

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2004

Educational Assessment Unit - Education Division

FORM 1

HOME ECONOMICS

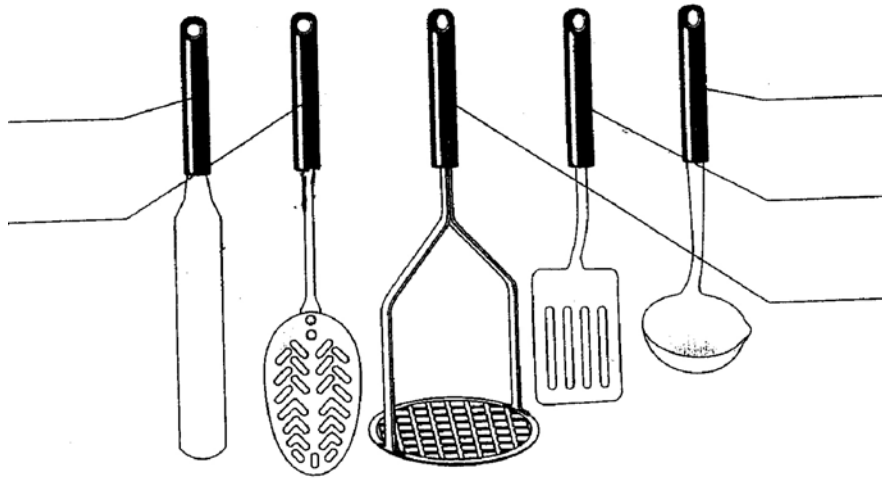
TIME: 1 h 30 min

NAME: _____

CLASS: _____

Answer all questions.

1. The kitchen tool set which you have at home is made up of these pieces of equipment.
- a) Write down the correct name near each piece of equipment.



(5 marks)

- b) Which tool would you use to:

- | | Tool |
|--|-------------|
| (i) lift some cooked vegetables from the saucepan: | _____ |
| (ii) mash some strawberries for a dessert: | _____ |
| (iii) pour soup into a plate: | _____ |
| (iv) lift some pizza: | _____ |
| (v) ease buns out of a bun tin: | _____ |

(5 marks)

2. a) You have offered to go shopping for an elderly neighbour. Below is a copy of the shopping list which you were given. Suggest healthier food which you could buy instead.

Shopping List	Healthier Shopping List
(i) a loaf of white bread	_____
(ii) bag of white rice	_____
(iii) 200g cheddar cheese	_____
(iv) 100g bacon	_____
(v) 1 carton fresh cream	_____
(vi) 1 tin full cream milk	_____

- (vii) 1 packet butter _____
 (viii) 1 tin peaches in syrup _____ (8 marks)

b) Your elderly neighbour needs to cut down on the amount of sugar and fat he eats. Why?

**Eat less sugar
 Reasons**

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

**Eat less fat
 Reasons**

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

c) Plan a healthy breakfast which your elderly neighbour could prepare for himself. Give reasons for your choice.

Breakfast	Reasons
------------------	----------------

- | | |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
- (3, 3 marks)

3. Fill in the blanks.

It is being suggested we eat more _____ and _____, eat at least five portions of _____ and _____, and eat less _____, _____ and _____. We must also drink more _____.

(8 marks)

4. Milk is a very important food in the diet and is used to prepare a variety of healthy dishes.

a) Suggest dishes where milk is used as a main ingredient, and could be served:

for Breakfast: (i) _____ (ii) _____

as Main dishes: (i) _____ (ii) _____

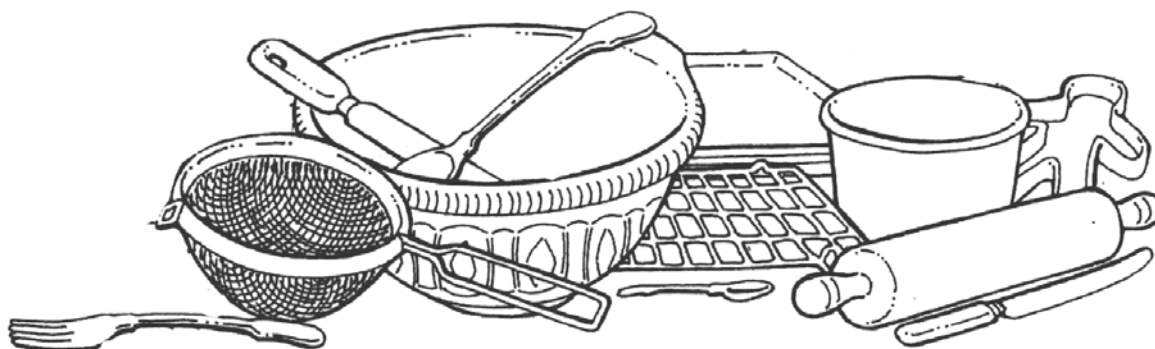
as Desserts: (i) _____ (ii) _____

as Drinks: (i) _____ (ii) _____ (8 marks)

b) List **three** milk products.

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

5.



a) The equipment shown above, was used to prepare some biscuits.

