

JUNIOR LYCEUMS ANNUAL EXAMINATIONS 2000

Educational Assessment Unit - Education Division

FORM 2

HOME ECONOMICS

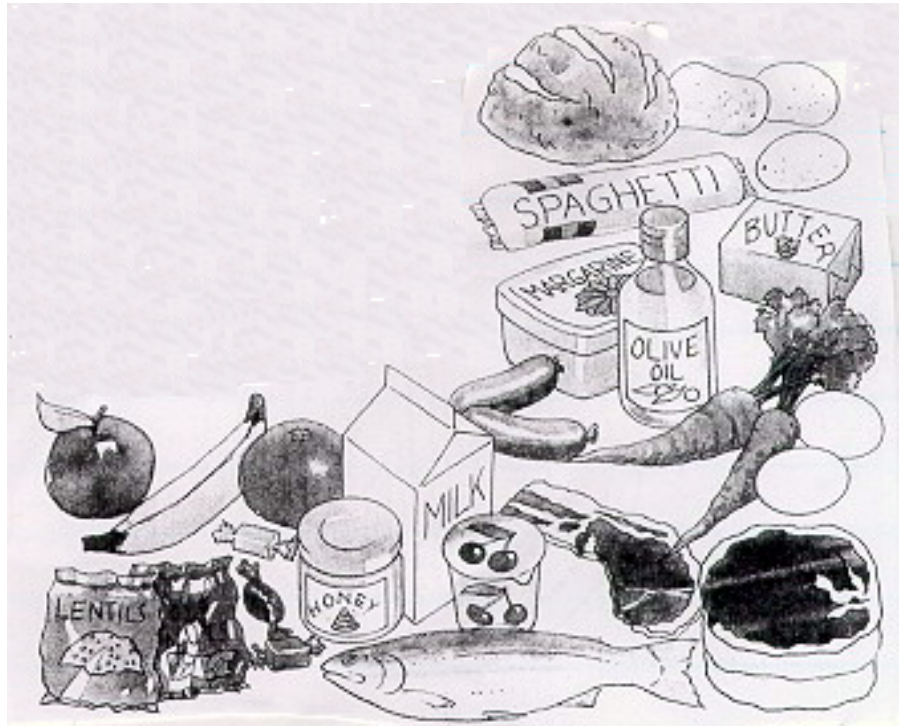
TIME: 1h 30min

Name: _____

Class: _____

1. The variety of food in the picture helps you to grow and be healthy.

However, we need to choose to eat more of some and less of others.



Suggest **five** dietary guidelines that would help you to choose healthy food.

- _____
- _____
- _____
- _____
- _____ (5 marks)

2. A balanced diet contains enough of all the necessary nutrients.

a) Give the main function (*use*) of each nutrient listed below:

(i) **Protein** _____

(ii) **Carbohydrates** _____

(iii) **Fats** _____

(iv) **Minerals and Vitamins** _____ (4 marks)

b) Name **two** other important substances that are essential (*important*) for a healthy diet.

_____ (2 marks)

3. A friend of yours needs some advice on how to eat less fat.

a) Suggest **five** ways how your friend can reduce the amount of fat in his/her daily diet.

- _____
- _____
- _____
- _____
- _____ (5 marks)

b) Name **two** diseases that can be prevented by eating foods which are low in fat.

_____ (2 marks)

c) Fats can be saturated and polyunsaturated.
Fill in the following foods in the right column.

eggs, sunflower margarine,	soft cheese, ham,	olive oil, Soya milk
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Saturated

Polyunsaturated

(6 marks)

d) What does saturated fat form in the blood?

_____ (1 mark)

4. Lately John has been suffering from constipation. He would like to know whether the food he eats could help him to get rid of his condition. (*constipation*)

a) What advice would you give John as regards to:

- his choice of food?
_____ (1 mark)

- the amount of water that he should drink?
_____ (1 mark)

b) What is the function (*use*) of NSP/dietary fibre in the body?

_____ (3 marks)

c) Name two other diseases that could be avoided if we all eat enough fibre rich foods.

_____ (2 marks)

5. a) Mary works as a nurse on night shifts and gets really hungry.
What can she take for a snack instead of biscuits and chocolate?
_____ (2 marks)

b) Name two diseases that can be avoided if Mary reduces the sugary foods in her diet.
_____ (2 marks)

6. a) You are going to prepare some Cornish Pasties at home. Name the utensils that you require and give their function (*use*).

Utensils	Function
• _____	_____
• _____	_____
• _____	_____
• _____	_____
• _____	_____
• _____	_____

(3, 6 marks)

b) Describe how you would clean the chopping board.
• _____
• _____
• _____ (3 marks)

