

JUNIOR LYCEUMS ANNUAL EXAMINATIONS 2000

Educational Assessment Unit - Education Division

FORM 3

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all Questions

1. Three of the current guidelines recommended for a healthy diet are listed below:-

***Do not eat too many foods containing a lot of fat.
Do not have sugary foods and drinks too often.
Increase the intake of dietary fibre.***

a) Give **three** ways of putting each guideline into practice.
Do not eat too many foods containing a lot of fat.

- _____
- _____
- _____ (3 marks)

Do not have sugary foods and drinks too often.

- _____
- _____
- _____ (3 marks)

Increase the intake of dietary fibre.

- _____
- _____
- _____ (3 marks)

b) Below is a typical evening meal eaten by some teenagers.

***Fried Sausages or Burgers
Chips
Ice-Cream
Glass of Cola/Soft Drink***

Keeping in mind the dietary guidelines, choose healthier foods than the above and give reasons for your choice.

- | Food Chosen | Reason |
|--------------------|----------------------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ (2, 4 marks) |

2. Complete the following sentences.

(i) Eating food containing _____ helps prevent constipation.

(ii) Pure orange juice is a good source of _____.

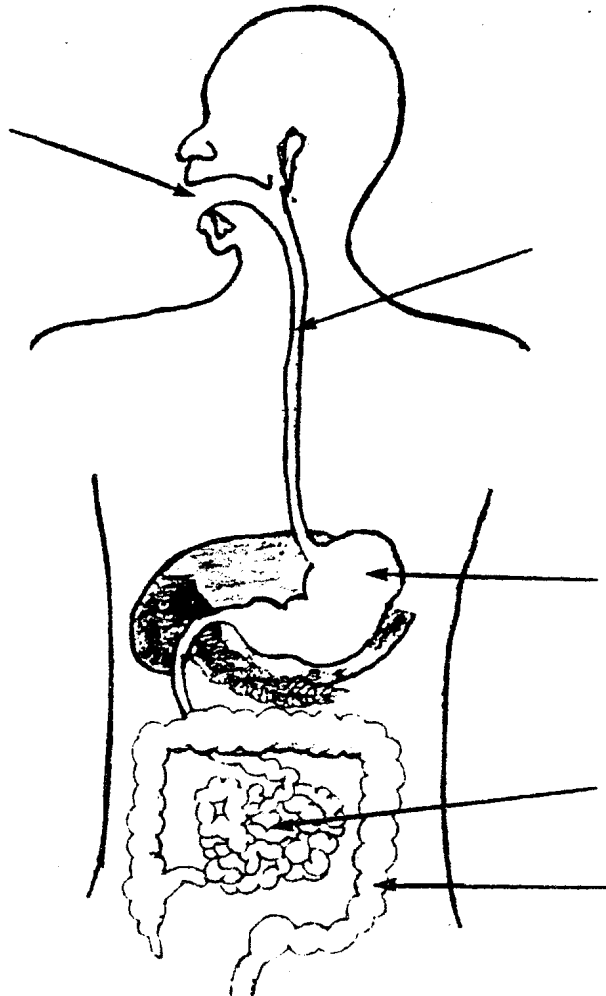
(iii) Too much _____ in our diet can cause obesity.

(iv) Someone who does not eat meat is called a _____.

(v) We need _____ for the formation of healthy bones and teeth.

(5 marks)

3. a) Name the main parts of the digestive system labelled in the diagram.



(5 marks)

b) Explain the process which an apple goes through in the main part of the digestive system.

Main Parts of the Digestive System.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(v) _____

(vi) _____

(6 marks)

4. a) Match the different methods of cooking meat with the definition given in the box below.

grilling	baking	frying	stewing	casserole
(i)	a long slow moist method of cooking in a container in the oven.			
(ii)	cooking in the dry heat of an oven.			
(iii)	a quick method of cooking under direct heat.			
(iv)	a moist method of cooking in an enclosed container on top of the cooker			
(v)	cooking a small or large amount of food in oil.			

(5 marks)

- b) A microwave oven is often used in food preparation as a labour saving device. Name **three** advantages of using a microwave oven rather than a conventional oven.

