

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2003

Educational Assessment Unit – Education Division

FORM 1

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all the questions.

1. a) Why does our body need food?

i) _____

ii) _____

iii) _____

iv) _____ (4 marks)

b) Identify **four** foods which we need to:

eat most

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--

--

eat moderately

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--

--

eat least

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(6 marks)

c) Fill in the blanks by choosing the correct word from the list below.

constipation	diabetes	hypertension
heart disease	tooth decay	

i) Eating too many sugary foods can cause _____ and _____.

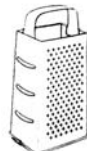
ii) _____ can be caused by using too much salt when preparing food.

iii) Foods rich in dietary fibre (NSP) can help prevent _____.

iv) _____ can be prevented by avoiding fried and fatty foods. (5 marks)

2. These utensils were used to prepare a pasta dish.

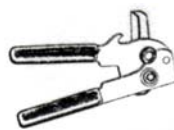
a) Give the correct name of each utensil.



(i)

(ii)

(iii)



(iv)

(v)

(vi)

(6 marks)

b) How would you clean utensil (ii) after you have used it?

- _____
- _____
- _____ (3 marks)

c) Below is a list of ingredients used to prepare the pasta dish. Suggest healthier ingredients you could choose instead to prepare the dish.

Instead of:

pasta I choose _____

cheddar cheese I choose _____

full cream milk I choose _____

butter I choose _____

salt I choose _____

white flour I choose _____ (6 marks)

3. You are preparing a fresh fruit salad for dinner.



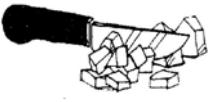

a) Name **six** different types of fruit you would use.



i) _____ ii) _____ iii) _____

iv) _____ v) _____ vi) _____

(3 marks)

b) The equipment shown below is needed to prepare the fruit salad. Write down the name and correct use of each one.

	NAME	CORRECT USE
	_____	_____
	_____	_____
	_____	_____
	_____	_____

	_____	_____
	_____	_____

(6, 6 marks)

c) How would you carry out the washing-up after you have prepared the fruit salad?

i) Fill the sink with warm, soapy water.

ii) _____

iii) _____

iv) _____

v) _____ (4 marks)

d) The recipe suggested that you serve fresh cream with the fruit salad. Suggest a healthier ingredient which you could use instead.

_____ instead of fresh cream. (1 mark)

4. A healthy breakfast is the best way to start the day.

a) Suggest a suitable breakfast cereal for:

a five-year-old child: _____

a teenager: _____

a person suffering constipation: _____

an elderly person: _____ (4 marks)

b) A school friend will be staying at your house for the week-end. Plan a healthy breakfast which you could prepare. Give reasons for your choice.

BREAKFAST

REASONS

• _____

• _____

• _____

• _____

• _____

• _____

(3, 3 marks)

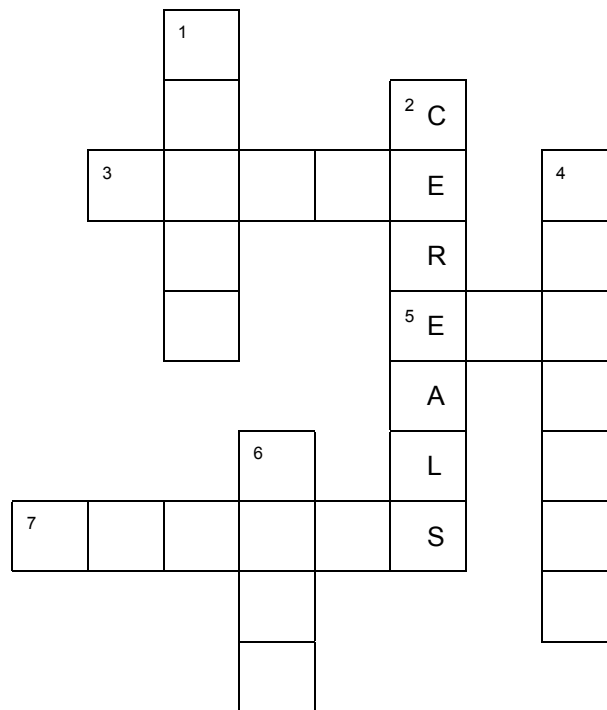
- c) Work out the breakfast crossword below by using the correct answer to the given clues.

