

**Instructions:**

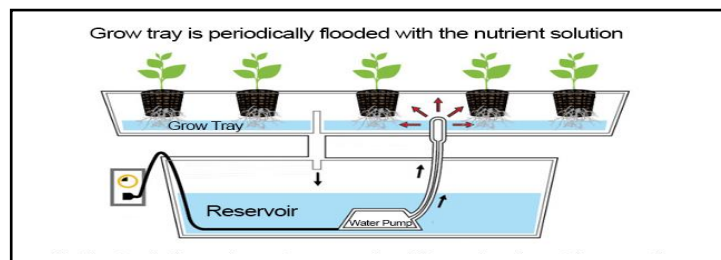
- i. Do not write on this booklet.
- ii. Write all questions and answers at the back of your Home Economics exercise book or in a lecture pad.
- iii. Do not draw any diagrams.

**Home Economics  
Year 12  
Worksheet**

**Week1**

**Circle the letter which represents the best answer.**

1. Which of the following is true of episiotomies?
  - A. The incision is left open after the baby is born.
  - B. Critics claim that it is often done for the doctor's convenience.
  - C. They are frequently done in most Western countries.
  - D. Women will feel a sharp pain when the doctor cuts the skin.
  
2. Which of the following vaccine is prescribed to prevents chicken pox disease during infancy?
  - A. IPV
  - B. MMR
  - C. Varicella
  - D. Hep A
  
3. Which of the following statement about breastfeeding is **false**?
  - A. A maternal HIV infection is harmful to a breastfeeding baby.
  - B. Formula is more nutritious for a baby than breast milk.
  - C. Breastfeeding may be uncomfortable for the first few days.
  - D. Medications being taken by the mother can be harmful to a breastfeeding baby.
  
4. Farming is one of the skills. Identify the type of farming method illustrated below.



- A. Mixed
- B. Trash
- C. Dry
- D. Tank

5. Global warming is \_

- A. the rise in temperatures due to human activities increasing the greenhouse effect.
- B. the rise in temperatures due to human activities making the sun hotter and closer to us
- C. the same as the greenhouse effect
- D. the opposite of the greenhouse effect

6. Discuss how the following social changes affect the family structure:

i) Migration

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ii) Changing women role

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iii) Late marriage

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7. Define the term **Postnatal care**.

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8 *Approximately 80 percent of women experience the baby blues around three days after birth. About 10 to 20 percent of mothers can develop postnatal depression.*

List three PND signs and symptoms.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



9. Fill in the blanks. Use the words from the box.

**Episiotomy, Perineum, Colostrum, meconium, formula, laxatives**

- a) Baby's first bowel motion is called \_\_\_\_\_.
- b) \_\_\_\_\_ is the area of skin and muscle close to the birth canal.
- c) Mothers' breast milk contains natural \_\_\_\_\_ which prevent constipation.
- d) \_\_\_\_\_ feeding is expensive.

9. Discuss the effect of good parenting on the family:

- a) strong ethical and moral values \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- b) educate and motivate \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

10. Fill in the table given below.

<b>Way of saving money</b>	<b>Purpose</b>
<i>Budget</i>	
<i>Saving plans</i>	

11. List two ways to conserve local resources.

a) \_\_\_\_\_

\_\_\_\_\_

b) \_\_\_\_\_

\_\_\_\_\_

12. Discuss two effects of climate change.

a) \_\_\_\_\_

b) \_\_\_\_\_

**The End**

**Home Economics**  
**Year 12**  
**Worksheet**

**Week 2**

Choose the **most appropriate answer** and **circle** the letter in the answer book.

1. During fruit salad preparation, lemon juice is usually added to

- A. Enhance the colour of fruits
- B. Prevent browning of certain fruits
- C. Prevent release of juice from fruits
- D. Decrease the sugar content of the fruits

2. The softening of the eye cornea is caused by the lack of

- A. iron.
- B. calcium.
- C. vitamin A.
- D. vitamin C.