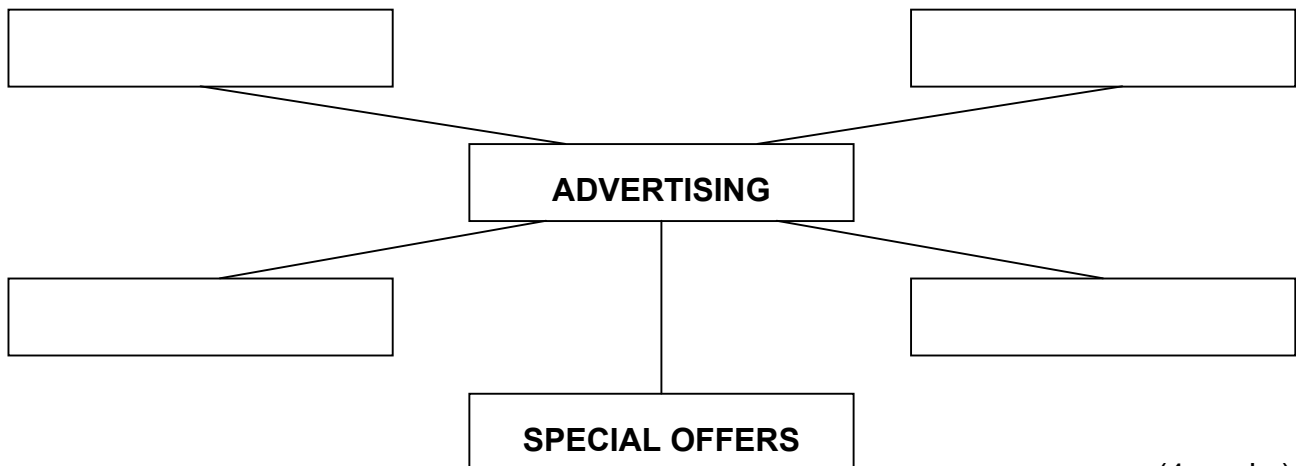
- (i) _____

- (ii) _____

- (iii) _____

(3 marks)

5. a) Fill in the spider diagram on advertising to show how food producers influence our choice when shopping for food. (one has been filled in as an example)



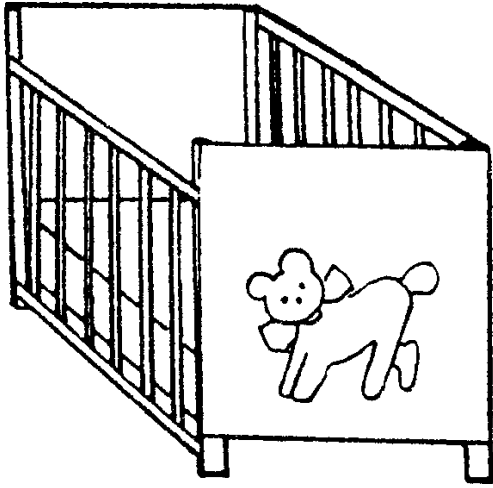
(4 marks)

- b) How can we as informed consumers shop sensibly for food? List **five** pieces of information.

- (i) _____
 (ii) _____
 (iii) _____
 (iv) _____
 (v) _____

(5 marks)

6.



a) List **three** safety features to check for when buying a cot for a baby. Give **one** reason why each feature is important.

(i) **Safety Feature** _____
Reason _____

(ii) **Safety Feature** _____
Reason _____

(iii) **Safety Feature** _____
Reason _____

(3, 3 marks)

b) What steps could you take if one or more of the above safety features fail to function?

- _____
- _____
- _____

(6 marks)

7. a) The following sentences may be **true** or **false**.

Underline the correct word in the bracket.

(i) Today, fathers are not expected to help with a new baby in the family. (TRUE/FALSE)

(ii) Breast milk is the best kind of food for a new born baby. (TRUE/FALSE)

(iii) Children learn through play. (TRUE/FALSE)

(iv) A physical disability affects the normal growth and development of the baby. (TRUE/FALSE)

(v) In a Kindergarten class, a child develops socially. (TRUE/FALSE)
 (5 marks)

b) Children can benefit when playing outdoors.
Give examples for each of the following areas of development.

(i) **Physical:** _____

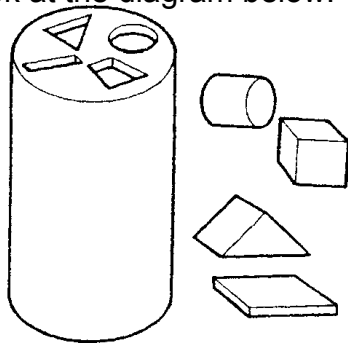
(ii) **Emotional:** _____

(iii) **Social:** _____

(iv) **Intellectual:** _____

(8 marks)

c) Look at the diagram below.



State **three** things a child will learn whilst playing with this toy.

(i) _____

(ii) _____

(iii) _____

(6 marks)

d) Starting nursery/kindergarten school can be a stressful time for young children.
How could parents prepare their child for this?

• _____

• _____

(4 marks)

e) Books are important in helping a young child's development. Describe how.

(4 marks)

f) Suggest **two** ways how parents can help to encourage language development.

(i) _____

(ii) _____

(4 marks)

8. Many teenagers object to parental advice about adolescent issues. Suggest how parents can encourage their children to develop positive attitudes about the risks of each of the following:

Drinking: _____

(3 marks)

Smoking: _____

(3 marks)

The Use of Drugs: _____

(3 marks)