

Campbeltown Grammar School Home Economics Department Unit 1
Introduction to Technology 1 Homework

Home Economics Homework

- Homework exercises reinforce your knowledge and understanding of the course work completed.
- Your teacher will tell you when your homework has to be completed and you should enter this in your homework diary.
- Ensure that a parent or guardian signs homework.
- Answer each question in the space provided.
- Make sure you read the instructions carefully and get into the habit of checking completed homework for mistakes.
- Non-completion of homework will lead to referral to the year head.

For Teacher use only

Homework Exercise	Grade	Comment
Exercise 1 Personal Hygiene	+ = -	
Exercise 2 Safety in the kitchen	+ = -	
Exercise 3 Kitchen Hygiene	+ = -	
Exercise 4 Weighing and measuring	+ = -	
Exercise 5 The Cooker	+ = -	
Exercise 6 Kitchen Equipment	+ = -	

Exercise 1 Personal Hygiene

Use the words from the word bank below to complete the following sentences.

1. Always remove all _____, then wash your _____ and scrub your _____ before starting to cook.
2. _____ hair must be tied back.
3. Always wear an _____ during practical Home Economics classes.
4. Cuts must be covered with a _____ dressing to avoid _____
5. Do not _____ or _____ over food.
6. Never lick your _____ when working with food.

Word bank

fingers	apron	hands	long	jewellery
fungernails	cough	infection	sneeze	waterproof

When working with food, your hands must be washed repeatedly. State three occasions when we must remember to wash our hands. In your answer explain why it is necessary and important.



1.



2.