3. Blanching vegetables before freezing destroys

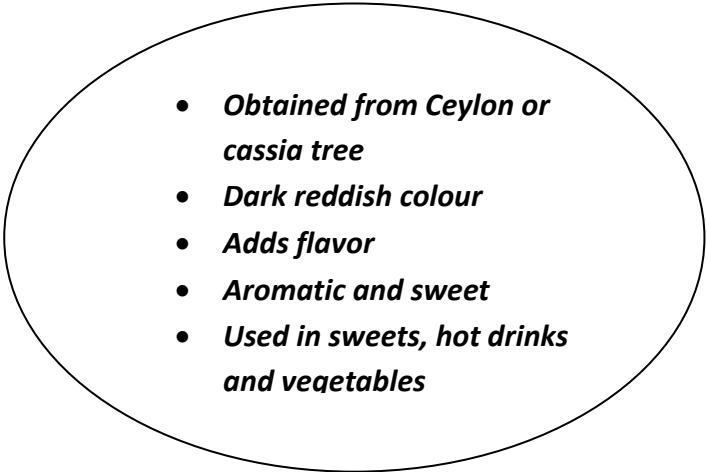
- A. yeast.
- B. moulds.
- C. bacteria.
- D. enzymes

4. Hydroponics is another name for

- A. Trash farming
- B. Ley farming
- C. Mixed farming
- D. Tank farming

5. Name the spice described below.

- A. Mint
- B. Nutmeg
- C. Cinnamon
- D. Paprika

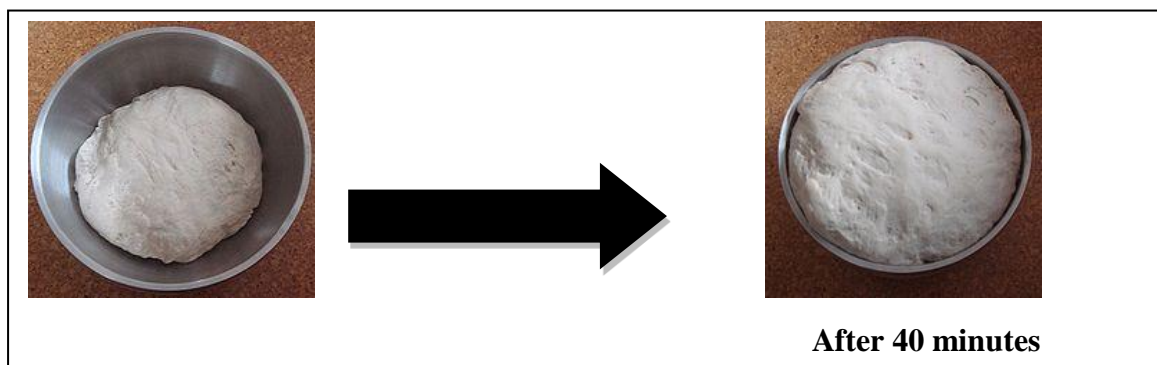
- 
- **Obtained from Ceylon or cassia tree**
  - **Dark reddish colour**
  - **Adds flavor**
  - **Aromatic and sweet**
  - **Used in sweets, hot drinks and vegetables**

6. The type of service shown below is described as



- A. Plate is divided by ridges into sections for holding apart several kinds of food.
- B. Meals served to the diner from platters, not plated in the kitchen.
- C. Food is served on the counter by counter service assistant.
- D. Food is prepared in the direct view of the customer.

7. The illustration given below is term as Proofing. Which of the following describes the skill.



- A. To press dough into uniform mixtures using palm and fingers.
- B. Technique used to moisten the surface of food and also to add flavor.
- C. Means to allow the bread dough to rise, the dough will be proofed two times by process known as fermentation
- D. Process resulting nutty flavor and brown colour and volatile chemicals are released.

Write an essay of about 180-200 words.

***Fiji has faced devastating effects of natural disasters due to climate change. Housing was destroyed, leading thousands homeless.***

Discuss the following factors to consider when building a house during the climate change:

- Plan and structure
- Choice of housing material
- Accessories for comfort and esteem
- Disaster preparedness(cyclone)

**The End**

**Home Economics**  
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**Week 3**

1. Discuss how the following factors influence the choice of food in Families

i. Health concerns \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

ii. Peer influence \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2. Mere is earning \$650 per fortnight. Her expenses per fortnight are as follow

<b>Expenses</b>	<b>Amount (\$)</b>
Bus fare	10.50
Rent	250
FEA	11.00
Water	3.00
Food	100.00
Clothing	50.00

Calculate Mere's budget for two weeks with the information provided above.

