

## Tutorial 1: Food and Textiles

1. (a) Define the term 'Personal hygiene'. [1]  
Personal hygiene is the act of keeping oneself clean.
- (b) State 2 reasons why it is important to maintain good personal hygiene. [2]  
To prevent bad odour- To prevent spread and development of infections-  
To prevent illnesses
- (c) List 2 ways to maintain healthy teeth and gums. [2]  
Eat raw fruits and vegetables- Brush your teeth every morning and before going to bed-  
Rinse your mouth after each meal
- (d) Give an example how you are going to take care of your skin. [1]  
Avoid squeezing pimples- Use of sunscreen cream with a sun protection factor- Washing  
of the skin gently twice a day with soap and water
2. (a) Define the term 'Snack'. [2]  
Snacks are smaller portions of food eaten in between the 3 main meals.
- (b) Explain the difference between 'Diet' and 'Meal'. [2]  
A diet refers to all food that we eat and drink throughout the day, a meal refers to food  
eaten at a specific time of the day.
- (c) List the 3 food groups and give 2 examples of each. [3]  
Food for Energy: bread, rice, pasta, biscuits  
Food for Growth: chicken, fish, eggs, pulses  
Food for health: fruits and vegetables
- (d) List 2 guidelines for healthy eating. [2]  
Eat safe and clean food- drink at least 6 glasses of water per day- eat less food containing  
sugar, salt and fat- eat balanced meals (breakfast, lunch, dinner)
- (e) Plan a balanced lunch that you can bring to school,  
indicating which food group each food belongs. [3]  
Example 1: sandwiches (food for energy), chicken/cheese (food for growth), lettuce leaves  
and carrot (food for health) and juice

Example 2: pasta (food for energy), chicken,cheese (food for growth), apple ( food for health), water

3. State whether the following statements are True or False. [7]

- a) A balanced breakfast consists of the four food groups. FALSE
- b) Eating oily food is an example of healthy eating. FALSE
- c) An important phase that prepares the body is known as puberty. TRUE
- d) First degree burns can be treated using an adhesive plaster/medicated plaster. FALSE
- e) Dinner is important as it provides the body with energy to carry out daily activities. FALSE
- f) First aid does not decrease the severity of an emergency. FALSE
- g) Clothing helps to protect our body. TRUE

4. (a) Define the term ‘ First aid’ [3]

First aid is the immediate help given to a sick or injured person to relieve pain before the doctor arrives.

(b) List 3 first aid equipment that can be found in a first aid kit and give the uses of each. [6]

Bandages: to cover burns/wound

Safety pins: to secure bandages

Thermometer: to check the temperature of a sick person

Antiseptic cream/lotion: to clean and disinfect wound/ injured areas

Instant cold pack: to relieve pain of a sick person

(c) Explain briefly how to treat a small cut. [2]

- Using a cotton wool, clean the area around the wound with antiseptic lotion
- Dry the surrounding with clean cotton wool
- Cover the cut with medicated plaster

5. (a) Explain the following terms: [4]

(i) Clothing

Clothing is also known as clothes. They are made up from fabric or other materials such as leather or plastic.

(ii) Accessories

Accessories are item worn to complete your outfit by adding a finishing touch and complementing your look.

(b) Give 2 examples of functional and decorative accessories each. [4]

Functional accessories: shoes, belt, bags

Decorative accessories: bracelets, pendants, necklaces, hairpins, brooches