

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2002

Educational Assessment Unit - Education Division

FORM 2

HOME ECONOMICS

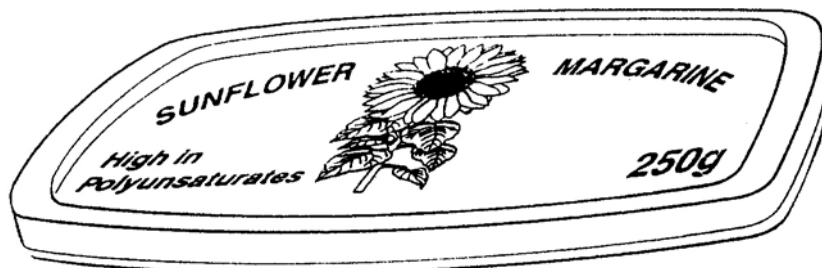
TIME: 1h 30min

Name: _____

Class: _____

Answer all Questions.

1. Sunflower oil is the fat used in the margarine in this label.



a) Name **two** other vegetable oils which are used to make margarine high in polyunsaturates.

- _____
- _____ (2 marks)

b) Give **three** different ways how this type of margarine can be used when preparing family meals.

- _____
- _____
- _____ (3 marks)

c) For whom is this margarine particularly suitable? _____ (1 mark)

Why? _____ (2 marks)

2. A balanced diet contains enough of all the necessary food substances.

a) Give the main functions (*use*) of each of the nutrients listed.

Nutrient	Function
i. Protein	_____
ii. Carbohydrates	_____
iii. Fats	_____
iv. Minerals and Vitamins	_____

(4 marks)

- b) Healthy eating guidelines advise us to cut down on the sugar and fat we eat. Name **two** health problems which may be caused by eating too much.

Sugar

- _____
- _____

Fat

- _____
- _____

(2, 2 marks)

- c) Thirteen-year-old Janica is worried about her appearance. She feels that she is fat and has too many spots on her face.

Suggest **two** healthy packed lunches that Janica could bring to school.

Packed Lunch 1

Packed Lunch 2

(2, 2 marks)

3. The following persons may be suffering from certain health problems.

Continue.

- a) One who repeatedly makes himself/herself overeat and then force himself/herself to be sick may be suffering from _____ .
- b) One who eats too much salt may develop _____ .
- c) One who believes that he/she is grossly overweight and needs to eat almost nothing may be suffering from _____ .
- d) One who does not eat any fibre rich foods may develop _____ .

(4 marks)

4. Look at the following recipe.

Quiche Lorraine

100g white flour
50g butter
salt
water
100g streaky bacon chopped
2 eggs beaten
100ml fresh cream
100g Cheddar cheese, grated

- a) How can you reduce the saturated fat content in the recipe?

- i. _____ ii. _____
iii. _____ iv. _____

(4 marks)

b) Which **one** ingredient would you change or add to make the Quiche Lorraine high in fibre?

- _____ (1 mark)

c) Give **four** rules that have to be followed when making short crust pastry.

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

d) Name **two** other foods that can be served as an accompaniment to the Quiche Lorraine to make it more balanced.

- _____
- _____ (2 marks)

e) Name **six** pieces of equipment which are needed to prepare the Quiche Lorraine. Describe the function (*use*) of each equipment.

Equipment	Function
i. _____	_____
ii. _____	_____
iii. _____	_____
iv. _____	_____
v. _____	_____
vi. _____	_____

(3, 6 marks)

5. a) Give **two** reasons why a refrigerator/freezer is necessary in the home.

- _____
- _____ (2 marks)

b) Say how you can pack or wrap the following foods before putting them in the refrigerator/freezer.

fresh meat	_____
cooked fresh fruit	_____
cheese	_____
lettuce	_____
left-over pastry	_____ (5 marks)

c) Choose the correct temperature from the table below to complete the following statement.

A refrigerator should be kept at a temperature of _____ .

-18° C	to	-21° C
-10° C	to	-12° C
0° C	to	5° C

(1 mark)

d) Name **one** perishable food (*that goes bad quickly*) you would expect to find labeled with a '**Use Before**' date.

(1 mark)

e) Name **three** rules you should follow when using a refrigerator/freezer.

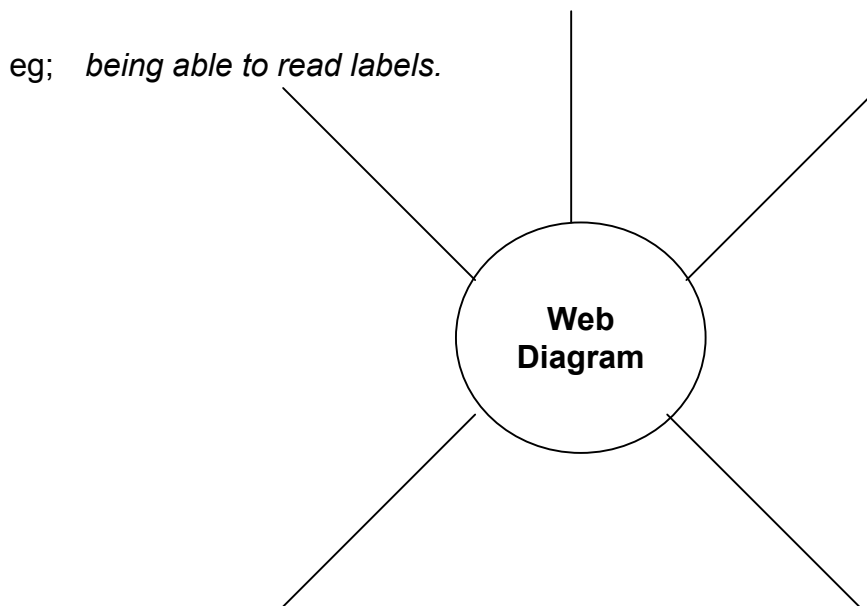
- _____
- _____
- _____

(3 marks)

6. **Supermarkets offer a wide choice of food.**

Continue the Web diagram by:

a) identifying **four** factors a consumer needs to consider when buying food.



