. Lacto-vegetarians D. Lacto-ovo vegetarians.
6. A person who is recovering from an illness, injury or surgery is called
- A. An invalid.
B. An anorexic.
C. A vegetarian.
D. A convalescent.
7. Invalids are described as that group of people who are
- A. Retired.
B. Sick and recovering.
C. Working group of people.
D. Sick and unable to recover.
8. An example of domestic food preservative is
- A. Sugar.
B. Nitric acid.
C. Curry leaves.
D. Hydrochloride.
9. Cooking food gently in water or milk just below boiling point is called
- A. Toasting. B. Poaching. C. Steaming. D. Browning.
10. The period during which the baby grows and develops is
- A. Gestation.
B. Ovulation.
C. Fertilisation.

D. Menstruation.



LABASA SANGAM (SKM) COLLEGE

HOME ECONOMICS

SHORT TEST TWO -20%

Name : _____

Year: _____

SHORT ANSWER QUESTION

There are five questions. Answer all the questions.

Each question is worth **10 marks**.

1. Poaching is a healthy method of cooking versatile foods like eggs cooked in simmering liquid.
Given below are 6 steps of a simple method for poaching an egg.
The steps are not in the correct order. Re-arrange them in the correct order.
The first step is done for you. Write the correct number in the space provided.

- | | |
|-------|--|
| (i) | Allow the egg to set around the yolk like a white pillow. The egg should float to the top when the white is set. |
| (ii) | Let the water simmer until there are steadily breaking bubbles on the surface then add a splash of white wine vinegar. Swirl the water around with a spoon to create a vortex. |
| (iii) | Use a slotted spoon to remove the egg from the water. |
| (iv) | Break an egg into a cup and pour it slowly into the water, white first. Try to keep the lip of the cup close to the water to stop the egg from dispersing. |
| (v) | Gently place the egg onto a paper towel to absorb the excess water before transferring to a plate for serving. |
| (vi) | Take a deep pan and fill it with about 2-3 cups of water. |

1. - (i).

4. _____

2. _____

5. _____

3. _____

6. _____

(5 marks)

2. Matching

(4 marks)

Match the terms in List A with the descriptions in List B. Write the letters of the description from List B in the spaces provided beside the numbers 1 to 4 in your Answer Booklet

List A	A. A technique that cooks food quickly, using a small amount of fat.
1. Boiling	B. Cooking food in enclosed dry heat.
2. Stir Frying	C. High heat baking with very little moisture.
3. Steaming	D. Cooking food either partially or completely covered by liquid at a temperature just below boiling point.
4. Roasting	E. Cooking food in bubbling liquid at 100°C
	F. Cooking food in surrounding vapour.

1. _____

2. _____

3. _____

4. _____

3. Why is it advisable not to include fried foods in the diet of a convalescent? (1 mark)

4. Differentiate between **deep poaching** and **shallow poaching** in relation to the use of cooking liquid. (2 marks)

- Deep Poaching

- Shallow Poaching

5. Explain why **basting** is important during roasting. (1 mark)

6. This question is covered in the topic – **Product Development**.

Given below is a Cash Book Record for Sandra's small home enterprising activity.

Use the information given to answer the questions that follow.

DATE	PARTICULARS	OUT (expenses)	IN (income)	BALANCE
01/01	Startup capital			\$10.00
02/01	A big bag of mixed peas (which includes 20 small packets)	\$ 7.50		\$ 2.50
05/01	Sold all 20 packs for 80 cents per packet		\$16.00	\$18.50
05/01	Bus fare to supermarket and return	\$ 2.20		\$16.30
AVAILABLE BALANCE				\$16.30

- (i) How much was Sandra's start-up capital? (1 mark)

(ii) (ii) Calculate the profit that Sandra made. **(2 marks)**

(iii) Explain one importance of keeping a cash book record. **(1 mark)**

HUMAN DEVELOPMENT

6. Identify three factors that affect our Physical Developments ? **(3 marks)**

- ---
- ---
- ---

THE END !

STAY SAFE AND STAY BLESSED!