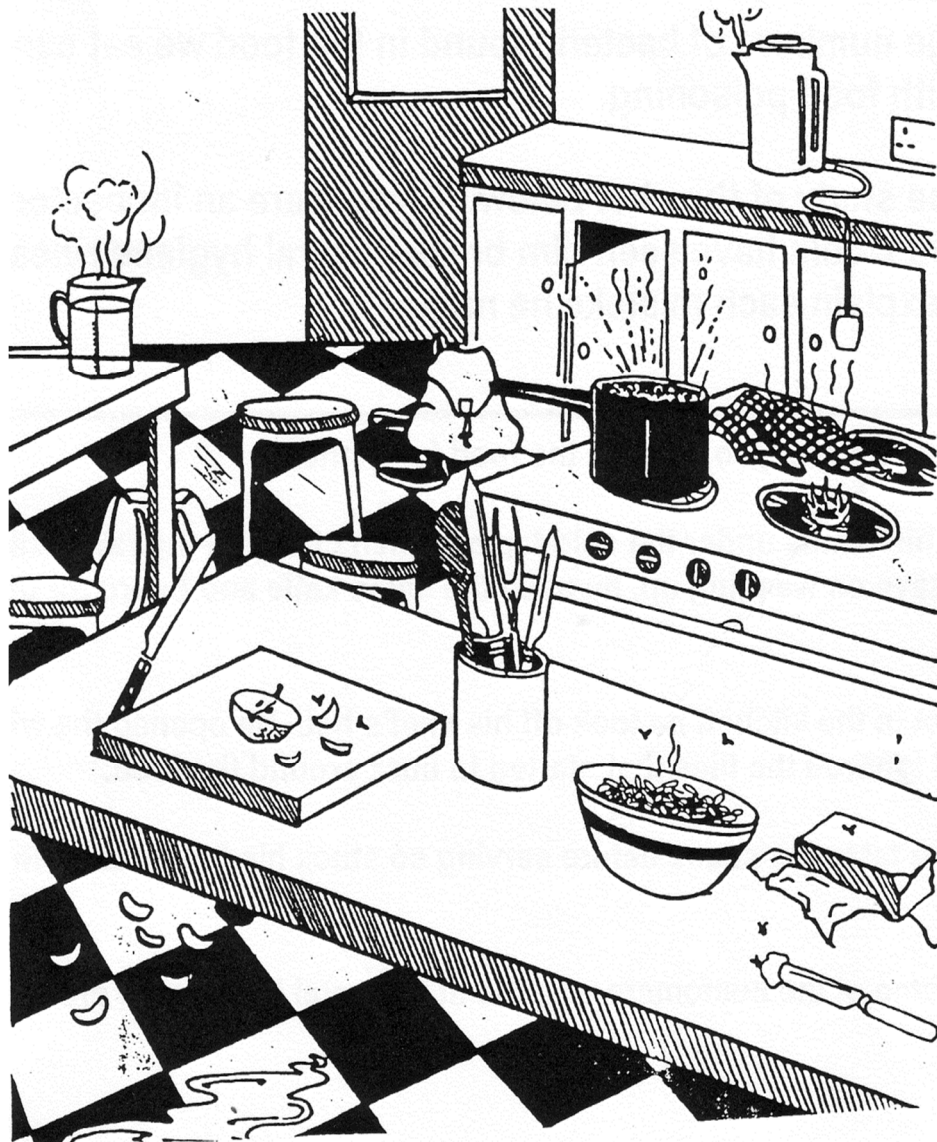


3.

Exercise 2

Kitchen Safety

The kitchen can be a dangerous environment to work in and so safety rules must be understood and followed. Look at the example below, then complete the chart to identify and explain the accidents which could be caused and how we can prevent them.



Danger	Type of accident which could be caused	Make the situation safe by....
The pot handle is sticking out	Burn	Make sure handles are safely turned in during cooking

Exercise 3

Kitchen Hygiene

Read the following carefully.

- Bacteria can get into and onto food in different ways.
- Cross contamination is the transfer of bacteria from raw to other foods.
- Large numbers of bacteria found in the food we eat can make us fall ill with food poisoning.

Read the case study of the chef below. If you were an inspector watching him work, you would have seen him break several hygiene rules. Write a sentence to explain each mistake he made.

The chef was in a hurry to prepare the food for dinner.

He washed his hands under the cold tap and then chopped the raw meat on the chopping board. To save on washing up, he used the same knife and board for the salad vegetables.

As it was hot in the kitchen he took off his hat. He opened the window of the kitchen and ignored the flies that started to buzz around the food.

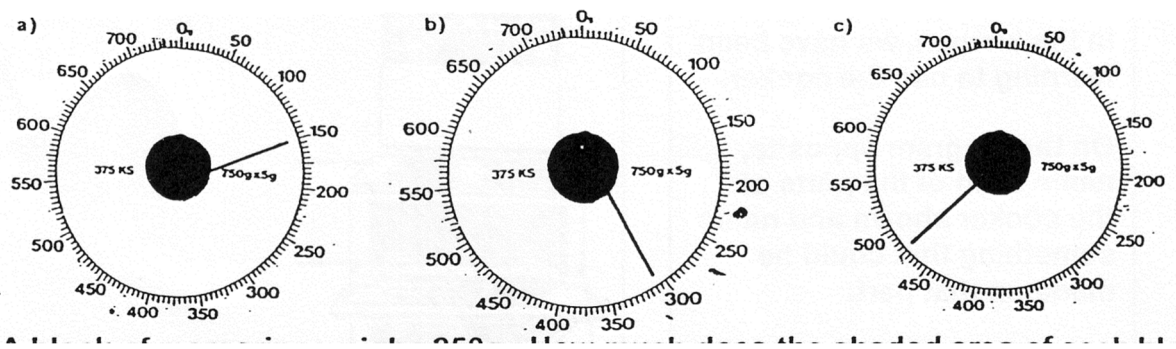
He wanted to taste the sauce before serving so stuck his finger into the pot and then licked it.

Next day, some of the customers who ate at the hotel became ill, probably with food poisoning.

