



Grade 08

Health and Physical
 Education

Unit 14. Preserve the
 nutritional value of food

Part I

Underline the most suitable answer

1. A fact that should remember when presenting food
 - i. Appearance
 - ii. Appealing nature of food
 - iii. The hygienic nature of the food
 - iv. All of the above

2. This is not a nutritious snack,

i. Curd	ii. Boiled green gram
iii. Fresh fruit salad	iv. Rice and curry

3. The group of food items which help in growth
 - i. Spinach, egg yolk, yams, bread
 - ii. Potatoes, cheese, butter, liver
 - iii. Pulses, sprats, meat, fish
 - iv. Soya, milk, yams, jack

4. A method that cannot be used to preserved fish

i. Smoking	ii. Canning
iii. Drying	iv. Adding sugar

5. A factor/s that should be consider when creating a menu

i. Gender	ii. Age
iii. Preferences	iv. All of the above

Part II

Answer all questions

1. Write the main function of following nutrients.
 - a. Carbohydrates
 - b. Protein
 - c. Vitamins

2. State five instances where the nutritional value of food is damaged.

3. State five traditional eating habits.

4. Write a food that can preserve by using following methods.
 - a. Salting
 - b. Adding chemicals
 - c. Smoking
 - d. Dehydration

5. Write three factors to be considered when selecting food.

6. Fill in the blanks using suitable words.
 - a. If the is torn, broken, squashed or inflated the food is not safe for consumption.
 - b. should be cooked in an open vessel without a lid.
 - c. Using vessels for chutney is an incorrect way of cooking.

7. Name the preservation method of following food.



a.....



b.....



c.....