

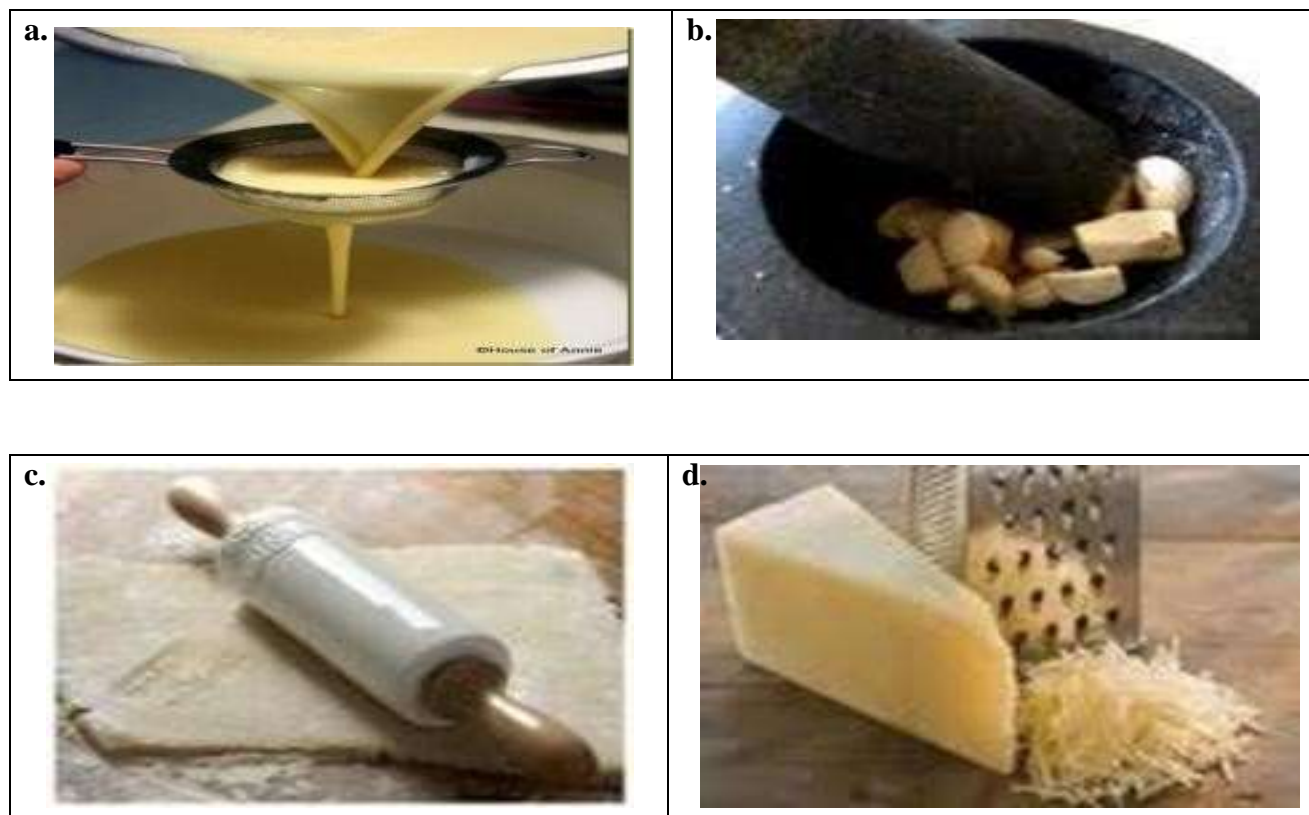


WEEKLY HOME STUDY PACKAGE - WEEK 2 (12/07/21 – 16/07/21)

Subject	HOME - ECONOMICS	Year/Level	9
Strand	9.2: FOOD AND NUTRITION		
Sub-strand	9.2.6 Food Planning and Product Development		
Content Learning Outcome	• Define and develop skills in preparing, cooking and serving meals.		

YEAR 9 HOME – ECONOMICS: SOLUTIONS

Identify and define the cooking skills shown in the diagram below.



a. Strain - To separate liquid from other solids (strainers are used). (1 mark)

b. Pound - Crushing, grinding and mixing a solid substance by the use of mortar and pestle. (1 mark)

c. Roll - To spread a dough or pastry using a rolling pin. (1 mark)

d. Grate - To shred food into tiny pieces by rubbing against a grater. (1 mark)