

# JUNIOR LYCEUMS ANNUAL EXAMINATIONS 2001

Educational Assessment Unit – Education Division

**FORM 3**

**HOME ECONOMICS**

**TIME: 1h 30min**

**Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Answer all the questions.**

1. Look carefully at this label.

<b>Oat Krunchies</b>		
<b>FACTS</b>		
<b>Oat Krunchies</b> cereal is: <ul style="list-style-type: none"><li>• made from 100% natural ingredients</li><li>• free from artificial additives</li><li>• a source of dietary fibre</li><li>• suitable for vegetarians</li></ul>		
<b>NUTRITION INFORMATION</b>		
Typical values	Per 100g	Per 30g Serving
Energy	1645kJ (393kcal)	495kJ (118kcal)
Protein	9.5g	2.9g
Carbohydrate	72.0g	21.6g
(of which Sugars)	13.0g	3.9g
Fat	7.0g	2.1g
(of which Saturates)	1.1g	0.3g
Fibre	5.5g	1.7g
Sodium	1.1g	0.3g

- a) How much protein would a child take from an average 30g breakfast serving of Oat Krunchies?

\_\_\_\_\_

(1 mark)

- b) Protein foods can be of high biological value (H.B.V.) and of low biological value (L.B.V.).

Give **two** examples of each.

<b>H.B.V. Foods</b>	<b>L. B. V. Foods</b>

(2 marks)

- c) What is the function of Protein in the body?

i) \_\_\_\_\_

ii) \_\_\_\_\_

(2 marks)

d) State **one** reason why this product is suitable for vegetarians.

\_\_\_\_\_ (1 mark)

e) The Oat Krunchies cereal is to form part of a balanced breakfast, but some nutrients are missing.

State which nutrients are missing.

Suggest a food to serve for breakfast rich in these nutrients.

**Nutrient**

\_\_\_\_\_

**Food to serve**

\_\_\_\_\_

**Nutrient**

\_\_\_\_\_

**Food to serve**

\_\_\_\_\_

**Nutrient**

\_\_\_\_\_

**Food to serve**

\_\_\_\_\_

(6 marks)

f) Mention **two** dangers of a diet high in:

(i) **sugar**

(ii) **fat**

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

(2,2 marks)

g) Why is it important to eat foods high in fibre?

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

2. Jane, aged 4 years, has always enjoyed her food. At a recent clinic check, Mrs. Borg, Jane's mother, was told that Jane was overweight.

a) What could be the possible cause of Jane being overweight?

• \_\_\_\_\_

• \_\_\_\_\_

(2 marks)

b) What advice would you give to Mrs. Borg to help Jane overcome her weight problem?

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

(4 marks)

3. a) The intake of Carbohydrates and Vitamin B should be increased during the teenage period.

Give **one** reason to justify this statement.

**Carbohydrates**

\_\_\_\_\_

\_\_\_\_\_

**Vitamin B** \_\_\_\_\_

(2 marks)

- b) Why do teenage girls need to increase the intake of iron and vitamin C rich foods.

**Iron** \_\_\_\_\_

**Vitamin C** \_\_\_\_\_

(2 marks)

- c) These teenagers need advice on how to include the above mentioned nutrients in their meals.

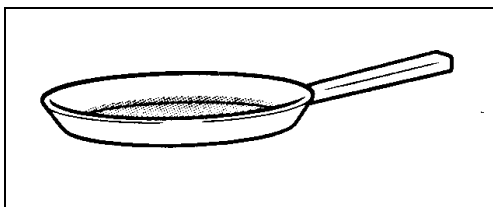
Suggest **two** meals which teenagers can take during mid-day.

<b>Meal high in Carbohydrates and Vitamin B</b>	<b>Meal high in Iron and Vitamin C</b>
<b>main course</b>	<b>main course</b>
_____	_____
<b>dessert</b>	<b>dessert</b>
_____	_____

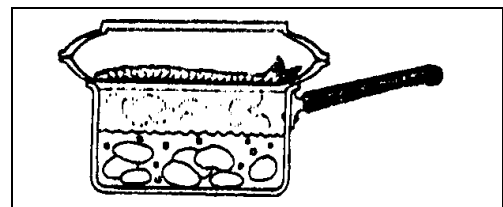
(4 marks)

4. Study the diagrams below and answer the following questions.

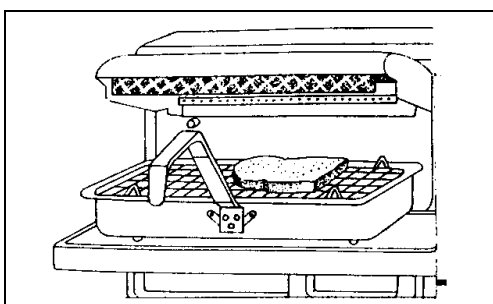
A.



