**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
2. My family includes my father, mother and sister \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. My mother is remarried and I have two step sisters \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. My younger brother and I live alone with our mother \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. 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**

|  |  |  |
| --- | --- | --- |
| **Diagram** | **Equipment** | **Uses** |
|  |  |  |
|  |  |  |

**THURSDAY : 03/06/21**

1. List the characteristics of foods that is used when Evaluating a Meal
2. 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
2. Food cover
3. Tea towel
4. Apron
5. Dish cloth
6. Hand towel
7. 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
3. Water
4. Dietary fibre

**THURSDAY 10/06/21**

1. State the difference between nutrition and nutrients
2. Identify the food available in our local environment
3. Plant source
4. Animal source
5. Plant product
6. 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