3. Differentiate between micro and macro nutrients.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Discuss the difference between fat soluble vitamins and water soluble vitamins.

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5. Explain what will happen if you lack vitamin A in your body

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6. Fill in the table below:

Nutrient	Food Sources (2)
Vitamin K	
Riboflavin	
Folic Acid	

7. Discuss **two** functions of water in our body.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

8. Define **Dietary fibre** and its function in our body.

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9. Explain what is **anaemia** and **two** of its symptoms.

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10. Discuss **Enzymatic Browning**

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11. List **two** uses of fats.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

12. List **two** ways how to prevent the loss of Vitamins and Minerals from vegetables before cooking.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

13. Define Rancidity

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14, Discuss how beriberi can be prevented.

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**The End**

Year 12

Worksheet

1. Discuss how to provide perineum care after birth.

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2. Baby's first bowel motion is called \_\_\_\_\_.

3. List two points to consider when bathing babies.

i. \_\_\_\_\_  
\_\_\_\_\_

ii. \_\_\_\_\_  
\_\_\_\_\_

4. Write True or False.

- i. Mothers' breast milk prevents constipation in babies. \_\_\_\_\_
- ii. A newborn baby's sleep cycle lasts about 40 to 50 minutes. \_\_\_\_\_
- iii. Postnatal depression is a treatable condition. \_\_\_\_\_
- iv. Breast milk contains antibodies. \_\_\_\_\_

5. Fill in the table.

	Breast milk	Formula milk
Advantages		
Disadvantages		

6. What is the purpose of immunization?

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7. Identify the vaccines given to infants according to the table given below.

<b>Age</b>	<b>Vaccine</b>
<i>Birth</i>	
<i>6 weeks</i>	
<i>10 weeks</i>	
<i>12 weeks</i>	
<i>14 months</i>	
<i>18 months</i>	

8. Fill in the table given below.

<b>Disease</b>	<b>Vaccine</b>	<b>Disease spread by</b>	<b>Disease Symptoms</b>	<b>Disease complication</b>
<b>Chicken pox</b>		Air, direct contact		Infected blisters, bleeding disorders, encephalitis(brain swelling),pneumonia (infection in the lungs)
	Hep A vaccine protects against hepatitis A		May be no symptoms, fever, stomach ache, loss of appetite	
<b>Measles</b>	MMR**vaccine protects against measles.			Encephalitis (brain swelling), pneumonia (infection in the lungs), death.

9. Define the terms:

i. Resources \_\_\_\_\_  
\_\_\_\_\_

ii. Man-made resources \_\_\_\_\_  
\_\_\_\_\_

iii. House \_\_\_\_\_  
\_\_\_\_\_

iv. Business \_\_\_\_\_  
\_\_\_\_\_

10. Discuss the following skills:

i. Weave \_\_\_\_\_  
\_\_\_\_\_

ii. Printing \_\_\_\_\_  
\_\_\_\_\_

11. Matching.

	List A			List B
1	Mixed farming		A	Method of growing plants using mineral nutrient solutions, in water, without soil.
2	Subsistence farming		B	The field is alternately used for grain or other cash crops for a number of years and "laid down to ley"
3	Tank farming		C	Focus on growing enough food to feed themselves and their families.
4	Ley farming		D	A system of farming which involves the growing of crops as well as the raising of livestock.

**The End**

**Year 12**

**Worksheet**

1. State the purpose of the following:

i. Shopping List \_\_\_\_\_  
\_\_\_\_\_

ii. Saving Plan \_\_\_\_\_  
\_\_\_\_\_

2. Discuss the effects of climate change:

i. Coastal erosion \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ii. Climate sensitive diseases \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

iii. Economic Loss \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

iv. Mass migration and security threats \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. A house plan is a \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Why timber is a better choice for housing construction?  
\_\_\_\_\_

5. A practitioner of pest control is called an \_\_\_\_\_.

6. List one way to control the following pests at home:

i. Ants \_\_\_\_\_  
\_\_\_\_\_

ii. Bed Bugs \_\_\_\_\_  
\_\_\_\_\_

iii. Flies \_\_\_\_\_  
\_\_\_\_\_

iv. Termite \_\_\_\_\_  
\_\_\_\_\_

7. Define the term: disaster”.

\_\_\_\_\_  
\_\_\_\_\_

8. Fill in the table.

<b>Before the cyclone</b>	<b>When the cyclone strikes</b>	<b>After the cyclone</b>

