

JUNIOR LYCEUMS ANNUAL EXAMINATIONS 2000
Educational Assessment Unit - Education Division

FORM 5

HOME ECONOMICS

TIME: 1h 45min

Name: _____

Class: _____

Answer **all** Questions

1.

SAINSBURY'S
– Simply Heat & Serve –
TAGLIATELLE
With mushrooms and smoked ham in a creamy sauce
SERVES 2

NO ADDITIONAL INGREDIENTS OR RECIPIENTS
4 MINUTES

Serve with lightly cooked green vegetables such as broccoli or with a crisp green salad

560 gram - 1.23 lb

INGREDIENTS: PASTA, DURUM WHEAT SEMOLINA, WATER, EGGS, SPINACH POWDER, CHICKEN STOCK, MUSHROOMS, LIQUID CREAM, SMOKED HAM (WITH PRESERVATIVE: E250), VEGETABLE OIL, MODIFIED STARCH, WHITE WINE, SUGAR, VEGETABLE STOCK, SALT, LEMON JUICE, WHITE PEPPER (LESS THAN 10% MEAT)

NUTRIENT	TYPICAL VALUES COOKED AS PER INSTRUCTIONS	
	PER 100g (3.5 oz)	PER SERVING (280g)
ENERGY	285 KJ/CALORIES	560 KJ/CALORIES
PROTEIN	9.0g	25.2g
CARBOHYDRATE	9.0g	25.2g
TOTAL FAT	11.8g	33.0g
OF WHICH POLYUNSATURATED	1.2g	3.4g
SATURATED	1.3g	3.6g
ADDED SUGARS	0.5g	1.4g
ADDED SALT		

COOKING INSTRUCTIONS
Remove outer sleeve, but do not remove film. Place in a preheated oven at 180°C, 350°F, Gas Mark 4 for 20–25 minutes.

MICROWAVE INSTRUCTIONS
Remove sleeve. Pierce a small hole in the film lid. Cook on full power for 4–4½ minutes.

These instructions are based on a 650 watt microwave oven. It may be necessary to alter them for different output models.
DO NOT REHEAT

J Sainsbury plc Stamford Street London SE1 9LL

a) Name **three** nutrients found in the **Tagliatelle**.
Give **one** function of nutrient named.

Nutrient: _____

Function: _____

Nutrient: _____

Function: _____

Nutrient: _____

Function: _____ (3 marks)

b) In a 280g serving of the **Tagliatelle** what is:

(i) The fat content? _____ (1 mark)

(ii) The energy content? _____ (1 mark)

c) There are two different cooking instructions on the packet.

Why? _____

_____ (2 marks)

d) Suggest, with reason, another dish that you can serve with the Tagliatelle to turn it into a meal for yourself.

Dish Chosen: _____ (1 mark)

Reason: _____
_____ (2 marks)

2. a) Why is food chilled or frozen?

• _____
• _____ (2 marks)

b) Give two reasons with examples why some foods are unsuitable for freezing.

(i) **Reason:** _____

Example: _____

(ii) **Reason:** _____

Example: _____

(6 marks)

c) Why are consumers advised to keep certain products refrigerated once open and to use them within a few days?

_____ (2 marks)

d) Why are there very strict hygiene rules about the manufacture and sale of **cook-chill** food?

• _____
• _____ (2 marks)

e) How do refrigerators chill food?

_____ (2 marks)

3. a) Discuss **three** ways by which advertisers encourage people to be slim.

i) _____

ii) _____

iii) _____ (3 marks)

b) When following a slimming diet many people also reduce their intake of essential nutrients such as iron, calcium and vitamin D.

Explain how these three nutrients contribute to a healthy diet.

Iron _____

Calcium _____

Vitamin D _____ (3 marks)

c) A friend of yours has been on a strict slimming diet. The family is very much concerned about the amount of weight your friend has recently lost. Discuss how this weight loss could affect your friend's physical and social health.

Physical • _____
• _____ (4 marks)

Social • _____
• _____ (4 marks)

4. Food claims can sometimes be confusing because they are allowed to be selective about the information they give.

For example, foods which claim to be “low in fat”, may not point out that they are also high in sugar or salt. “Low fat” or “low sugar” food may not necessarily be any lower in calories – they may even have more.

(Which? Magazine)

a) Analyse **two** ways in which misleading food claims could affect family health.

- _____
- _____

(4 marks)

b) Why is clear labelling important and what information should it give the consumer?

- _____
- _____

(4 marks)

c) Why are plastics used so much by the packaging industry?

- _____
- _____

(2 marks)

d) What are the advantages and disadvantages of using the following as packaging material?

	Advantage	Disadvantage
glass	• _____	• _____
	_____	_____
paper and cardboard	• _____	• _____
	_____	_____
metals	• _____	• _____
	_____	_____

(6 marks)

e) Why does packaging cause concern to consumers and environmentalists?

- _____
- _____

(2 marks)

f) What steps are being taken by manufacturers to meet these concerns?

- _____
- _____

(2 marks)

5. Your family is aware of the importance of caring for the environment. Suggest, with reasons, how your household could be more environmentally friendly.

Suggestion: _____

Reason: _____

Suggestion: _____

Reason: _____

Suggestion: _____

Reason: _____ (6 marks)

- 6 a) A good number of elderly people still choose to live in their own home, even though they are almost too frail (*weak*) to look after themselves.

Discuss

- _____

 - _____

 - _____

- (6 marks)

- b) State some ways in which individuals, families and community services can help elderly people stay in their homes.

individuals

- _____

families

- _____

community services

- _____

(6 marks)

- c) An elderly person lives alone on a limited budget. Describe, giving practical examples, how this elderly person can prepare meals economically.

(i) _____

(ii) _____

(iii) _____

(6 marks)

7. The worry and burden of house loan repayments can be a cause of stress on a family.

- a) Discuss possible factors which can lead to stress

- _____

 - _____

 - _____

 - _____

- (4 marks)

- b) Suggest strategies (*ways*) which a family can adopt to prevent such stressful situations.

- _____

 - _____

 - _____

 - _____

- (8 marks)

- c) Define clearly when you think you can refer to a '**house**' as a '**home**'.

(8 marks)