CONSUMER STUDIES

GRADE 10

PRACTICAL SKILLS LESSONS

CONSUMER STUDIES

GRADE 10

WORKSHEET 1 **DATE: _____**

Paste these worksheets on your class activity book

IDENTIFICATION OF EQUIPMENT

1.1 Write down the name of the equipment listed below

EQUIPMENT	NAME OF EQUIPMENT
1.	(1)
2.	(1)
3.	(1)
4.	(1)
5.	(1)

6.	(1)
7.	(1)
8.	(1)
9.	(1)
10.	(1)
11.	(1)

1.2 Write down the name of the equipment listed below and give the function of each

TOTAL: 25

PICTURE	NAME OF EQUIPMENT	FUNCTION OF EQUIPMENT
12.	(1)	(1)
13.	(1)	(1)
14.	(1)	(1)
15.	(1)	(1)
16.	(1)	(1)
17.	(1)	(1)
18.	(1)	(1)

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WORK SHEET 2 **DATE:_____**

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RECIPE INTERPRETATION

GRADE 10

Study the recipe below and answer the questions that follow:

Cheese Scones **(Yield: 4 scones)**

Ingredients:

10ml	baking powder
90ml	milk
250ml	cake flour
25g	margarine or butter
2ml	salt
25ml	grated cheddar cheese

Method:

1. Pre-heat oven to 240 ºC. Grease a baking sheet with margarine or non-stick baking spray.
2. Sift the dry ingredients together.
3. Cut the margarine or butter in small pieces into the dry ingredients
4. Rub in the margarine or butter into the dry ingredients with the finger tips, until it looks like maize meal.
5. Cut the milk and cheddar cheese into the dry ingredients mixture with a palette knife or spatula. Do not mix the dough until it is smooth.
6. Turn the dough out on a surface dusted with cake flour. Press flat with finger tips until 2 cm thick.
7. Cut into 4 squares or triangles and put close to one another on the baking sheet. (When the scones are close to one another the edges will be soft.)
8. Put in oven and bake for 15 min. until light brown in colour.

1 Identify the format in which the recipe is written. (1)

2 Name the TWO parts of the recipe. (2)

3 List the dry ingredients that must be sifted together in step 2. (3)

4 Explain the reason why the following must be done

4.1 Pre-heat the oven (1)
4.2 Grease the baking sheet (1)
4.3 Sift the dry ingredients (1)

5 Study the recipe and rewrite the ingredients in the correct order of use. Use the steps of the method to guide you. (4)

6 Identify the measuring equipment that you will need to measure the following ingredients
6.1 baking powder (1)
6.2 milk (1)
6.3 cake flour (1)

7 Name the equipment used …
7.1 to prepare the cheddar cheese (1)
7.2 to do step 2 of the method (1)
7.3 to protect you from burning wounds when removing the hot pan with scones from the oven (1)
7.4 to protect the work surface from the heat when taking the hot pan with scones out of the oven. (1)

8 Explain the word “yield”. (1)

9 Redraw this diagram of a 250g block of margarine on your answer script and indicate with lines how you would cut off 25g margarine for this recipe.

250g

(2)

10. Calculate how much cheese you would need to prepare 8 scones. (2)

TOTAL: 25

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WORK SHEET 3 **DATE: _____**

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MEASURING

GRADE 10

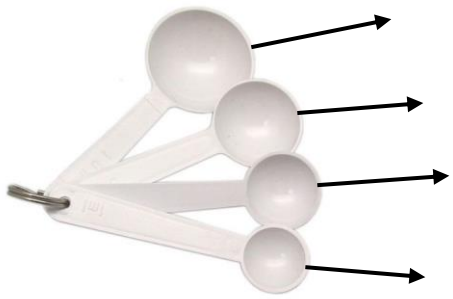
Excellent measuring skills are very important. It will determine the outcome of your products.

Question 1

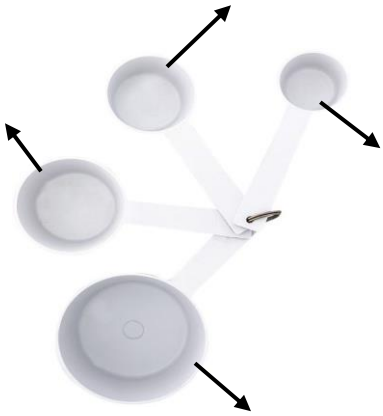
1.1 Measuring equipment is normally standardized in metric measurements.

1.1.1 Identify the measuring equipment below

1.1.2 Name the sizes of the following measuring equipment



A



B

1.2 Identify the measuring equipment suitable to measure 15mℓ of salt

1.3 Name the different measuring cups/spoon to use to measure 375 mℓ cake flour.

1.4 Describe the measuring: pinch of salt.

Question 2

Using the pictures below describe the correct way of measuring dry ingredients.

	Pictures	**Explain the correct method**
Step 1		
Step 2		
Step 3		

Question 3

Study the pictures below and explain the correct way for measuring 250 mℓ milk.

Question 4

A kitchen scale is used to measure solid or dry ingredients in grams or kilograms

Identify the following kitchen scales and give hits to a friend on the correct way of using them

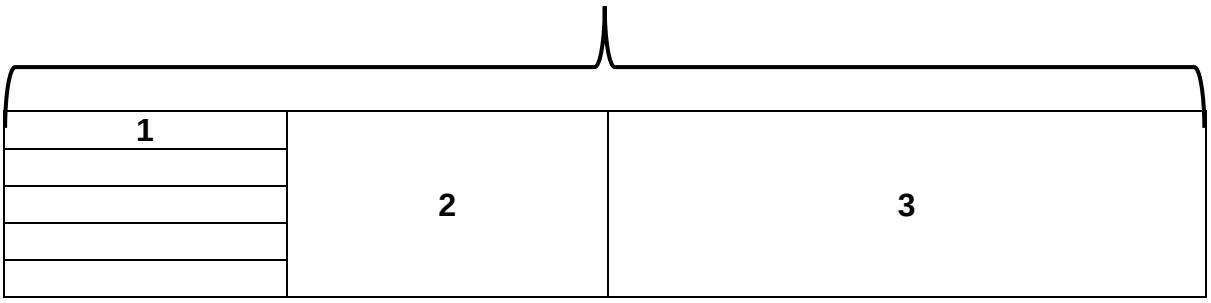
A

B

https://www.errenskitchen.com/wp-content/uploads/2018/04/butter.jpg

QUESTION 5

A brick of 500g butter/margarine can be divided into equal portions accurately by cutting it with a knife

The diagram below represents a 500g block of margarine. How many grams are indicated in each block?

500 grams