(4 marks)

b) Consumers have certain rights and responsibilities. Write down **two** of each right and responsibility.

Rights

eg; *to be heard*

- i. _____
- _____
- ii. _____
- _____
- _____

Responsibilities

eg; *to make intelligent choices*

- i. _____
- _____
- ii. _____
- _____
- _____

(4 marks)

c) How can you prevent wasting time and money when doing your shopping?

(1 mark)

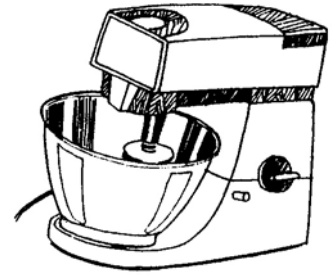
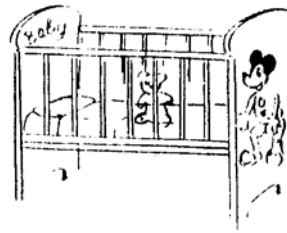
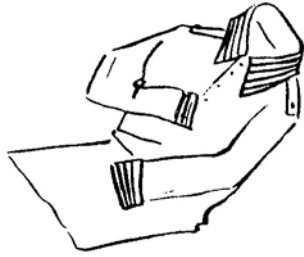
7. a) Match the following items to the labels given below.

1

2

3

Item



Label



	MACHINE	HAND WASH
	WASH 60	WASH 70
	WASH 90	WASH 100
	CARE INSECTICIDES	
	DO NOT USE CHLORINE BLEACH	
	MAY BE TUMBLE DRIED	
	WARM	
	DRY CLEANABLE	

Number

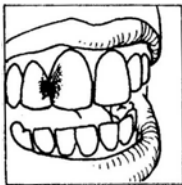
_____ (3 marks)

b) What other important information can labels give to the consumer?

- eg; *how to store the product*
- _____
- _____
- _____
- _____

(4 marks)

8.



Poor and decayed teeth are linked with the amount of sugar being eaten.

a) Write **two** sentences to explain to a young child the harm that sugary foods can cause to teeth.

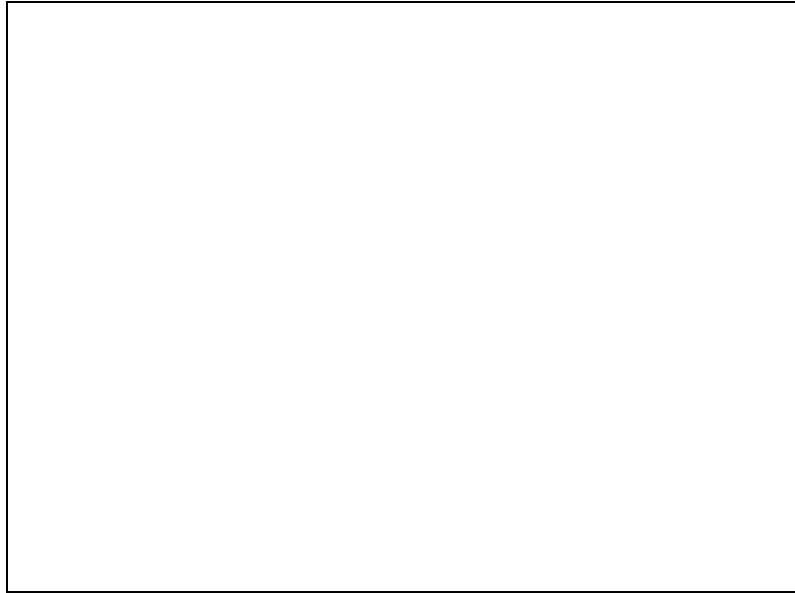
(2 marks)

b) Make up **four** rules to help children cut down on sweets and sugary foods.

- _____
- _____
- _____
- _____

(4 marks)

- c) Draw a poster with the title **Healthy Teeth and Gums** to use in a Primary School.



(4 marks)

- d) Besides not eating sweets, how can a child keep his/ her teeth and gums healthy?

- _____
- _____ (2 marks)

9. a) Name **four** different places where accidents are likely to happen to children in the home.

Places

- i. _____ ii. _____
iii. _____ iv. _____ (2 marks)

- b) Suggest **four** ways how adults can help to prevent these accidents.

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

- c) Name one object that should be kept away from young children, because of the danger of :

Name of Object

- **choking** _____
- **poisoning** _____
- **suffocation** _____
- **burns** _____ (4 marks)

10. a) Describe **one** activity a parent and a four-year-old child can share in the home.
- _____
 - _____ (2 marks)
- b) Explain what a child may learn from this activity?
- _____
 - _____ (2 marks)
- c) How can a child benefit from playing outdoors with other children?
- _____
 - _____ (2 marks)