

**TAVUA COLLEGE**  
**YEAR 10 HOME ECONOMICS - WORKSHEET 2**

**21/06/21 (MONDAY)**

**FOOD SUPPLY**

1. Convenience foods have taken a place in modern eating habits. State **two** reasons why they have become very popular nowadays.
2. Which of the following food items is referred to as **Ready-To-Eat** foods?  
A. Dried lentils  
B. Canned meat  
C. Frozen chicken  
D. Betty Crocker cake mix
3. 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.
4. Explain the term **Convenience foods**.
5. Discuss why convenience foods should not be consumed in large amounts.

**22/06/21 (TUESDAY)**

**FOOD SUPPLY**

1. Which of the following describes the method of storing dehydrated foods?  
A. Store in a cool, dry and dark place  
B. Store frozen at -18 degrees Celsius  
C. Store in clean, dry, air tight containers  
D. Store cool and frozen in sealed packets
2. Explain the reason for consuming fresh foods with convenience foods.
3. Define thawing.
4. Instant noodles is regarded as  
A. frozen foods.  
B. canned foods.  
C. ready-to-eat.  
D. ready to cook.
5. Which of the following contributes to the **keeping quality** of convenience foods?  
A. Laxatives B. Additives C. Oxidative D. Rancidities

**23/06/21 (WEDNESDAY)**

**FOOD SUPPLY**

1. Convenience foods include  
A. fresh fish, lettuce and eggs.  
B. corned meat, rice and cassava.  
C. tinned fish, dried peas and fresh tomatoes.  
D. cordial, tinned mutton and breakfast crackers.
2. The food item on the right is an example of a  
A. Frozen food.  
B. Dehydrated food.  
C. Ready-to-eat food.  
D. Ready-to-cook food.
3. State **one** disadvantage of convenience foods.
4. State **two** reasons for using food additives.
5. Give **two** points to consider when buying convenience foods.



**24/06/21 (THURSDAY)**

**FOOD PRESERVATION**

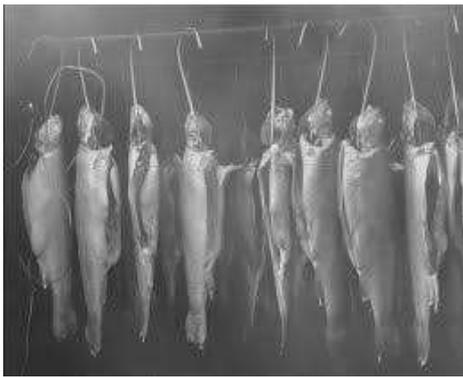
1. Which of the following factors affect the growth of microorganisms?  
A. Water, oil and air  
B. Moisture, heat and air  
C. Minerals, fat and water  
D. Protein, water and minerals
2. Which of the following groups of food is easily contaminated by harmful microorganisms?  
A. milk, meat, fish  
B. pickle, jam, chutney  
C. potatoes, tomatoes, apples  
D. pawpaw, orange, pineapple
3. Differentiate between **sun drying** and **room drying** in food preservation.
4. Explain why food preserved in acid lasts longer.
5. Preserving foods in lemon juice and vinegar helps food  
A. maintain a longer shelf life.  
B. retain all the vitamins in the food.  
C. increase the moisture content.  
D. release more nutrients to the liquid.

**25/06/21 (FRIDAY)**

**FOOD PRESERVATION**

1. Name the home preservation methods shown below.

I.



II.



2. Choose **one** of the home preservation methods in (1) and state the principle of food preservation involved.
3. Blanching is an important process in food preservation.  
Explain **two** reasons why vegetables are blanched before they are preserved.
4. 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.
5. Which of the following methods of preservation is used in the production of pickles?  
A. Drying  
B. Freezing  
C. Canning  
D. Smoking

**28/06/21 (MONDAY)**

**FOOD PRESERVATION**

1. An example of domestic food preservative is  
A. sugar.    B. nitric acid.    C. curry leaves.    D. hydrochloride.
2. Identify one perishable food and state an appropriate method of storage.
3. Discuss the principles involved in the following methods of food preservation.

