

Student Name: .....

Date: 26<sup>th</sup> 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**