

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2003

Educational Assessment Unit - Education Division

FORM 4

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer **all** questions:

1. Pregnant women have special nutritional needs.

a) Explain fully why the following nutrients are important and suggest **two** foods which are a good source of each one.

Vitamin D

Reason: _____

Food (i) _____ (ii) _____ (1, 1 marks)

Folic Acid

Reason: _____

Food (i) _____ (ii) _____ (1, 1 marks)

Iron

Reason: _____

Food (i) _____ (ii) _____ (1, 1 marks)

b) Constipation can be a problem during pregnancy.

What dietary changes may reduce this risk?

i) _____

ii) _____ (2 marks)

c) What changes would you advise a pregnant woman to make to lead a healthier lifestyle?

i) _____

ii) _____

iii) _____

iv) _____ (4 marks)

2. Vegetarianism is still on the increase.

a) Describe the **two** types of vegetarians listed below.

i) **Vegan** (strict vegetarian) : _____

_____ (1 mark)

ii) **Lacto-vegetarian** : _____

_____ (1 mark)

b) List points you would expect vegan teenagers to consider when planning their meals.

i) _____

- ii) _____
- iii) _____ (3 marks)

c) Explain why the following foods are important in vegan meals.

i) **Soya and soya products** : _____
 _____ (1 mark)

ii) **Pulses, cereals and nuts** : _____
 _____ (1 mark)

d) Suggest why vegetarian diets can be considered to be healthier and more economical than other diets.

Healthier : _____
 _____ (1 mark)

Economical : _____
 _____ (1 mark)

e) Plan a nutritious two-course meal suitable for your vegan friend who will be coming to your house. Give reasons for your choice of dishes.

Meal	Reasons for choice
• _____	• _____
• _____	• _____

(2, 2 marks)

3. Senior citizens from the local Day Care Centre have been invited to school for a festive lunch.

The Home Economics room will be used by the Form IV Home Economics students to prepare the meal.

a) i) Plan a suitable three-course meal for the occasion

Meal

1st course : _____

2nd course: _____

3rd course : _____ (3 marks)

ii) Give **three** reasons for your choice.

i) _____

ii) _____

iii) _____ (3 marks)

b) Describe in detail **one** piece of equipment which you would find useful during the preparation of the meal. Also outline its safety features.

Name of equipment : _____ (1 mark)

Description : • _____
 • _____ (2 marks)

Safety Features : • _____
 • _____ (2 marks)

- c) Give the name of a local organisation which is concerned with helping the elderly.

Name of Organisation : _____ (1 mark)

- d) Explain how this organisation helps the elderly.

- _____

 - _____

- (2, 2 marks)

4. Food poisoning seems to be increasing every year. Many cases are caused by food eaten in the home.

- a) Give **three** rules for personal hygiene which should always be followed when preparing family meals.

- i) _____
ii) _____
iii) _____ (3 marks)

- b) Suggest, with reasons, how chilled cooked food can be kept safe between buying and eating.

Suggestion : _____ (1 mark)

Reason : _____ (1 mark)

Suggestion : _____ (1 mark)

Reason : _____ (1 mark)

5. a) Name the raising agent used in bread-making.

_____ (1 mark)

- b) Give the name of the gas that this raising agent gives out during fermentation.

_____ (1 mark)

- c) Give instructions, with reasons, for storing this raising agent.

_____ (2 marks)

- d) Which are the conditions necessary for a bread dough to grow?

i) _____ ii) _____ iii) _____ (3 marks)

- e) Suggest a suitable type of flour you would use to prepare bread.
Give **one** reason for your choice.

Type of flour : _____ (1 mark)

Reason for Choice : _____
_____ (1 mark)

f) How can a yeast dough be used other than for preparing bread? Give **four** examples.

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

g) Suggest ingredients which can be added to a yeast dough to make it healthier.

- _____ • _____ • _____ (3 marks)

6. Supermarket shopping is very popular with many people.

a) List **two** advantages and **two** disadvantages for the groups of people mentioned below.

i) **Single Parent with Children**
Advantages

- _____
- _____

Disadvantages

- _____
- _____

(4 marks)

ii) **A Low-Income Family**
Advantages

- _____
- _____

Disadvantages

- _____
- _____

(4 marks)

iii) **Persons with Special Needs**
Advantages

- _____
- _____

Disadvantages

- _____
- _____

(4 marks)

b) Plan measures you can take to ensure that you do not overspend when shopping in a supermarket.

- _____
- _____
- _____
- _____

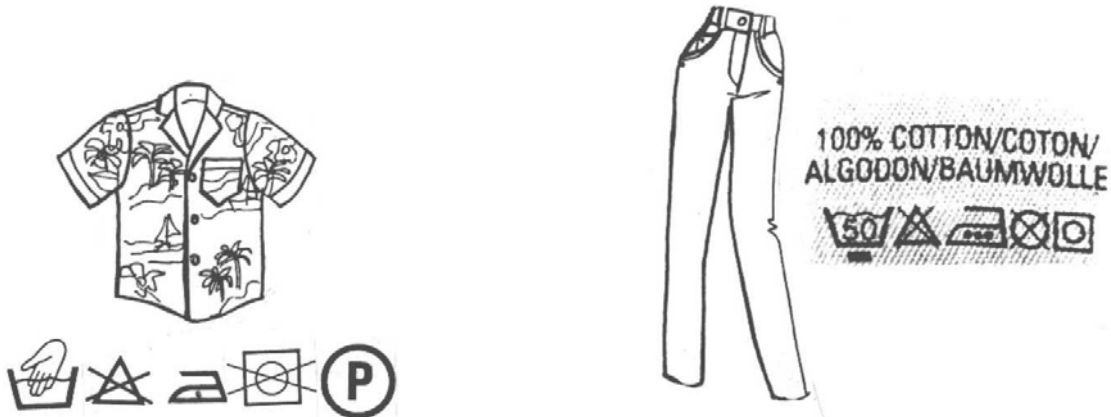
(4 marks)

c) How do manufacturers encourage people to buy their products while shopping in a supermarket?

- _____
- _____
- _____
- _____

(4 marks)

7. a) How would you care for these **two** garments before storing them?



Care of Top :

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

Care of Jeans :

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

b) Describe how you would remove a fruit juice stain from the jeans.

- _____
- _____
- _____ (3 marks)

c) You need to buy some casual clothes for everyday use. Identify **four** points you would keep in mind when making your choice.

- i) _____
- ii) _____
- iii) _____
- iv) _____ (4 marks)

d) If you had to iron these garments, which type of iron would you choose?
Give a reason for your answer.

Choice of Iron : _____ (1 mark)

Reason : _____
_____ (2 marks)