



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 *****