



SECOND QUARTERLY ASSESSMENT

HELE 5

Prepared by: Ms. Niña Embien

Name: _____

Score: _____ /50 _____

Grade and Section: _____

Date: _____

IMPORTANT REMINDERS:

- Following instructions is part of the exam. Failure to follow instructions will cause a 3-point-deduction from the total raw score.
- Please write in cursive, failure to follow this will cause a 3-point-deduction from the total raw score.

I. Read the following statements carefully.

Write YAS if the statement is correct and NAH if it is not. (5 points)

1. Natural fabrics are more expensive than man-made fabrics.
2. Sewing is made easy and fast when good quality tools are on hand.
3. Sewing equipment refers to the different types of sewing machines.
4. Shears and scissors come in different sizes.
5. Pressing the fabric after sewing makes the stitches stronger.

II. Name two examples of the following: (12 points)

Measuring Tools	Causes of Food Spoilage
6.	12.
Marking Tools	13.
7.	14.
Cutting Devices	
8.	Methods of Food Preservation
Pressing Equipment	15.
9.	16.
Man-made Fabrics	17.
10.	
Natural Fabrics	
11.	

III. Complete the repair of the following clothes using the 5 basic hand stitches that we did in class. Draw how it will look like and explain your answer using 1-2 sentences. (12points)

18-20. Your jacket got ripped because it was stuck on the zipper.	21-23. The hem of your polo ripped was for about 2 inches.	24-26. While cutting your hair the hair dresser accidentally cut your blouse too.	27-29. Your mom asked your help to fix your little brother's shorts because the crotch area was ripped.

IV. Draw and explain what food preservation/process is suitable for the following food given below. (12points)

	Drawing	Explanation
30-32. Pork		
33-35. Strawberry		
36-38. Tamarind		
39-41. Fish		

V. Read the questions carefully. Explain your thoughts in three (3) sentences. (18points)

42-44. Explain why food preservation is crucial in our daily lives. Discuss the benefits of preserving food, both in terms of reducing waste and ensuring food safety.

45-47. Discuss recent technological advancements in food preservation. How does modern technologies, such as vacuum packaging or controlled atmosphere storage, improved the shelf life and quality of preserved foods?

48-50. After learning and doing the basic hand stitches, what is the value/s that you have learned? And how will you apply this in real life?

I believe in you , God loves you! ♥

***** END OF EXAM *****