

RISHIKUL SANATAN COLLEGE

HOME ECONOMICS

Year 10 Worksheet WK O3

Note: Write questions and answers at the back of your Home Economics exercise book.

QUESTION 1

(a) Matching.

Match list A with List B.

List A	List B
1. Absorption	A. it receives partially digested food (known as chyme) from the stomach and plays a vital role in the chemical digestion of chyme in preparation for absorption in the small intestine.
2. Digestion	B. process by which the product of digestion pass through the walls of the small intestine into blood stream.
3. Peristalsis	C. to carry food, liquids, and saliva from the mouth to the stomach.
4. Duodenum	D. process by which breakdown of food into smaller pieces that can be absorbed into the blood stream
5. villus	E. wave-like motion of alimentary canal which moves the food forward.
6. Oesophagus	F. increase the surface area within the small intestine for absorption

(b)

(i) State two reasons why milk is not a perfect food?

- (ii) Marlin is making a sandwich for himself.
List 1 convenience food to be used by Marlin in making tuna and vegetable sandwiches. _____

(c) Food Preservation

Food preservation can be domestic or commercial.

Write the **True or False** for the given statements.

1. Jam is a preserved using salt. _____
2. Sun drying is a way to preserve frozen foods. _____

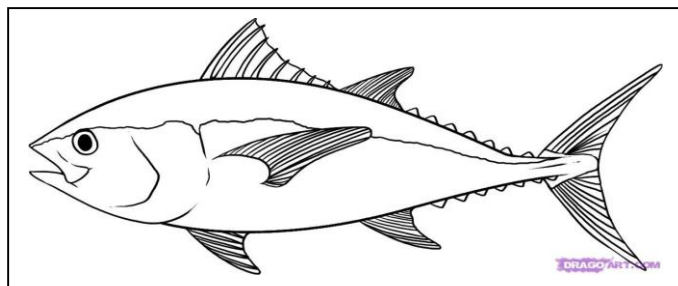
- (d) Give a reason for the following statements:

(i) Tough meats can be cooked with pieces of green pawpaw.

(ii) Do not refrigerate bananas.

QUESTION 2

- (a) Study the illustration given below and answer the following questions.



- (i) Why fish is tender than meat.

(ii) List two factors to consider when buying fish.

(iii) Discuss the difference between fish steak and fish fillet.

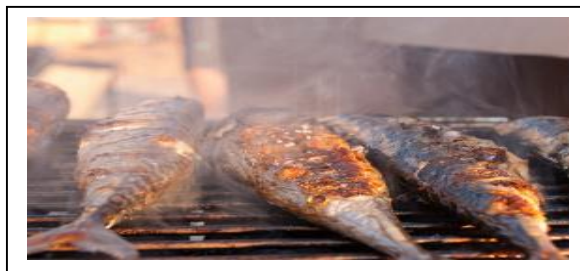
(b) State two advantages of convenience food.

1) _____

2) _____

(c) Define the term preservation.

(d) Identify the method of preservation shown below



Preservation: _____

(e) Explain the effect of global warming on food supply.

(f) List two reasons for preserving food.

1) _____

2) _____

(g) Identify two causes of food spoilage.

1) _____

2) _____

The End