- I. Freezing
- II. Drying

4. Explain one advantage of preserved foods.

**29/06/21 (TUESDAY)**

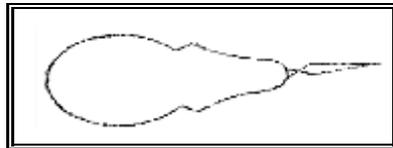
**FOOD PRESERVATION**

1. Blanching vegetables before freezing
  - A. activates enzymes in the vegetables.
  - B. destroys the enzymes in the vegetables.
  - C. seals the juice outside the vegetables.
  - D. destroys all the micro-organisms in the vegetables.
  
2. Which of the following methods of preservation is used in the production of pickles?
  - A. drying
  - B. freezing
  - C. addition of vinegar
  - D. addition of sugar
  
3. Explain how the following foods should be stored to prevent food spoilage.
  - i) Meat
  - ii) Cereals
  
4. Give **one** reason for the following statement.  
Environmental factors contribute to food spoilage.

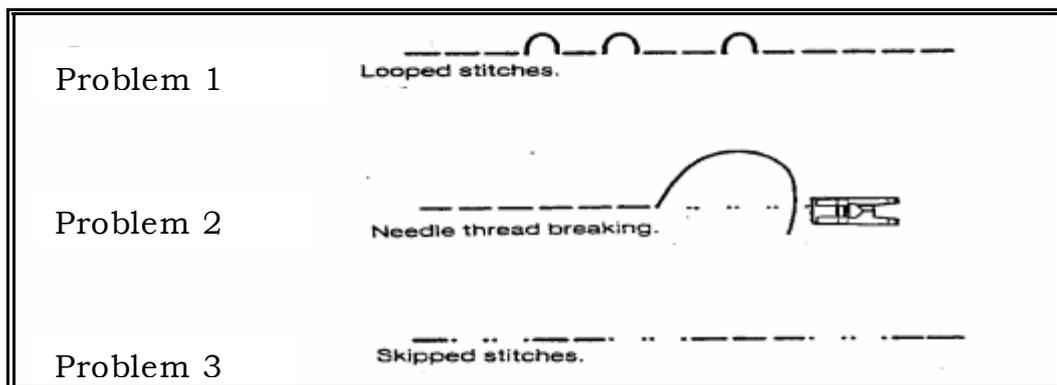
**30/06/21 (WEDNESDAY)**

**EQUIPMENT**

1. Identify and state **one** use of the stitching tool shown below.



2. The diagrams below show three stitching problems that a sewing machine may produce. sewing machine may produce.



Explain how each of the stitching problems shown above can be corrected.

3. Self-gripping fasteners that are best for children's wear are
  - A. zip.
  - B. velcro.
  - C. buttons.
  - D. hooks and eyes.

4. Name the type of sewing machine shown in the picture below.



**01/07/21 (THURSDAY)**

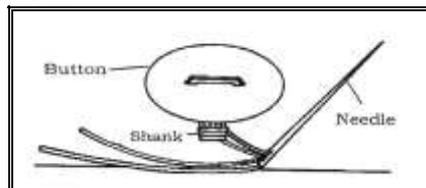
**EQUIPMENT**

1. The sewing tool shown on the right is the
- A. thimble.
  - B. scissors.
  - C. tracing wheel.
  - D. quick un-picker.



Source: [pinnacledesign.com](http://www.pinnacledesign.com)

2. Give **one** function of interfacing.
3. Sewing notions are defined as items that
- A. decorates the garment.
  - B. speeds up the sewing process.
  - C. makes the garment complete.
  - D. helps remove unwanted stitches.
4. Study the diagram below which shows the construction of a button and answer the questions that follow.



- i. Identify and name the button type shown in the illustration above.
- ii. State the reason why a shank is being constructed together with the button

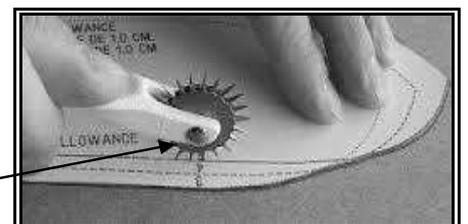
**02/07/21 (FRIDAY)**

**EQUIPMENT**

1. Name the type of fastener shown below.



2. The item labelled **X** shown in the illustration on the right is the
- A. berry pin.
  - B. tracing wheel.
  - C. carbon paper.
  - D. duplicating paper.



3. Name the part of the sewing machine that performs the following functions:
- i. controls the movement of the needle and is adjusted when threading the bobbin.
  - ii. pulls the thread up and down while machining.
4. Differentiate between sewing equipment and sewing notions.
5. Name **two** brands of sewing machine.