9. Define the term climate change.

\_\_\_\_\_  
\_\_\_\_\_



10. A house plan is also known as \_\_\_\_\_.

**The End**

1. Discuss the following features of industrial kitchen:

- i. Wooden floorboards \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ii. Stainless steel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- iii. Large windows \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- iv. Open shelving \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Fill in the table. Industrial Kitchen Appliances

Illustration	Name	Uses
		
		

3. Identify the use of chopping board according to different colours.

- i. Red \_\_\_\_\_
- ii. Blue \_\_\_\_\_
- iii. Green \_\_\_\_\_
- iv. Brown \_\_\_\_\_



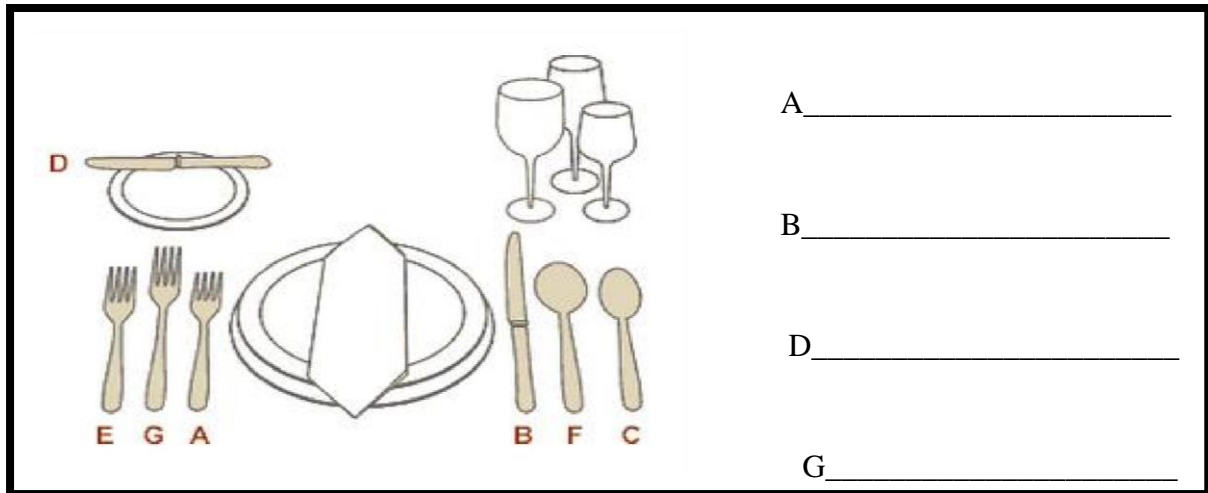
4. Define buffet meal service.

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5. Label A,B, D and G.



A \_\_\_\_\_

B \_\_\_\_\_

D \_\_\_\_\_

G \_\_\_\_\_

6. Matching. Meal Service

	List A			List B
1	<b>Chafing Dish</b>		A	Display piece for all baked goods and the added <i>glass lid</i> to keeps them fresh
2	<b>Carving station</b>		B	Is a piece of equipment used in restaurants to heat materials gently and gradually to fixed temperatures
3	<b>Glass cake stand</b>		C	Used to grip and lift objects, of which there are many forms adapted to their specific use
4	<b>Bain-marie</b>		D	Provide lettuce, chopped tomatoes, assorted raw sliced vegetables dried bread croutons, bacon bits, shredded cheese,
5	<b>Tongs</b>		E	Used at table or provided with a cover for keeping food warm on a buffet
6	<b>Salad bar</b>		F	Designed to provide an appealing place to cut roasted meats in front of the guests.

7. What is the purpose of energy star rating on kitchen equipment for example on a refrigerator?

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**The End**

**Home Economics**  
**Year 12**  
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**Week 7**

1. Define food choice.

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2. Discuss how the following factors that influence the choices of food in families:

i. Health concerns \_\_\_\_\_

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ii. Cost \_\_\_\_\_

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iii. Technology and advertisements \_\_\_\_\_

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iv. Religious practice \_\_\_\_\_

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3. Discuss one factor which helps absorption of the following nutrients:

i. Calcium \_\_\_\_\_

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ii. Iron \_\_\_\_\_

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4. Complete the table.

