



THIRD QUARTERLY ASSESSMENT

HELE 5

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Dimaculangan

Name: _____

Score: _____/50

Grade and Section: _____

Date: _____

IMPORTANT REMINDER: Following instructions is part of the exam. Failure to follow instructions will cause a **5-point-deduction** from the total raw score.

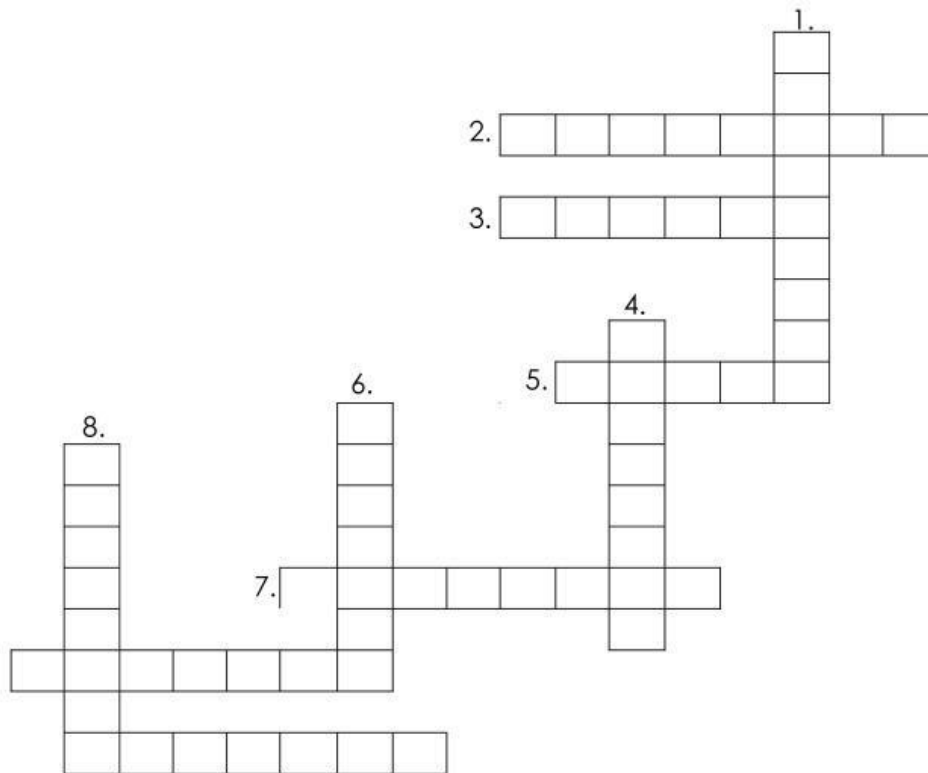
I. CROSSWORD PUZZLE. Read the statement/sentence carefully, write the answer inside the box. (2PTS EACH)

Down

1. The reaction of food containing fat or pigments when exposed to oxygen.
4. A process used to remove heat from an enclosed space or substance to keep food and drinks fresh.
6. The preservation of food with dry edible salt.
8. It is the deterioration of food and other perishable goods.

Across

2. A small green fruit or plant that becomes translucent when preserved.
3. A type of food preserved by combining sugar, salt, and vinegar.
5. A solution made of salt and water.
7. A preservation of food in a salty, acidic solution.
9. A food preservation method that combines the use of heat and sealing in an airtight container.
10. A substance that causes fruits to ripen.



II. Identify the methods of food preservation used in the processing of the following food below. Write the letter of the correct answer on the line before the number.

S – freezing **M** – smoking **I** – salting **L** – fermentation **E** – canning

- | | |
|-------------------------|-------------------------|
| ___ 21. Sterilized milk | ___ 26. Frozen chicken |
| ___ 22. Wine | ___ 27. Bacon |
| ___ 23. Salted egg | ___ 28. Shrimp paste |
| ___ 24. Ham | ___ 29. Beer |
| ___ 25. Ice cream | ___ 30. Spaghetti sauce |

III. Draw and label what is being asked for below. (3PTS EACH)

31-33. A tool to know the correct amount of ingredients

Label: _____

34-36. A tool that serves as a Container:

	Label: _____
37-40. An equipment for preparing or handling ingredients.	41-43. Equipment for processing foods.
Label: _____	Label: _____

IV. Answer the following questions in 2-3 sentences. Use the space provided.

44-46. Now that you know the methods used to prolong the shelf life of certain foods, do you think they are effective enough to prevent food waste?

47-50. Various tools, utensils, and equipment are used in preserving and processing food. Why do you think these items are important and helpful in food preservation and processing?

God is good! 😊
*****END OF EXAM*****