

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2002

Educational Assessment Unit - Education Division

FORM 3

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer **all** the Questions.

1. The table below shows the nutrient content of a variety of drinks.

NUTRIENT CONTENT OF DRINKS PER GLASS (200ml)						
	Calories	Calcium	Protein	Vitamin B₁₂	Riboflavin	Vitamin C
	(Kcals)	(mg)	(g)	(μ g)	(mg)	(mg)
Whole Milk	136	238	6.6	0.8	0.36	2
Skimmed Milk	66	260	6.8	0.8	0.4	2
Orange Juice	76	24	1.2	0	0.04	100
Cola	78	8	TRACE	0	0	0

- a) i) Which drink has the highest calcium content? _____ (1 mark)
ii) Which drink has the lowest vitamin value? _____ (1 mark)

b) Suggest, with reason, a suitable drink for :

- i) **a four-year-old child** : _____ (1 mark)

Reason : _____ (1 mark)

- ii) **a person recovering from flu** : _____ (1 mark)

Reason : _____ (1 mark)

- iii) **a person following a low-fat diet** : _____ (1 mark)

Reason : _____ (1 mark)

c) If you are a health conscious person, which of the above drinks would you avoid?

_____ (1 mark)

Why? _____ (1 mark)

2. It is important that each individual takes in the recommended amount of protein.

a) give **two** functions of protein in the body.

i) _____

ii) _____ (2 marks)

b) Foods containing protein are classified according to their biological value.

Give **three** examples of :

- i) **HBV (High Biological Value)** protein foods.

• _____ • _____ • _____

(3 marks)

ii) **LBV (Low Biological Value)** protein foods.

• _____ • _____ • _____ (3 marks)

c) i) Why are pulse foods important in the diet?

• _____
• _____ (2 marks)

ii) Name **three** examples of pulse foods.

• _____ • _____ • _____ (3 marks)

iii) Suggest dishes where pulses could be used as a main ingredient :

i) in a soup : _____

ii) in a main dish for lunch : _____

iii) in a sandwich filling : _____ (3 marks)

3. Some teenagers, especially girls, suffer from anaemia, a deficiency disease.

a) i) A lack of which mineral may cause this disease?

_____ (1 mark)

ii) List **three** foods which are rich in this mineral.

• _____ • _____ • _____ (3 marks)

b) i) Name the vitamin needed to help the absorption of this mineral.

_____ (1 mark)

ii) List **four** foods rich in this vitamin.

• _____ • _____ • _____ • _____ (4 marks)

c) Suggest a suitable meal for a person who is anaemic.

Justify your choice of dishes.

Meal	Reasons for Choice
main dish : _____	• _____
dessert : _____	• _____

(4 marks)

4. Obesity (being overweight) is a common problem among school-age children.

a) Name **two** groups of nutrients which should be reduced if you wish to lower your energy intake.

i) _____ ii) _____ (2 marks)

b) Identify **two** possible dangers of being overweight.

i) _____
ii) _____ (2 marks)

c) Suggest **four** ways how you can avoid being obese (overweight).

i) _____

ii) _____

iii) _____

iv) _____ (4 marks)

5. You have been asked to prepare a cake for tea.

a) Give the name of a cake you could prepare

Name of cake : _____ (1 mark)

b) Name the method of cake-making you would use to prepare this cake.

method used : _____ (1 mark)

c) Write down the steps you would follow to carry it out.

_____ (5 marks)

d) Suggest **two** types of flour which you could use.

• _____ • _____ (2 marks)

e) Keeping the Nutrition Goals in mind, suggest healthy ingredients you could use to decorate your cake.

• _____ • _____ • _____ (3 marks)

6.

You bought a packet of sliced cheese from your local supermarket. On opening the packet at home you find that the cheese is covered in blue mould.

a) Name **two** points you could have considered to ensure that the cheese was fresh in the first place.

• _____
• _____ (2 marks)

b) What action would you take when you find the cheese is unfit to eat?

• _____
• _____
• _____ (3 marks)

7. A family with two young children have decided to buy a new piece of equipment to help with meal preparation.

a) Suggest a labour saving device (*appliance*) that they could find useful.
Name of appliance : _____ (1 mark)

b) Give **three** reasons for choosing this particular appliance.
i) _____
ii) _____
iii) _____ (3 marks)

c) How can the family care for the appliance after using it?
• _____
• _____ (2 marks)

8. a) State **three** reasons why food is cooked.
i) _____
ii) _____
iii) _____ (3 marks)

b) What factors should you keep in mind when deciding on the choice of cooking method?
• _____
• _____
• _____ (3 marks)

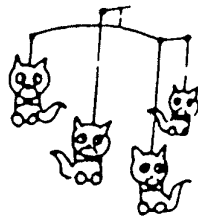
c) Suggest suitable cooking methods for the following :
i) a whole chicken _____ ii) sausages _____
iii) fresh vegetables _____ iv) a tough cut of meat _____
v) fish steaks _____ vi) potatoes _____ (6 marks)

d) Name **two** cooking methods which can be used by a person on a slimming diet.
i) _____ ii) _____ (2 marks)

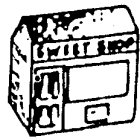
9. It is important to be careful when buying toys for young children.

a) Give **four** safety factors you would keep in mind when choosing toys.
i) _____
ii) _____
iii) _____
iv) _____ (4 marks)

b)



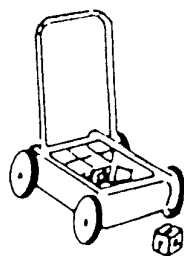
MOBILE



TOY BUILDING



BOOK



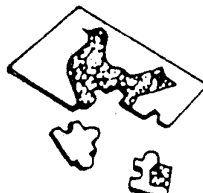
BABY WALKER



STACKING CUPS/TOWER



CUDDLY TOY



JIGSAW



PAPER AND SCISSORS

Choose **two** suitable toys from above for each of the age-groups listed below.

	0-1 year	1-3 years	3-5 years
Toy 1			
Toy 2			

(3 marks)

c) How can toys help young children to develop intellectually (mentally)?

- _____
- _____

(2 marks)

d) Suggest a toy/game that may help a child to develop physically.

(1 mark)

e) Children learn a great deal by imitating other members of the family. Give positive examples of what they can learn by imitating others.

- _____
- _____

(2 marks)

f) Explain why play is considered to be an important part of a child's education.

- _____
- _____

(4 marks)