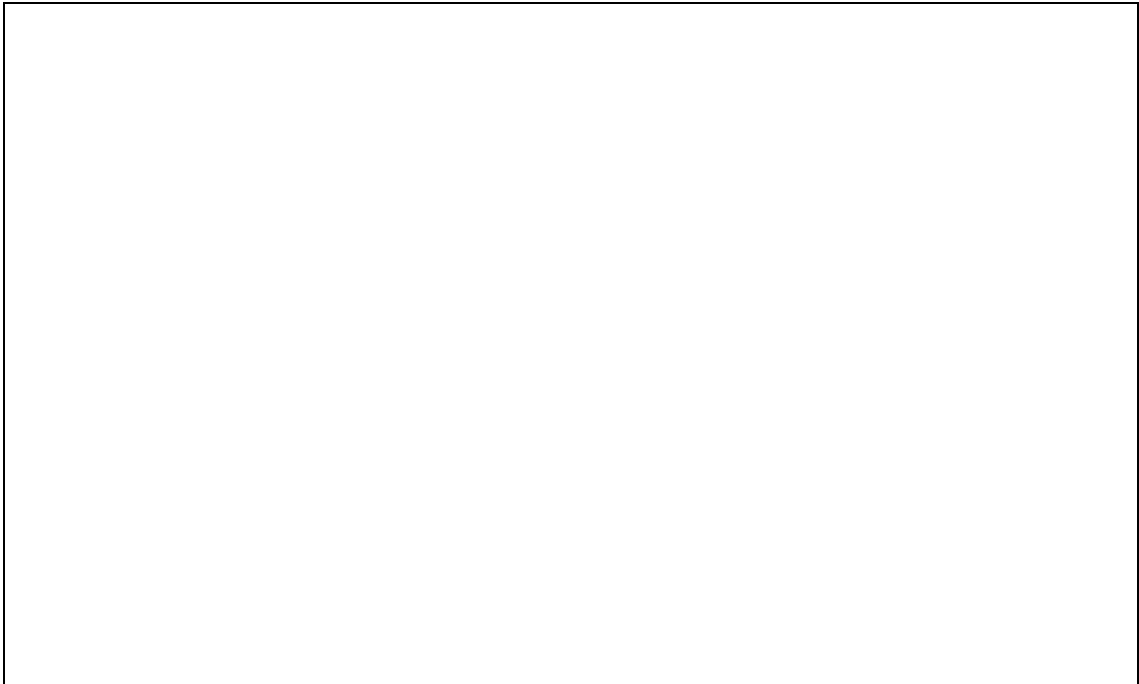
7. You have offered to prepare a healthy snack for your friend.

a) Suggest with reasons the name of:

(i) the **dish** you would prepare _____
Reason: _____ (1, 2 marks)

(ii) the **drink** you would serve _____
Reason: _____ (1, 2 marks)

- b) In the space provided draw a diagram of the table layout with the dish, drink, cutlery, napkin and decoration.



(6 marks)

8. Food labels provide consumers with information.

- a) What attracts you to some labels but not others?

- _____
- _____ (2 marks)

- b) What information would someone with high blood pressure find useful?

_____ (1 mark)

- c) Explain the following:

“Use by date” _____

“Best before date” _____ (2 marks)

- d) Name **four** points you would look for when choosing the shop to buy food in.

- _____
- _____
- _____
- _____ (4 marks)

9. a) Tooth decay is caused by:

- bacteria **Tick the correct answer**
- eating vegetables
- not going to the dentist

(1 mark)

b) Suggest **five** ways how we can take proper care of our teeth.

- _____
- _____
- _____
- _____
- _____

(5 marks)

c) How can you help a young child from developing a sweet tooth (*a liking for sweets*) ?

- _____
- _____

(2 marks)

d) Why is it important to brush our teeth after eating sugary foods and before going to bed?

(2 marks)

10. Joseph is a four year old boy. He can be rude and difficult to control.

a) Give the possible reasons why Joseph is behaving in this manner.

- _____
- _____

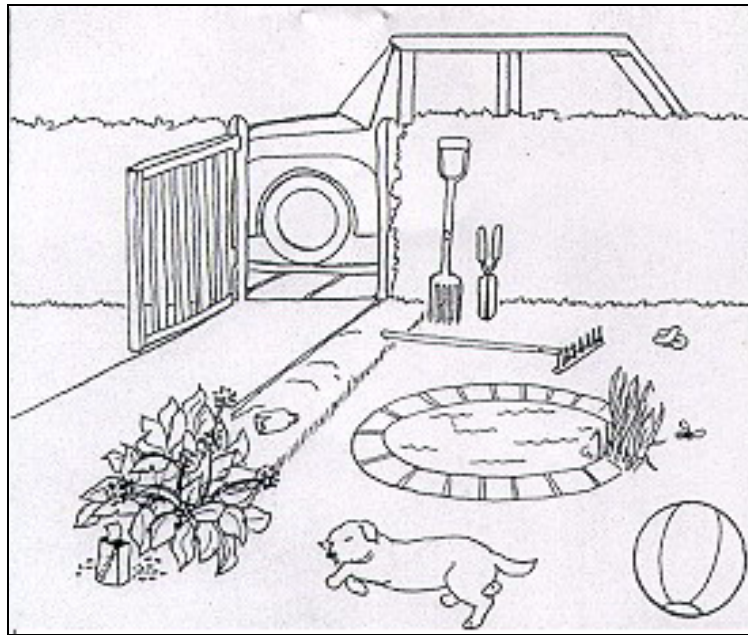
(2 marks)

b) Suggest **three** ways how Joseph can be helped to behave better.

- _____
- _____
- _____

(3 marks)

11. Look carefully at the following picture.



List **five** hazards (*dangers*) for a young child.

Hazard (i) _____

Prevention _____

Hazard (ii) _____

Prevention _____

Hazard (iii) _____

Prevention _____

Hazard (iv) _____

Prevention _____

Hazard (v) _____

Prevention _____ (10 marks)

12. Peter and Jane are the parents of two young boys. They are fascinated with how quickly the boys have grown up. They keep them busy, but make them feel young.

Give suggestions how each family member is contributing to create this happy family situation.

the father _____

the mother _____

the children _____

(6 marks)