

**HOME ECONOMICS****YEAR 9****Worksheet 2**

Answer by circling the correct response. You can answer 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. (15 Marks)

1. Which of the following develops positive self-esteem in an individual?
  - A. neglect
  - B. confusion
  - C. ignorance
  - D. confidence
2. One way of managing resources in the home is by
  - A. reusing used clothes.
  - B. discarding left over foods.
  - C. buying new clothes monthly.
  - D. buying groceries without a budget.
3. A family living on a piece of land that does not belong to them is called a
  - A. resident.
  - B. dweller.
  - C. landlord.
  - D. squatter.
4. How should one pass knives and sharp kitchen utensils to another person?
  - A. Pass them backwards
  - B. Pass them by the blade edge
  - C. Roll them over to the other person
  - D. Pass the handle to the other person
5. Which of the following cleaning agents is best for removing stubborn stains on pots?
  - A. abrasives
  - B. disinfectants
  - C. window cleaner
  - D. all-purpose cleaner
6. The nutrient present in body building foods is
  - A. protein.
  - B. carbohydrates.
  - C. vitamins.
  - D. minerals.
7. Including calcium in the diet helps in
  - A. growth.
  - B. digestion.
  - C. tissue repair.
  - D. bone formation.
8. The last meal of the day is
  - A. tea.
  - B. lunch.
  - C. dinner.
  - D. breakfast.
9. In meal planning, the factor to consider in order to make the meal attractive and appealing is
  - A. presentation.
  - B. availability.
  - C. occasion.
  - D. variety.
10. Which of the following food is an animal product?
  - A. cereal
  - B. biscuit
  - C. yogurt
  - D. yogurt
11. Food poisoning is often caused by
  - A. eating raw foods.
  - B. eating half ripe fruits.
  - C. using soft foods for preparing meals.
  - D. preparing food in unhygienic conditions.
12. To prevent fruits from going bad, they should be stored in
  - A. cartons.
  - B. the refrigerator.
  - C. open containers.
  - D. air tight containers.
13. The skill shown is
  - A. peeling.
  - B. slicing.
  - C. cubing.
  - D. shredding.
14. Cooking food using water vapour from boiling water is
  - A. boiling.
  - B. stewing.
  - C. steaming.
  - D. poaching.
15. Beating butter and sugar together till light and fluffy is
  - A. sifting.
  - B. stirring.
  - C. whisking.
  - D. creaming.



The End