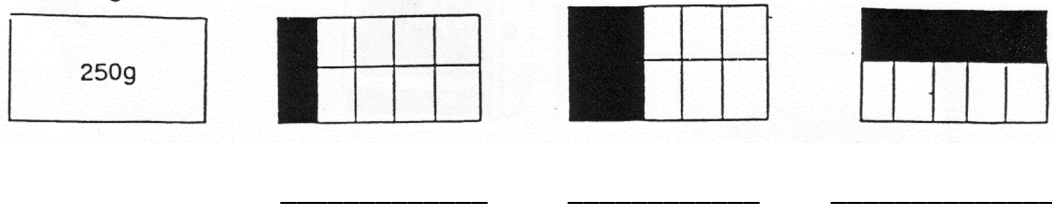


Exercise 4 Weighing and Measuring in the Kitchen

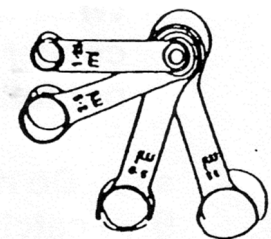
1. How much flour has been measured into these scales?



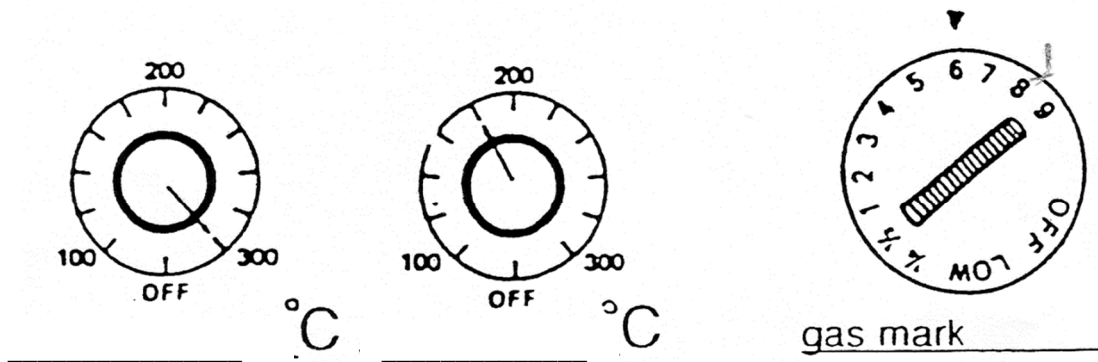
2. A block of margarine weighs 250g. How much does the shaded area of each block weigh?



3. Measuring spoons come in sizes 2.5ml, 5mls, 10mls and 15mls. Which of the spoons and how many would you choose to measure 30mls of coconut?



4 The oven needs to pre-heat before use. What temperatures do these dials show?

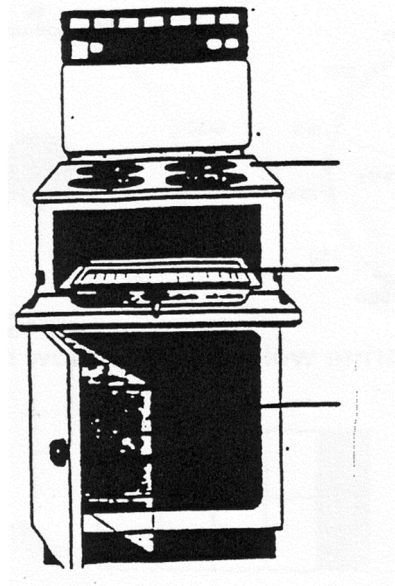


5. Write a sentence to explain why we should wear oven gloves even when putting a cold tray into the oven.

Exercise 5 The Cooker

In the kitchen, we have been learning to use the cooker.

On the diagram opposite, name each of the parts of the cooker shown and name something that could be made on that part.



1) Why is a smell added to gas?

2) Write down 3 safety rules which must be observed when using the cooker. Your answer should include what will happen if the rule is not followed. Use the example given as a guide.

e. g. Do not leave oven gloves or cloths on top of the cooker in case they catch fire if the hob is accidentally left on.


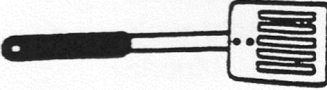




1.

2.

3.

Exercise 6 Kitchen Equipment

You should now be familiar with the equipment below and what it is used for. Complete the following table to name the equipment and describe what it is used for.

Equipment	Name	Use
	Rolling Pin	To roll out dough thinly to make jam tarts
		
		
		
		
		

Why is a wooden spoon a good choice for stirring hot soup?

Why do we usually sieve flour?