ACROSS

1. The _____ (5) of apples, oranges etc; could be used as a breakfast drink.
2. Has already been done for you.
4. A plain or fruit one is suitable for a quick breakfast food (7).
6. This is usually added to breakfast cereals, tea and coffee (4)

DOWN

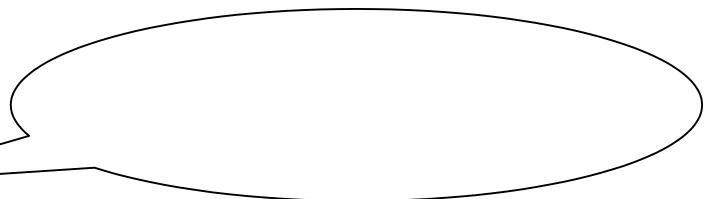
3. Most breakfast cereals are rich in dietary _____ (5).
5. A boiled, poached or scrambled _____ (3) makes a healthy breakfast dish.
7. Apples, bananas, strawberries are known as _____ (6) and can all be added to breakfast cereals.



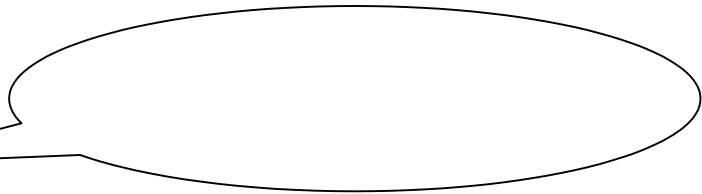
(6 marks)

5. a) With the help of the diagrams, write out the method for making some fruit buns.

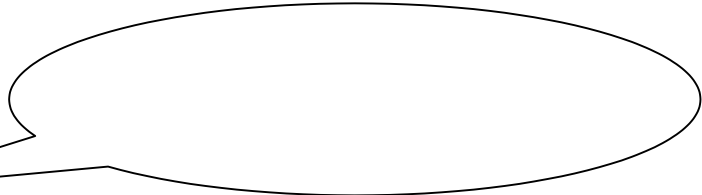
(i)



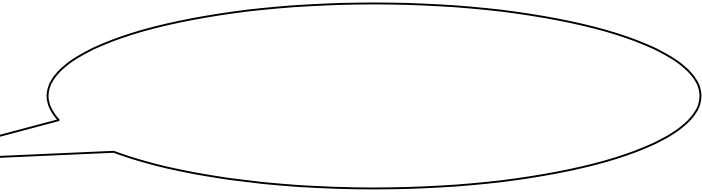
(ii)



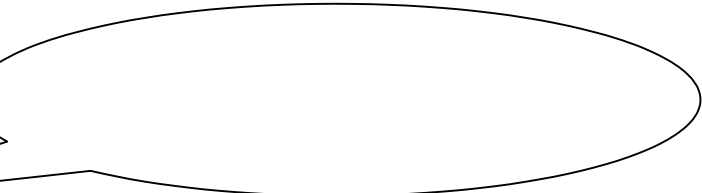
(iii)



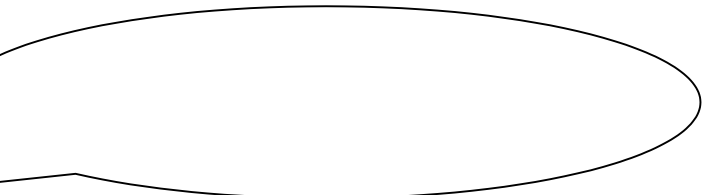
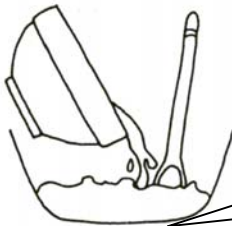
(iv)



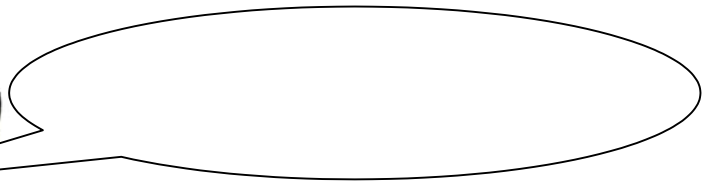
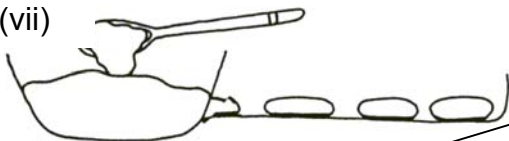
(v)



