



**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.

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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?

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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?

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**I believe in you ☐ , God loves you! ♥**  
**\*\*\* END OF EXAM \*\*\***