

HEADING: TAKE HOME ASSIGNMENT

CLASS: SS 2 D, E, and F.

SUBJECT: HOME MANAGEMENT

QUESTIONS.

DISCUSS THE FOLLOWING

1. Scientific study of food nutrients
 - Test for :
 - Proteins e.g. Millions test
 - Carbohydrates e.g. iodine test
 - Fats and Oil e.g. Blotting paper

Effects of heat on nutrients

- Proteins e.g. . Meat and eggs
- Carbohydrates e.g. starch-yam , maize ,bread
- Fats and oils

3. Food storage and preservation

- Guidelines for purchasing food stuff
- Methods of food storage and preservation
- Flour and flour mixtures
- Types: rice, cassava, wheat, plantain.
- Uses in cookery e.g. cakes, dough, pastry, foo-foo