LABASA SANGAM (SKM) COLLEGE

NAME: _____

HOME STUDY PACKAGE

YEAR: _____

YEAR 10 MATHEMATICS

WORKSHEET 13

Instructions:

- Write the answers in the space provided.
- **File the lesson notes.**
- Return the **worksheet only**

Week 13

STRAND 5: MEASUREMENT

SUB – STRAND: APPLICATION OF PERCENTAGES IN REAL LIFE

1. If \$200 is deposited in a savings account that earns 7.5% simple interest, how much money will be earned after 3 years? (2 marks)

2. Vilimaina invests \$2000 in a term deposit account for 3 years which earns simple interest. After 3 years she has a total of \$2388. What interest rate was paid on the account? (2 marks)

3. Tonasi deposited \$2000 into a savings account at 5% compound interest.
- a) Find the balance after 3 years. (2 marks)

b) How much interest is paid altogether? (1 mark)

c) How much would have been paid if the account earned only simple interest.
(2 marks)

d) Which is better compound or simple interest? Explain why. (1 mark)

LABASA SANGAM (SKM) COLLEGE

NAME: _____

HOME STUDY PACKAGE

YEAR: _____

YEAR 10 MATHEMATICS

WORKSHEET 14,15

Instructions:

- Write the answers in the space provided.
- **File the lesson notes.**
- Return the **worksheet only**

Week 14 & 15 ACTIVITY

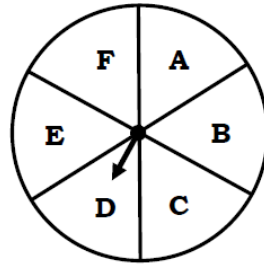
STRAND 6: CHANCE AND DATA

SUB – STRAND: PROBABILITY

1. A bag contains 15 identical balls consisting of an equal number of red, green and yellow balls. A ball is picked at random from the bag.
 - a) Are all the outcomes equally likely? Give a reason for your answer. (1 mark)

 - b) What is the probability that it will be a green ball? (2 marks)

2. A spinner is **equally** divided into six sectors as shown in the diagram below. When the arrow is spun, it stops on one of the sectors labelled **A, B, C, D, E or F**.



- a) What is the probability that the arrow will stop on sector **F**? (1 mark)
- b) If the arrow is spun 180 times, how many times would you expect it to stop on sector **F**? (2 marks)

3. A standard die is to be rolled. What is the probability of rolling

- a) a number more than 4? (2 marks)
- b) an odd number? (2 marks)

LABASA SANGAM (SKM) COLLEGE
YEAR 10 SOCIAL SCIENCE WORKSHEET 1
TOTAL MARKS:10

STUDENTS NAME:_____

YEAR 10:_____

WEIGHTING: 5%

DUE DATE: 19TH OCTOBER

SHORT ANSWER QUESTION

1. Define what is soil.

(1 mark)

2. Explain a factor that affects soil formation.

(2 marks)

3. Explain what is endemism and give an example in Fiji

(2 marks)

4. State two **physical factors** that determines landuse and the types of crops grown in an area.

(2 marks)

5. Explain a **cultural factor** that determines landuse and crops

(2 marks)

6. State a social factor that determines landuse and the types of crops grown

(1 mark)

LABASA SANGAM (SKM) COLLEGE
YEAR 10 SOCIAL SCIENCE WORKSHEET 2
TOTAL MARKS:10

STUDENTS NAME:_____

YEAR 10:_____

WEIGHTING: 5%

DUE DATE: 19TH OCTOBER

RESOURCE INTERPRETATION 1

(5 marks)



1.Name the type of farming depicted in the picture above. **(1 mark)**

2. State **two markets** where the manufactured product is being exported to

(2 marks)

3. Explain a problem faced by the above industry.

(2 marks)

RESOURCE INTERPRETATION 2**(5 marks)**

1. Name the type of farming depicted in the picture above.

(1 mark)

2. State **two** ideal locations of pastoral farming

(2 marks)

3. Explain a problem faced by the above industry.

(2 marks)

THE END