

JUNIOR LYCEUMS ANNUAL EXAMINATIONS 2000

Educational Assessment Unit - Education Division

FORM 1

HOME ECONOMICS

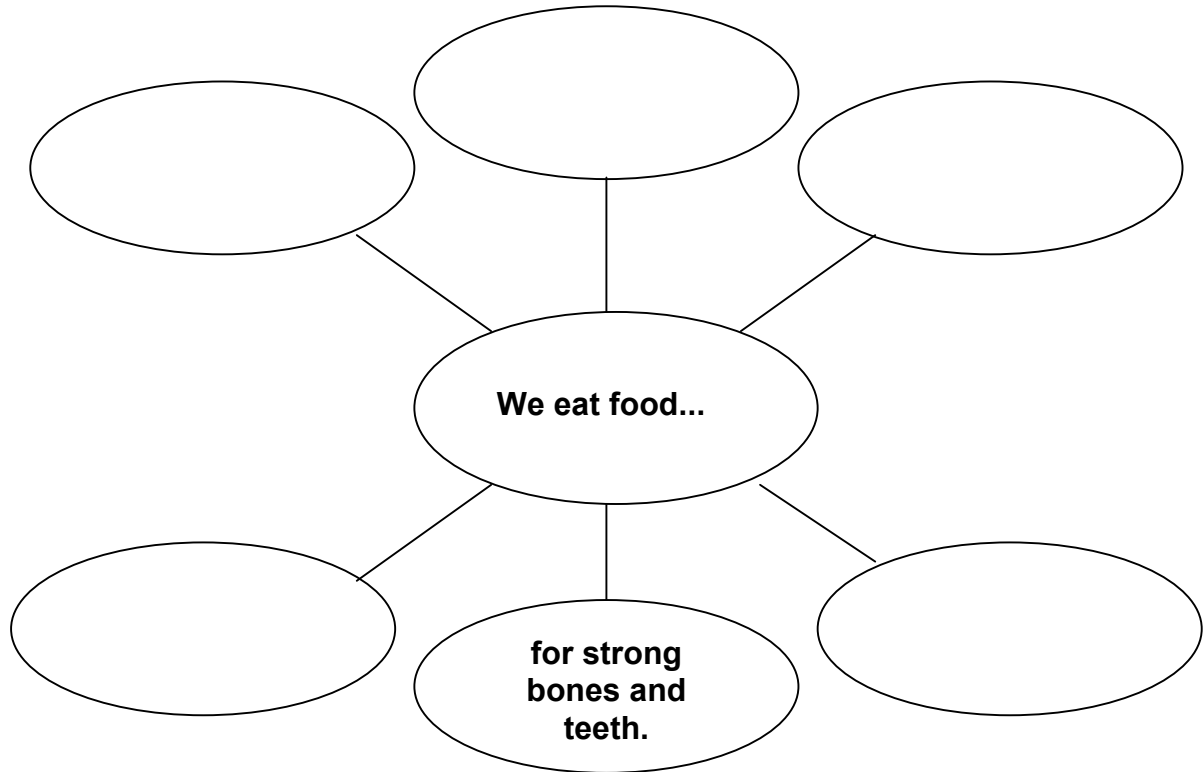
TIME: 1h 30min

Name: _____

Class: _____

Answer **all** the Questions

1. Complete the bubble chart below:



(5 marks)

2. Healthy eating guidelines advise us to cut down on the fats we eat:

a) List **two** health problems which may be caused by eating too much fat.

(i) _____ (ii) _____ (2 marks)

b) Suggest **three** ways of reducing the amount of fat we eat.

(i) _____

(ii) _____

(iii) _____ (3 marks)

c) Choose healthier foods than the ones listed below:

_____ instead of



_____ instead of



_____ instead of



_____ instead of



_____ instead of



(5 marks)

3. a) Write down the names of **four** healthy snacks/drinks.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(4 marks)

b) Suggest ways of increasing NSP (Dietary Fibre) when :-

(i) preparing **breakfast** _____

(ii) preparing a **sandwich** _____

(iii) making **small buns** _____

(iv) making a **soup** _____

(4 marks)

c) Name **two** diseases which we may suffer if we do not take in enough NSP in our diet.

(i) _____

(ii) _____

(2 marks)

4. You have decided to prepare some buns for tea.

a) Give the name of the method you would use to prepare them.

(1 mark)

b) How would you prepare the buns?

(i) _____

(ii) _____

(iii) _____

(iv) _____ (4 marks)

c) Name **four** pieces of equipment you would need to prepare the buns. Give their use.

Name of Equipment

Use

_____ (4, 4 marks)

d) How would you check to see if the buns are cooked after you have baked them?

_____ (1 mark)

e) Write down the order you would follow when doing the washing-up after baking the buns.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(v) _____ (5 marks)

5. You have just started to cook on your own.

a) List **four** points you should keep in mind to ensure the safe use of the gas cooker.

(i) _____

(ii) _____

(iii) _____

(iv) _____ (4 marks)

b) Give the names of **two** dishes you could cook on each of the cooker parts listed below.

grill: _____

hob: _____

oven: _____

(6 marks)

c) You have messed up the hob of your gas cooker while preparing some tomato sauce.

How would you clean it up?

- _____
- _____
- _____
- _____
- _____

(5 marks)

6. a) The picture shows the living room of the Borg family who have two young children. List **eight** possible accidents which could be prevented.



- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____
- (v) _____
- (vi) _____
- (vii) _____
- (viii) _____

(8 marks)

b) The family live in a two-storey house. Suggest **three** safety rules the parents must follow as regards the stairs. **Safety Rules:**

- (i) _____
- (ii) _____
- (iii) _____

(3 marks)

7. a) Your mother cuts her finger while preparing lunch.

What first-aid treatment would you give her?

(i) _____

(ii) _____

(iii) _____ (3 marks)

b) It is important to keep the first-aid box well stocked.

List **eight** important items you would include in your box.

(i) _____ (ii) _____ (iii) _____ (iv) _____

(v) _____ (vi) _____ (vii) _____ (viii) _____ (4 marks)

c) Choose **two** items from the above list and say how you would use them.

Name of Item: _____

Use: _____

Name of Item: _____

Use: _____

(2, 2 marks)

d) In the case of an emergency, which number would you phone to call:

an ambulance?:

a fire-engine?:

the police?:

(3 marks)

8. a) Match the family types with the definitions shown below:

nuclear family;
foster family;

adoptive family;
step-family;

extended family;
single-parent family

i) can include grandparents; parents; children; aunts; uncles; etc;

ii) it is made up of the parents and their children.

iii) children are brought up by one parent only.

iv) only one parent is the natural parent.

v) takes care of a child for just a few months/years.

vi) the parents are not the natural parents but child takes their surname.

(6 marks)

b) Name **one** of your basic needs and discuss how your family satisfies this need.

Need: _____

My family satisfies it by:

- _____
- _____ (4 marks)

c) What can you do to help improve your relationship with the other members of your family?

- _____
- _____
- _____ (6 marks)