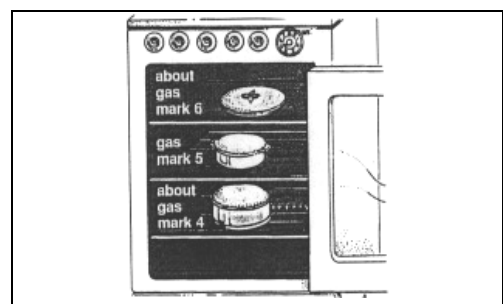
B.



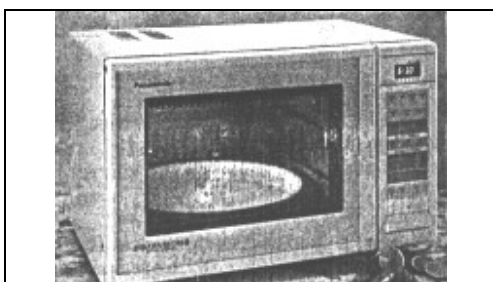
C.



D.



E.



a) Identify (*name*) the method of cooking shown in diagrams A, B, C, D.

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

(4 marks)

b) Mention how heat is transferred to the food when it is cooking in:

Diagram A \_\_\_\_\_

Diagram C \_\_\_\_\_

Diagram D \_\_\_\_\_

(3 marks)

c) List **three** safety precautions needed when cooking by method A.

**Safety Precautions**

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(3 marks)

d) Name the appliance in Diagram E and explain **three** benefits of using this appliance.

**Name of appliance** \_\_\_\_\_

(1 mark)

**Benefits**

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(3 marks)

5. Being able to make Short Crust pastry is a real advantage when preparing meals for the family.

a) Explain the importance of the following when making Short Crust pastry.

(i) Choosing the correct proportion of fat to flour.

\_\_\_\_\_  
\_\_\_\_\_

(2 marks)

(ii) Choosing the correct type of flour.

\_\_\_\_\_  
\_\_\_\_\_

(2 marks)

(iii) Using very cold water.

\_\_\_\_\_  
\_\_\_\_\_

(2 marks)

- b) Plan, with reasons, a **two**-course mid-day meal for your family where the main course includes a pastry dish.

Mid day Meal	Reasons for choice
<b>Main Course</b>	• _____ _____ _____
<b>Dessert</b>	• _____ _____ _____

(2,4 marks)

