

# JUNIOR LYCEUM ANNUAL EXAMINATIONS 2003

Educational Assessment Unit – Education Division

**FORM 2**

**HOME ECONOMICS**

**TIME: 1h 30min**

NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

**Answer all questions.**

1.



- a. Name the nutrient for each of the following functions. From the picture above, choose **one** food rich in each nutrient. Name a different food for each.

Function	Nutrient	Food
i. provides a rich source of energy		
ii. is necessary for the formation of strong bones.		
iii. is needed for growth and repair.		
iv. helps to protect against infections.		
v. is important for strong red blood.		

(5, 5 marks)

- b. The dietary guidelines are to be followed. Name **four** diseases we may suffer from when we do not follow these dietary guidelines. Say *what may be the cause of these*.

Diseases	May be caused by
i.	
ii.	
iii.	
iv.	

(4, 4 marks)

- c. Suggest, with reason, a healthy snack which is in line with the dietary guidelines and which can be eaten during mid-morning break.

**Snack**

- \_\_\_\_\_
- \_\_\_\_\_

(1 mark)

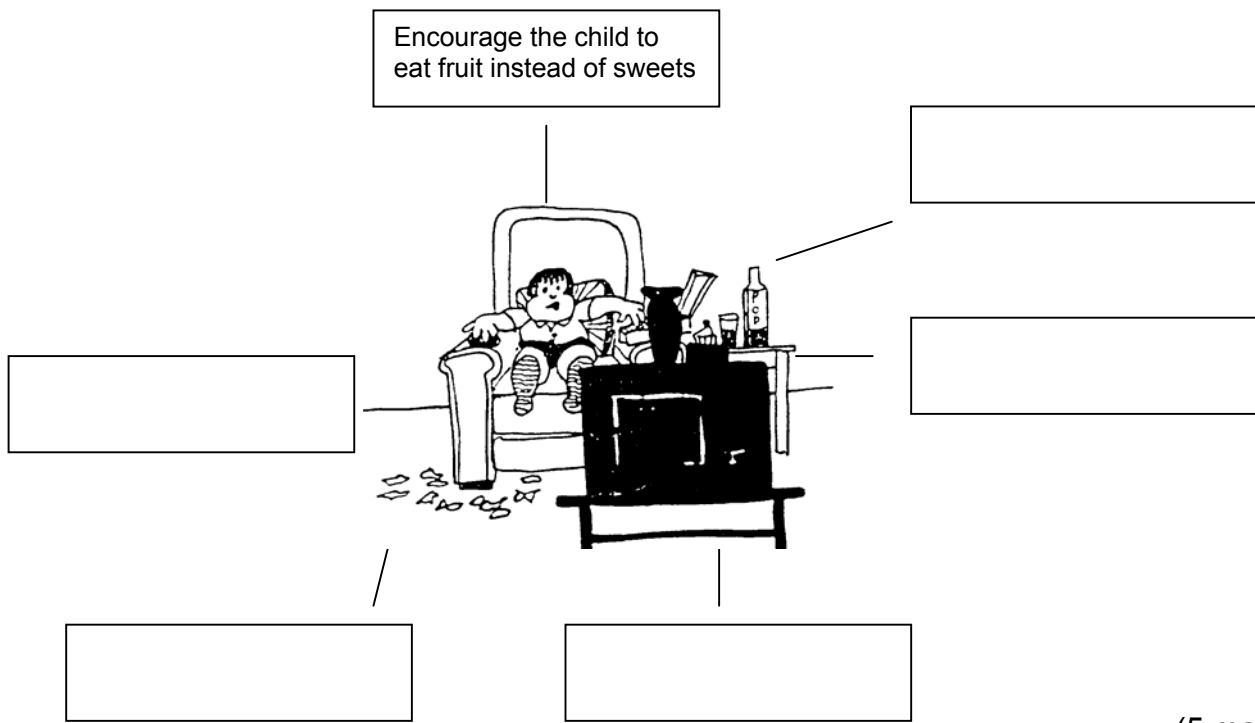
**Reason**

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

2. Children can become overweight very easily. Suggest **five** ways how this can be avoided by filling in the web diagram. The first one has been done for you.



(5 marks)

3. Both pasta and rice are rich in carbohydrates.

- a. What is the function of carbohydrates in the body?

**Function** \_\_\_\_\_ (2 marks)

- b. Using rice or pasta, name a healthy dish you can prepare for yourself.

**Name of dish** \_\_\_\_\_ (1 mark)

- c. Fit the ingredients used to prepare this dish by putting them in the correct columns underneath.

Eat the most of these foods	Eat these foods moderately	Eat the least of these foods

(6 marks)

- d. Name **six** pieces of equipment that you need to prepare this dish. Say what you are going to use them for.

Name of equipment	Use
i.	
ii.	
iii.	
iv.	
v.	
vi.	

(6,6 marks)

- e. Describe how you wash a stainless steel utensil.

