

You can write your answers on this paper if you have printed this worksheet and paste it in your exercise book or answer in your exercise book or activity book by writing down both questions and answers.

Essay Writing

(10 marks)

Meat and Cereals are common food commodities in most Fijian households.

With reference to the above statement, discuss **two**

- uses of cereals in food preparation. **(2 marks)**
- ways to prevent rancidity in whole meal cereals. **(2 marks)**
- importance of including meat and cereals in the diet. **(2 marks)**
- reasons for the reduction in consumption of meat by some families. **(2 marks)**

THE END