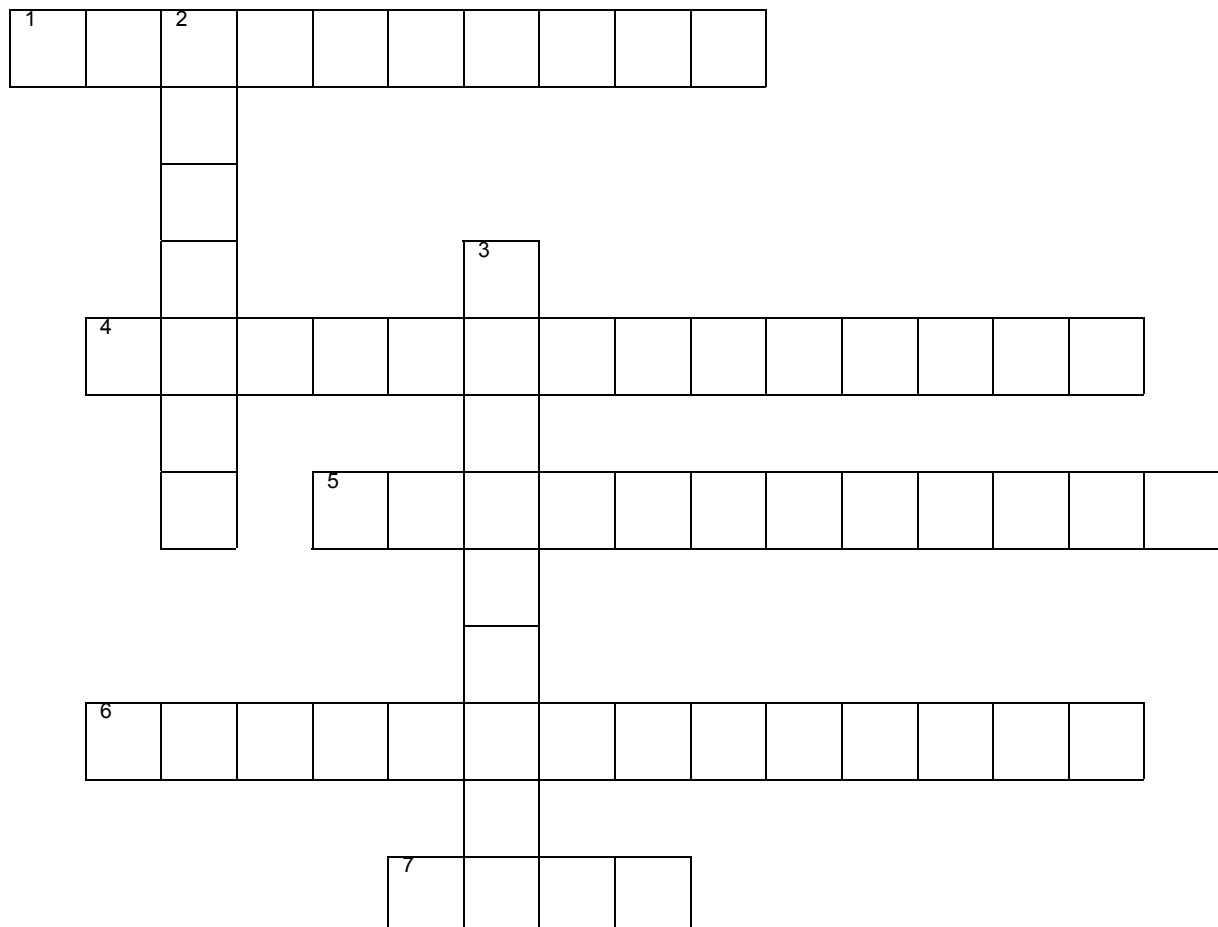
6. a. Complete the crossword.

**Across**

1. Chewed food is lowered through this into the stomach. (10)
4. The bits of food, which the body cannot use, move through this. (14)
5. It helps to prevent constipation. (12)
6. In here food is broken down into small molecules before being absorbed into the blood. (14)
7. Solid waste is passed out through this. (4)

**Down**

2. Here food is mixed with gastric juice and acids and turned into chyme. (7)
3. The physical and chemical changes of food as it is eaten. (9)

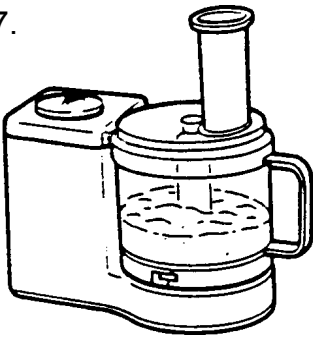


(7 marks)

b) Give **two** ways how you can help the digestive system to work properly.

\_\_\_\_\_  
\_\_\_\_\_ (2 marks)

7.



a) A food processor can help to perform (*do*) many tasks (*jobs*) in the kitchen.

Give **four** examples of its use:

- (i) \_\_\_\_\_ (ii) \_\_\_\_\_  
(iii) \_\_\_\_\_ (iv) \_\_\_\_\_

(2 marks)

b) Name **two** safety precautions that should be kept in mind when using the food processor.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

c) The food processor stops working after a couple of weeks that your family has bought it.

List the steps that should be taken to have it repaired or replaced.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

8. Self-esteem is one way to describe the value we place on ourselves.

a) Name **five** ways how a teenager can increase his/her self-esteem.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(5 marks)

b) What effect does an alcoholic person leave on the family?

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

c) State **three** ways how people can be helped to reduce the consumption of alcohol.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

9. The way in which we behave is often influenced by what we see around us.

a) How can a four-year-old be helped to be sociable?

Give **two** different ideas which could help the social development of a four-year-old.

**Idea 1** \_\_\_\_\_

**Idea 2** \_\_\_\_\_

(4 marks)

b) Why is it important for children to be sociable?

\_\_\_\_\_

(2 marks)

10. a) State the **main reason** why parents are asked by law to immunise their children at different ages.

\_\_\_\_\_

(2 marks)

b) Name **three** diseases against which a three-month-old baby is being immunised.

**Diseases**

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

(3 marks)

c) Design a poster with a message to help transmit (*pass on*) to parents an awareness of the need to immunise their children.

**Message:** \_\_\_\_\_ (2 marks)

**Poster**

(3 marks)