DEFECIENCY DISEASES	NUTRIENT DEFECIENT	SYMPTOMS
		<ul style="list-style-type: none"> <li>• Soft spot on baby's head is slow to close.</li> <li>• Bony necklace. Big lumpy joints.</li> <li>• Bowed legs</li> </ul>
<b>BERIBERI</b>	Deficiency of thiamine (vitamin B1).	
	Deficiency of nicotinic acid	<ul style="list-style-type: none"> <li>• Swollen red tongue.</li> <li>• Diarrhoea</li> <li>• Depression</li> <li>• Dementia (madness)</li> <li>• Dermatitis</li> </ul>
<b>SCURVY</b>	Lack of vitamin C	
	Lack of iodine	

5. State one effect of heat, acid and alkali on fruits and vegetables.

i. Heat \_\_\_\_\_

\_\_\_\_\_

ii. Acid \_\_\_\_\_

\_\_\_\_\_

iii. Alkali \_\_\_\_\_

\_\_\_\_\_

6. Discuss the term **enzymatic browning**.

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7. List two ways how enzymatic browning reaction can be speed up and be prevented.

<b>Speed up reaction</b>	<b>Prevent reaction</b>

8. List two ways to prevent loss of nutrients during food preparation.

- i. 

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- ii. 

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9. Discuss the term **Rancidity**.

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10. State two reasons for preserving food.

i. \_\_\_\_\_

ii. \_\_\_\_\_

11. Discuss principles of preservation.

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12. Discuss canning process.

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13. Name the bottling method used for the following food.

i. Processing high-acid foods: \_\_\_\_\_

ii. Processing low-acid food: \_\_\_\_\_

14. Define **freezer burn**.

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15. List two ways to prevent freezer burn.

i. \_\_\_\_\_

ii. \_\_\_\_\_

16. Discuss how the following methods helps to preserve food:

i. Dehydration\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

ii. Cold storage\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

iii. Irradiation\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

iv. Use of Antibiotic\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

17. Matching.

	<b>List A</b>			<b>List B</b>
1	Vinegar		A	Has an ability to stop the moisture from entering the food and thus it acts as a barrier for moisture.
2	Sugar		B	Helps in dehydration of microbes by the osmosis process due to which the food spoiling bacterial growth is inhibited.
3	Oil		C	Has an acetic acid concentration of 4 to 5 percent due to which the food spoiling microbes are inhibited.
4	Salt		D	Sugar draws out water from the microorganisms and bacteria due to which their growth is inhibited or they get killed.

18. Discuss two advantages and disadvantages of permitted preservatives.

Advantages	Disadvantages

19. Define BMI.

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20. List two factors that affects BMI.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

**The End**

1. Discuss the following terms:

i. A la carte \_\_\_\_\_

\_\_\_\_\_

ii. Table d’hote \_\_\_\_\_

\_\_\_\_\_



iii. Cycle \_\_\_\_\_

\_\_\_\_\_

iv. Du jour Menus \_\_\_\_\_

\_\_\_\_\_

2. Complete the table.

Illustration	Type of service	Define
		
		



3. List two rules practiced during silver service meal.

i. \_\_\_\_\_

\_\_\_\_\_

ii. \_\_\_\_\_

\_\_\_\_\_

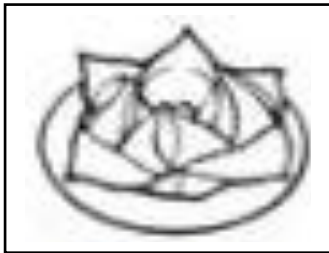
4. Discuss Carvery service.

\_\_\_\_\_

\_\_\_\_\_

5. Name the napkin folding shown below.

i



ii



iii



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. Why oven needs to be preheated before baking?

\_\_\_\_\_

\_\_\_\_\_

7. Discuss the following cooking methods:

i. Pastry making \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ii. Roasting \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. How to store dried herbs.

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9. State a reason for the following.

i. Buy herbs and spices by weight, don't stock up.

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ii. Introduce herbs and spices early in the cooking process.

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10. Complete the table.

<b>Culinary skill</b>	<b>Define</b>
Glazing	
Greasing	
Creaming	
Coating and Binding	
Dusting	
Basting	
Caramelize	

**The End**