

# Year 11

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

## QUESTION 1

**Choosing the right refrigerator for the home is important.**

1) List two points to consider when buying a refrigerator.

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

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

2) Discuss importance of a refrigerator.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3) State two points to consider in the care and maintenance of a refrigerator.

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

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

4) List two freezer energy tips to consider.

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

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

## QUESTION 2

**Good nutrition is vital for healthy living and for the prevention of the nutritional disease.**

Complete the table given below.

<b>Nutritional Disease</b>	<b>Causes</b>	<b>Sign/symptoms</b>	<b>Prevention</b>
<i>Gout</i>	1)	1)	1)
	2)	2)	2)
<i>Diabetes</i>	1)	1)	1)
	2)	2)	2)
<i>Hypertension</i>	1)	1)	1)
	2)	2)	2)
<i>Heart disease</i>	1)	1)	1)
	2)	2)	2)
<i>Kwashiorkor</i>	1)	1)	1)
	2)	2)	2)
<i>Marasmus</i>	1)	1)	1)
	2)	2)	2)

### QUESTION 3

**Practicing proper hygiene is important when handling food.**

1) List two personal hygiene practices to observe when handling food.

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

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

2) List two kitchen hygiene practices to follow while preparing food.

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

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

3) List two food hygiene practices to observe when cooking.

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

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

4) Discuss reasons why maintaining proper hygiene is important when handling food.

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**THE END.**