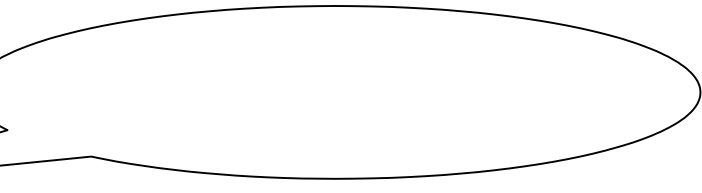
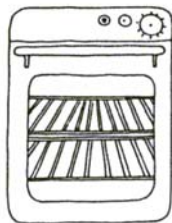
(vi)



(vii)



(viii)



(8 marks)

b) Name the method of cake-making used to prepare these buns.

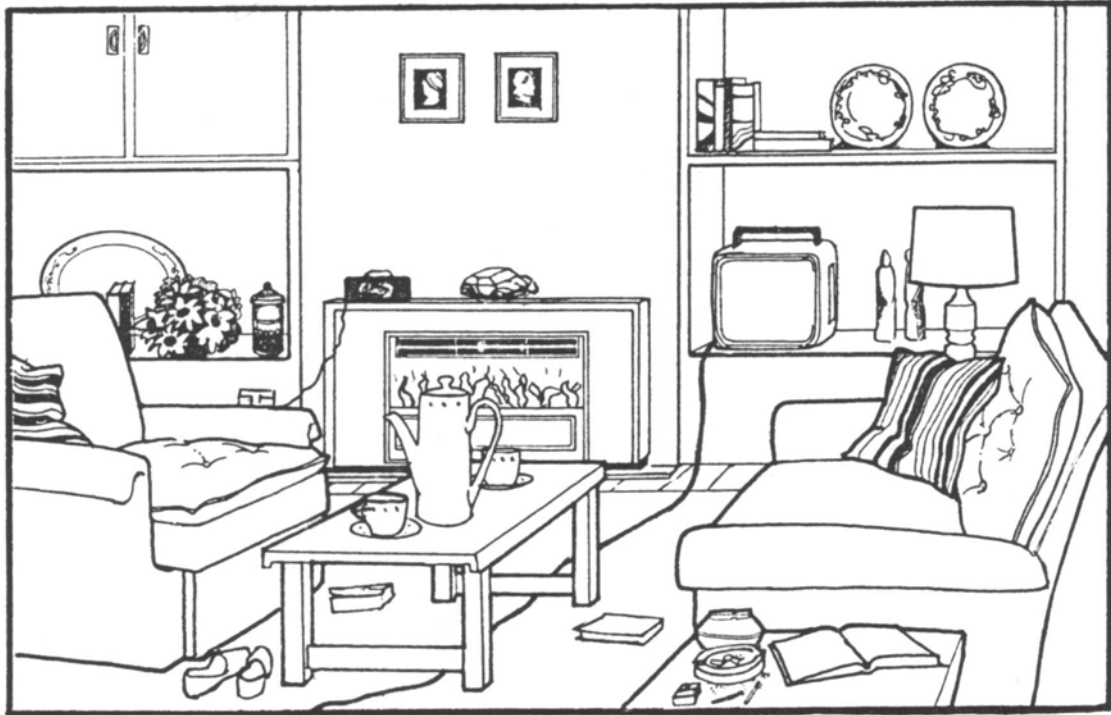
(1 mark)

c) In which part of the cooker would you bake the buns?

(1 mark)

d) Buns are baked in a _____ while large cakes are baked in a _____ . (2 marks)

6. The picture shows the living room of a family with two young children.
 a) Identify **eight** possible dangers and suggest how they could be prevented.



DANGER

PREVENTION

- | | |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
- (4, 8 marks)

b) Your class will be going for a hike.
 You have offered to take the first-aid box.
 List **eight** items you might need to have in the case of an accident.

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

c) Write down the number you would phone in an emergency.

(1 mark)

d) Your friends and yourself are an environment conscious group. Suggest how you could help care of the environment during the hike.

- _____
- _____
- _____
- _____
- _____

(5 marks)