

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2002

Educational Assessment Unit - Education Division

FORM 4

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer **all** questions

1. Maria, aged six, enjoys taking a packed lunch to school. Her parents are finding it difficult to prepare a variety of healthy and interesting food.

a) Suggest **two** nutritious packed lunches for her including a nourishing drink.

Lunch 1

Lunch 2

- _____
- _____
- _____

- _____
- _____
- _____

(3, 3 marks)

b) Considering the nutritional needs of children, justify your choice of the packed lunches.

- _____

- _____

(4 marks)

c) What other factors need to be considered when planning and making packed lunches for young children?

- _____
- _____
- _____

(3 marks)

2. Suggest environmental friendly packaging materials which can be used in the home for the following food items . Give a reason for your choice.

i) some sandwiches ii) a portion of cheese

iii) a pork leg for freezing iv) sliced ham

v) a portion of left-over stew vi) a salad for a picnic

Packaging Material

Reason

i) _____

ii) _____

iii) _____

iv) _____

v) _____

vi) _____

(3, 6 marks)

3. A young couple, Kenneth and Debbie are expecting their first baby. They often eat the following meals.

Breakfast



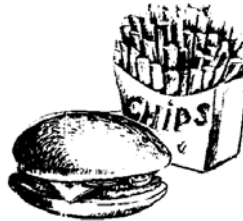
coffee
biscuits

Snack



soft drink
chocolate bar

Lunch



Hamburger
chips

Evening Snack



Cup-a-Soup
fried meat
potatoes/gravy
ice-cream

a) Identify what is wrong with the **four** meals.

Breakfast _____
 _____ (2 marks)

Snack _____
 _____ (2 marks)

Lunch _____
 _____ (2 marks)

Evening Meal _____
 _____ (2 marks)

b) Suggest changes which should be made to the evening meal to make it healthy, keeping in mind Debbie's special needs during pregnancy. Give reasons.

Changes	Reasons
• _____	_____
• _____	_____
• _____	_____

(3, 3 marks)

4. Food labels should inform consumers about their products.



a) Why is clear labelling important?

- _____
- _____ (2 marks)

b) List **five** pieces of information the label should give to the consumer.

- _____
- _____
- _____
- _____
- _____ (5 marks)

c) Suggest a piece of information that someone with heart disease would find useful.

_____ (1 mark)

d) What does “shelf-life” mean?

_____ (1 mark)

e) What attracts you to some labels but not others?

- _____
- _____ (2 marks)

f) Why does packaging cause concern?

- _____
- _____ (2 marks)

5. Detergents are quite expensive to buy so it is very important to make a good choice.

a) Suggest **two** types of detergents (*not Brands*) which are necessary to do the family wash.

Detergent 1 _____

Detergent 2 _____

(2 marks)

b) Indicate for which household articles you would use each one.

Detergent 1 _____

Detergent 2 _____

(2 marks)

c) Describe **three** ways in which detergents have changed in recent years to make them environmental friendly.

Change 1 _____

Change 2 _____

Change 3 _____

(3 marks)

d) What factors would you look for when choosing an automatic washing machine suitable for a couple with a young child?

- _____
- _____
- _____
- _____

(4 marks)

e) Give **one** advantage and **one** disadvantage of buying a tumble dryer.

Advantage : _____

_____ (1 mark)

Disadvantage : _____

_____ (1 mark)

6. An eighteen year old teenager earns LM 250 'net income' per month.

a) What do you understand by 'net income'?

_____ (1 mark)

b) Every month, the teenager contributes LM 60 towards the family expenses; spends an average of LM 50 on clothing and personal care items; LM 20 for travelling expenses and LM 40 on weekend entertainment.

Work out how much the teenager saves every month.

_____ (1 mark)

c) Suggest **three** other expenses that are not included in the above budget.

- _____
- _____
- _____ (3 marks)

d) Why is it important to make a budget?

- _____
- _____ (2 marks)

e) How can the teenager reduce expenses in order to save more money?

- _____
- _____ (2 marks)

f) Give **two** reasons why it is important to save money.

- _____
- _____ (2 marks)

7. a) If a young child has experienced a mild electric shock, describe the steps that need to be taken when treating the child, keeping in mind your personal safety.

- _____
- _____
- _____ (3 marks)

b) Study the label.
What does it stand for?



(1 mark)

c) Name **four** appliances which should carry such a label.

- _____
- _____
- _____
- _____ (2 marks)

d) If a child chokes on a piece of bread, what action needs to be taken to save the child's life?

- _____
- _____
- _____ (3 marks)

e) Suggest **two** safety measures that parents must follow to ensure safety at mealtimes.

i) _____

ii) _____ (2 marks)

f) List **four** items that you should find in a first-aid box and explain the use of each.

Item	Use
i) _____	_____
ii) _____	_____
iii) _____	_____
iv) _____	_____

(2, 4 marks)

8. Sometimes, due to certain circumstances, elderly people do not eat the correct foods to maintain good health.

a) Explain **two** reasons why an elderly person living alone may suffer from malnutrition.

Reasons :

- i) _____
- ii) _____ (2 marks)

b) Suggest **two** ways how an elderly person can reduce cooking costs.

- i) _____
- ii) _____ (2 marks)

c) Name **two** appliances which you feel could be of use to an elderly person living alone, to help in the preparation/cooking of meals.

Give reasons for your choice.

Appliance 1 _____

Reason: _____ (1, 2 marks)

Appliance 2 _____

Reason: _____ (1, 2 marks)