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

4. You have been asked to prepare 200g short crust pastry for a friend who is health conscious. Give the quantities and name the **three** main ingredients.

- a) i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

(3 marks)

- b) Give the reason for your choice of:

i) **flour** \_\_\_\_\_

ii) **fat** \_\_\_\_\_ (2, 2 marks)

- c) With the short crust pastry, you are going to prepare a Rikotta pie for a mid-day snack (meal).

Name **two** foods you can serve with the snack to make it healthier and more colourful.

- \_\_\_\_\_ • \_\_\_\_\_ (2 marks)

- d) Suggest a healthy drink to serve with this snack.

**Drink** \_\_\_\_\_ (1 mark)

- e) Draw how you would lay the table for **one** person to have this snack.

(5 marks)

5. a) What do you look for when choosing your shopping outlet?  
Continue this web diagram.



(5 marks)

- b) Food labels provide consumers with information. Name **three** pieces of information you would like to find on a carton of fresh milk.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

- c) How can your family be environment friendly when shopping?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

- d) At home, waste should be separated into **organic** and **inorganic** waste. List **four** examples of each.

**Organic**

**Inorganic**

- |         |         |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |

(4 marks)

- e) How can families be encouraged to follow this good practice?

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

6. The diagram shows the milk teeth of a young child who was very fond of sweetened fruit juice.



a) Describe what happened to the teeth.

\_\_\_\_\_ (2 marks)

b) Suggest **three** ways how a parent can help to prevent tooth decay in a child.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3 marks)

c) Name **six** foods that a young child should be encouraged to eat to have strong healthy teeth.

**Foods**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

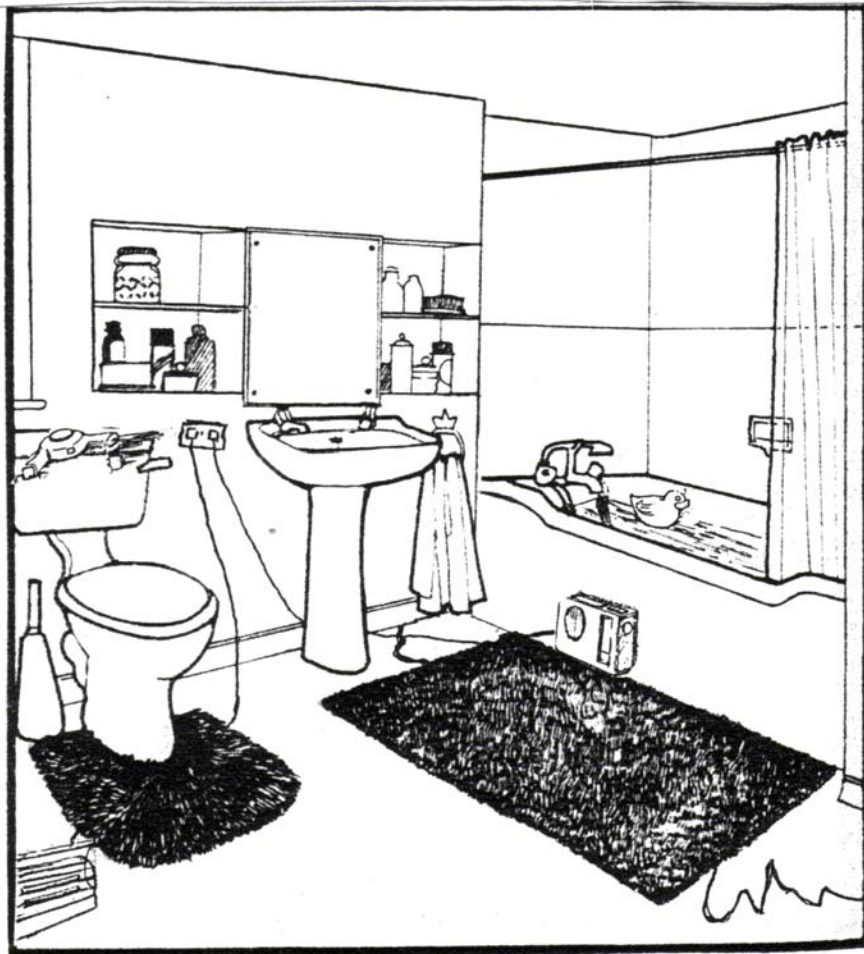
\_\_\_\_\_ (3 marks)

d) Name **two** nutrients that help with the formation of strong healthy teeth.

**Nutrients**

\_\_\_\_\_ (2 marks)

7. This picture shows dangerous situations in a bathroom.



Identify **three** accidents that can happen in this bathroom. Suggest how these can be prevented.

**Accident i** \_\_\_\_\_

**Prevention** \_\_\_\_\_

**Accident ii** \_\_\_\_\_

**Prevention** \_\_\_\_\_

**Accident iii** \_\_\_\_\_

**Prevention** \_\_\_\_\_ (3, 6 marks)