

Student Name:

Date: 26th October, 2021

Home Economics Quiz

Class: 30....

Why we cook Food

1. Prehistoric men cooked food. Indigenous People cooked food. Now we cook food. What is applied to food to enable the cooking process? (1m)

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2. Many types of fuels are used in cooking. How many do you know of?

- a. Name the fuel shown below used for cooking food. (1m)



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- b. The stove shown in the picture would most likely use what type of fuel to cook food? (1m)



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- c. Often used in the olden days for cooking this fuel used is? (1m)



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- d. This cooking makes use of _____ for cooking. (1m)



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- e. Take a wild guess.....what cooking fuel is used here? (1m)



- f. This energy is becoming more and more popular today even in cooking. (1m)



3. What are FOUR reasons for cooking food? (4m)

- i.
- ii.
- iii.
- iv.

4. What are THREE foods that are best cooked prior to eating them? (3m)

- i.
- ii.
- iii.

5. What are THREE foods that can be eaten without cooking? Please do not name 3 fruits or 3 vegetables as responses. Think and challenge yourself. (3m)

- i.
- ii.
- iii.

TOTAL 17 MARKS