

HOME ECONOMICS
WORKSHEET YEAR 11
CHAPTER 1

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

QUESTION 1 THE FAMILY CYCLE

a).

(i). Define the word **family life cycle**.

(ii). Identify the different stages of family cycle.

(iii). Describe the adjustment made at each stage of family cycle by completing the table given below.

Family Cycle	Adjustments
Newly Married	
Expectant Parents	
Parenthood-First child	
Crowded Years(Adolescence)	
Launching Years	
Empty Nest	
Ageing Years	

(b). Define the word self- actualization.

QUESTION 2 Adolescence

(a). Define the following terms

(i). Adolescence.

(ii). Puberty

(iii). Self esteem

(iv). Action oriented goal

(v). Outcome based goal

(vi). State 4 physical changes that occur in both males and females during puberty stage.

1. _____.
2. _____.
3. _____.
4. _____.

(b). State 4 characteristics of an adolescent with low and high self-esteem.

High self-esteem.	Low self-esteem
1.	1.
2.	2.
3.	3.
4.	4.

(c). Discuss the following **changes during adolescence** and the **effects of change** on their lives.

Changes	Discussion of the change	effects of change
1.Physical		
2.Emotional		
3.Social		
4.Intellectual		
5.Moral and spiritual		

(d). **MANAGING THE CHANGE-** adolescents need to manage the above-mentioned changes.

Discuss ways adolescent can manage the change under the following ways.

Ways of managing the change	
1.Acceptance	
2.Building high self esteem	

3.Negotiating responsibility	
4.Accepting relationship	
5.Meeting goals	
6.Display acceptable social behaviour	

QUESTION 3 Teenage Pregnancy

(a). Define the following terms:

(i). Teenage pregnancy

(ii). Identify and describe the 6 causes of teenage pregnancy

Causes	Description
1	
2	
3	
4	
5	
6	

(iii). Explain the effect of pregnancy on self and family under the following effects.

Effects	Explanations
Social	
Economic	
Mental	
Cultural	

(iv). Identify and describe **5** ways of preventing teenage pregnancy.

Ways of preventing teenage pregnancy.	Explanation
1	
2	
3	
4	
5	

THE END