

JUNIOR LYCEUMS ANNUAL EXAMINATIONS 2001

Educational Assessment Unit - Education Division

FORM 4

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer **all** the Questions.

1. a) Many factors influence our choice of food. Using the picture below as a guide, suggest **four** factors which may affect our choice.



i) _____

(1 mark)

ii) _____

(1 mark)

iii) _____

(1 mark)

iv) _____

(1 mark)

- b) A lot of present day meals are eaten in front of the television and not at table. Give **three** disadvantages of this change in eating habits.

i) _____
ii) _____
iii) _____ (3 marks)

- c) It is being recommended that during adolescence the diet should include more calcium and starch. Give **two** reasons for increasing the intake of:

Calcium

i) _____
ii) _____ (2 marks)

Starch

i) _____
ii) _____ (2 marks)

2. a) Care in the handling and preparation of food is a must in every kitchen. Identify the ill-effects of consuming food which has become contaminated (*made unfit to eat*) due to neglect.

- _____
- _____ (2 marks)

- b) Suggest **four** ways how food could be contaminated.

- i) _____
- ii) _____
- iii) _____
- iv) _____ (4 marks)

3. John is an Environmental Health Officer who inspects farms. He is 35 years old and much of his time is spent walking from one farm to the other although he may spend whole days at his office writing reports. He has a pet Labrador dog and most of his free time is spent on long walks with his dog. John is a vegetarian and usually eats take-away food or snacks such as sandwiches.

- a) Discuss how John's lifestyle might help reduce his risk of developing heart disease.

- _____

- _____
_____ (2 marks)

- b) Suggest how John's eating habits might affect his health.

- _____

- _____
_____ (2 marks)

- c) As a vegetarian, John needs to make sure that his meals include all the necessary nutrients. Identify **three** nutrients which might be lacking in his meals

- i) _____ ii) _____ iii) _____ (3 marks)

- d) Plan a quick nutritious supper which John could prepare on arriving home. Give reasons for your choice.

- | Meal | Reasons |
|---------|-------------------|
| • _____ | • _____ |
| • _____ | • _____ (4 marks) |

4. Food labels should inform consumers about the product.

a) Discuss information which a food label must show.

- _____
 - _____
 - _____
 - _____
 - _____
 - _____
- (6 marks)

b) People suffering from special conditions find information on food labels indispensable (*very useful*).

Comment on this statement in relation to:

- i) **diabetics:** _____

- ii) **people with heart problems:** _____

- iii) **someone suffering from diverticulitis:** _____

- (3 marks)

c) What difficulties might an elderly person meet with while shopping for food in a supermarket?

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

5. a) In the space below, design an appealing label which could be used on the wrapper of a loaf of bread suitable for an elderly person suffering from constipation and high-blood pressure.

(5 marks)

- b) Suggest a suitable nutritious sandwich filling which this elderly person could prepare for use for an evening meal.

_____ (2 marks)

- c) Identify **four** factors which could encourage elderly people to eat bread often in their daily diet.

i) _____
ii) _____
iii) _____
iv) _____ (4 marks)

6. It is important to manage your money well within a budget.

- a) Discuss in full what you could do if you find that you are spending more than you can afford.

• _____
• _____ (2 marks)

- b) Give **three** examples where you can save your money.

i) _____
ii) _____
iii) _____ (3 marks)

- c) State **three** factors that consumers need to consider when choosing where to save money.

i) _____
ii) _____
iii) _____ (3 marks)

- d) Name **three** methods of buying goods on credit.

i) _____
ii) _____
iii) _____ (3 marks)

- e) Assess **two** Consumer Rights that give consumer protection.

i) _____

ii) _____
_____ (4 marks)

7. Mark, aged 24, lives alone in a small flat. He has a full-time job and is a keen sportsman and has decided to buy a washing machine

a) Identify **three** factors he should consider before making his final choice.

i) _____

ii) _____

iii) _____

_____ (3 marks)

b) Mark is an environment-friendly person.

Suggest provisions he could take when choosing and using laundry detergents.

• _____

• _____

• _____

• _____ (4 marks)

c) Name the type of detergent he could use to wash the following:

i) a white cotton T-shirt: _____

ii) a pure wool cardigan: _____

iii) soiled socks: _____

iv) a synthetic track suit: _____ (2 marks)

8. A family having two teenage children is facing problems as one of the children has started to drink heavily.

a) Identify and comment on **two** agencies which the family can contact to gain the necessary support.

Name of agency: _____

Comments: _____

_____ (1, 3 marks)

Name of agency: _____

Comments: _____

_____ (1, 3 marks)

b) What could have caused the teenage daughter to turn to drinking?

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

9. The parents of an eleven-year old child with special needs have opted for the child to follow his education programme at their local Area Secondary School.

a) Evaluate the parents' decision.

- _____
- _____
- _____ (6 marks)

b) Discuss **three** provisions which schools should have if they are to cater for children with special needs.

- i) _____
- ii) _____
- iii) _____ (6 marks)