

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2002

Educational Assessment Unit - Education Division

FORM 1

HOME ECONOMICS

TIME: 1h 30min

Name: _____

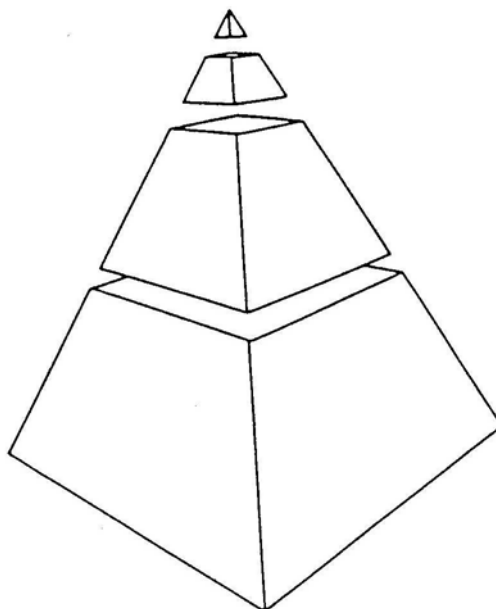
Class: _____

Answer **all** the Questions.

1. The Healthy Diet Pyramid tells us the proportion of food we should eat.
a. Place the following foods in their correct place in the pyramid below.

milk	wholemeal bread	sugar	orange
brown rice	margarine	chicken	soft drinks
chips	breakfast cereal	white fish	nuts.

The Healthy Diet Pyramid



(6 marks)

- b. Give **four** reasons why we eat food.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(4 marks)

- c. We are being advised to reduce the amount of fat we eat.
What happens if we eat too many fatty foods?

• _____

• _____ (2 marks)

- d. Suggest **four** ways how you can reduce the amount of fat *in your diet*.

(i) _____

(ii) _____

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

e. Design a poster which could be displayed near your school tuck shop to encourage your school friends to reduce their fatty food intake and choose healthier foods instead.



(6 marks)

2. You are helping in the preparation of some buns for tea time.



a. Give the name and correct use of **six** pieces of equipment which were used to prepare the buns.

Name of Equipment	Correct Use
(i) _____	• _____
(ii) _____	• _____
(iii) _____	• _____
(iv) _____	• _____
(v) _____	• _____
(vi) _____	• _____

(6, 6 marks)

b. Choose **one** piece of equipment from the picture and describe how you would care for it after use.

Name of Equipment: _____

Care after use: _____

_____ (3 marks)

c. List **six** ingredients which could be used to prepare the buns.

(i) _____ (ii) _____ (iii) _____

(iv) _____ (v) _____ (vi) _____
(3 marks)

d. Name the method you would use to prepare the buns.

_____ method of cakemaking (1 mark)

e. *Write down the order you would follow to prepare the buns.*

- _____
- _____
- _____
- _____
- _____
- _____

(6 marks)

f. How would you check to see if the buns are cooked?

_____ (1 mark)

g. Some buns are left over after tea, how would you store them for use the following day?

_____ (1 mark)

3. Breakfast is a very important meal of the day.

a. Give **two** reasons for this.

(i) _____

(ii) _____ (4 marks)

b. Some young people do not have breakfast before going to school.

Suggest **two** possible reasons for this.

- _____
- _____

(2 marks)

c. Name **six** healthy food items which could be served to teenagers at breakfast time.

(i) _____ (ii) _____ (iii) _____

(iv) _____ (v) _____ (vi) _____
(3 marks)

d. You have gone to stay with some elderly relatives for a few days.

(i) Plan a healthy breakfast which you could prepare for them.

- _____
- _____
- _____

(3 marks)

(ii) Give **one** reason for your choice of dishes.

- _____ (1 mark)

e. In the space below draw the place setting for the breakfast you have planned.



(6 marks)

4. The picture shows the worktop of a very careless family.



a. Identify **six** kitchen rules which are not being followed.

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

(6 marks)

b. The mother cuts her finger while preparing the meat for lunch.
What first-aid treatment would she require?

(2 marks)

c. List **eight** items which we always need to find in the first-aid box.

- (i) _____ (ii) _____ (iii) _____
- (iv) _____ (v) _____ (vi) _____
- (vii) _____ (viii) _____

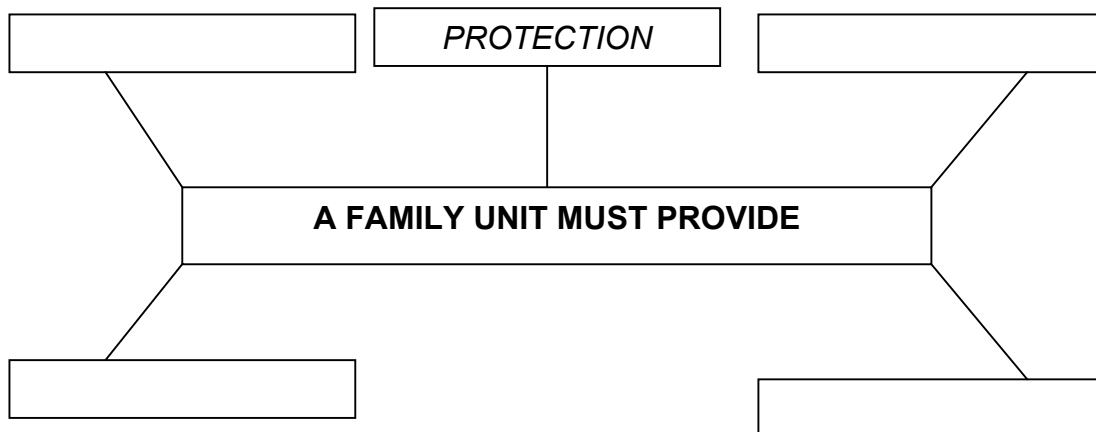
(4 marks)

d. The family have two small children.
Write down **five** measures they must follow as regards the safe use of stairs.

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

(5 marks)

5a. Complete the web diagram below.



(4 marks)

b. Give the name of the family units described below.

- (i) a family unit where the children are brought up by only one parent
_____ family

(ii) a family unit which includes grandparents; parents; aunts; uncles; brothers; sisters or cousins

_____ family

(iii) a family unit which includes the parents and their children

_____ family

(iv) a family unit where the parents care for children which are not their own for a short time

_____ family

(v) a family unit where only one of the parents is the natural father / mother

_____ family (5 marks)

c. Suggest how the members of a family could build a strong relationship amongst themselves.

- _____
- _____
- _____

(6 marks)