

**RISHIKUL SANATAN COLLEGE**  
**HOME ECONOMICS**  
**YEAR 10 WORKSHEET No.04**

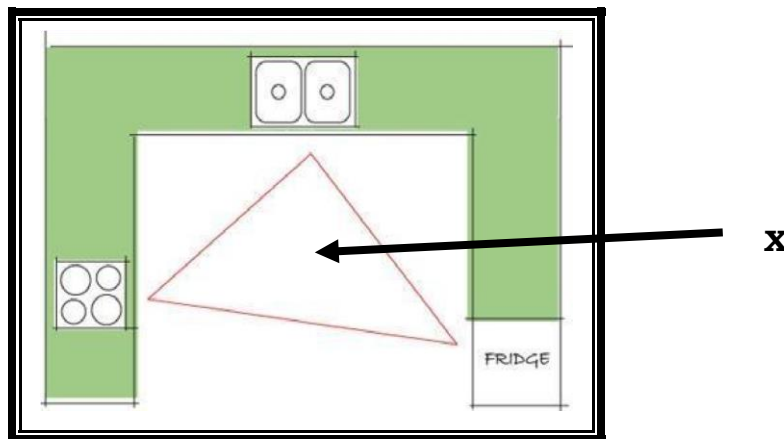
**Note: Write questions and answers at the back of your Home Economics exercise book.**

**QUESTION 1**

a) State two factors that affects kitchen planning.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_

b) Study the illustration given below and answer the following questions.



(Source: Year 10 Home Economics Text Book)

i) Name the kitchen shape shown above.

\_\_\_\_\_

ii) State one advantage of the above kitchen shape.

\_\_\_\_\_

iii) Name the area marked **X**.

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c) Define the term **offal's**.

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d) Discuss ways to tenderize tough meats.

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e) State two points to consider when buying fish.

i) \_\_\_\_\_

ii) \_\_\_\_\_

## **QUESTION 2**

a) Discuss reasons why milk is not a perfect food.

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b) Discuss test for the freshness of an egg.

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c) State a reason why egg should be placed rounded side up.

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d) State reasons for the following when cooking vegetables.

i) Do not add sodium bicarbonate to green vegetables.

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ii) Cook frozen vegetables in boiling water without thawing.

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e) State a reason why whole meal flour cannot kept for a longer time compared to plain flour.

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f) Define the term rancid.

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**The End**