

RISHIKUL SANATAN COLLEGE

HOME ECONOMICS

Year 11 Worksheet WK O3

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

QUESTION 1

- a) (i) Explain the change “***Influenced more by friends***” in an adolescent life.
- (ii) State one hormonal change that occurs during adolescence.
- (iii) State **one** characteristic of an adolescent with a ***low self-esteem***.
- b) (i) Define the term *renewable resources*.
- (ii) Explain the importance of conserving natural resources.
- c) (i) Explain how family needs can be met through housing.

QUESTION 2

- a) Study the picture below to answer questions (i) – (iii).



- (i) Name the cooking equipment above.
 - (ii) State **one** use of the equipment identified in (i) above.
 - (iii) Explain one tip for taking care of this equipment.
- b) The Basal Metabolic Rate (BMR) is the measure of the rate at which a person's body burns energy.

Identify from the list below the group with higher BMR.

- (i) Teenagers or elderlies.
 - (ii) Manual workers or sedentary workers.
- c) Differentiate between **over nutrition** and **under nutrition**.

QUESTION 3

- a) Discuss the impact of climate change on food production.

b) State how the following causes food spoilage.

i) Poor handling

ii) Agriculture chemicals

c) Discuss how pasteurization contributes to longer life of milk.

THE END