Choose **ten** pieces of the equipment shown and write down their correct use.

NAME	CORRECT USE	NAME	CORRECT USE
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____

(10 marks)

b) Show how you would clean **one** of the pieces of equipment you have chosen.

Name of equipment: _____

Cleaning procedure

(i) _____

(ii) _____

(iii) _____ (3 marks)

6. The pictures show different steps used to prepare some buns.

a) Write down the correct word to describe the action being carried out in each picture.



(i) _____



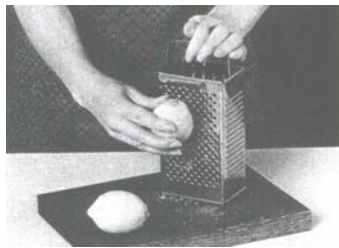
(ii) _____



(iii) _____



(iv) _____



(v) _____



(vi) _____

(6 marks)

b) How would you check buns to see if they are cooked?

- _____
- _____

(2 marks)

7. Match column A with column B.

A

- (i) Socks and underwear
- (ii) Visit the dentist
- (iii) Combs and brushes
- (iv) Hands must be washed
- (v) Use a good conditioner
- (vi) It is better to use
- (vii) Dry yourself well
- (viii) Brush teeth
- (ix) Choose a shampoo
- (x) Nails must be filed

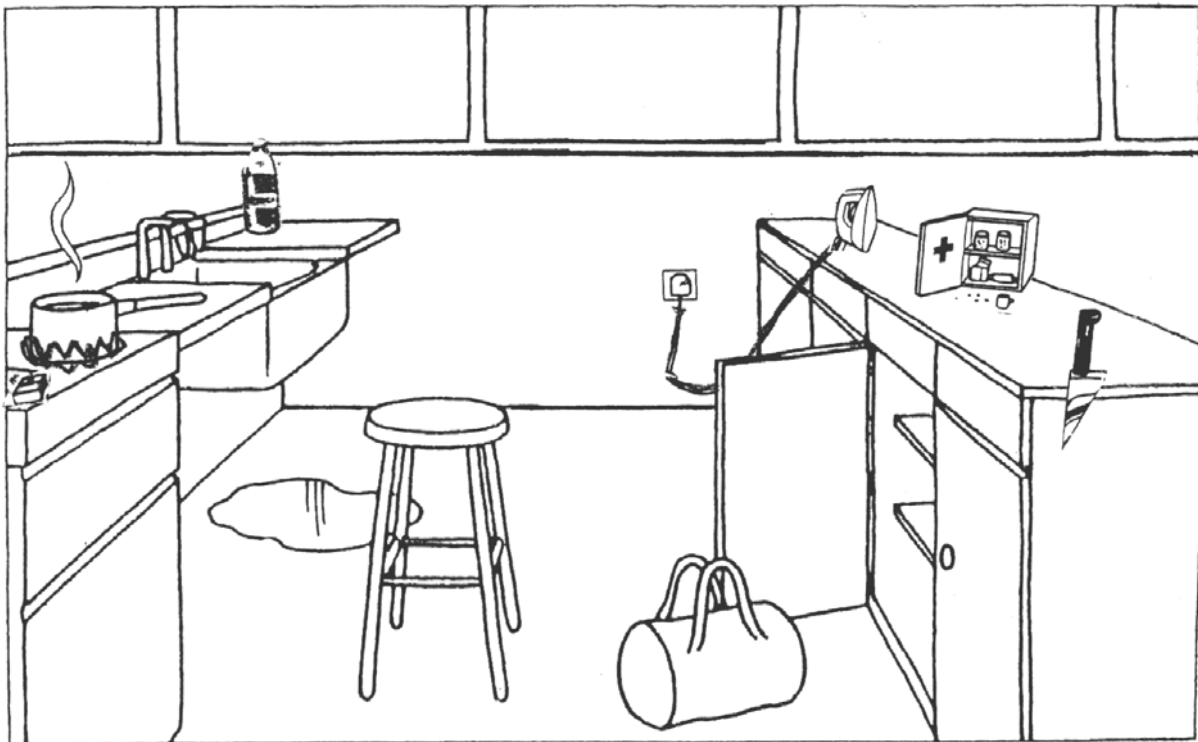
B

- | | |
|--|-------------------------------------|
| | after using a tissue. |
| | when washing your hair. |
| | after taking a shower. |
| | at least once every six months. |
| | according to your hair type. |
| | should never be lent or borrowed. |
| | should be changed everyday. |
| | a deodorant than an antiperspirant. |
| | regularly. |
| | after every meal. |

(10 marks)

8. The picture shows possible dangers in a kitchen unit of a Home Economics room.

a) Identify **eight** possible dangers and suggest how they could be prevented.



Danger	Prevention
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

(4, 8 marks)

b) The Home Economics room must have a well-stocked First-Aid Kit.
Name **six** items which you think should be stored in the Kit.

- (i) _____ (ii) _____ (iii) _____
- (iv) _____ (v) _____ (vi) _____

(3 marks)

- c) During the lesson, your friend cuts a finger while chopping some fruit.
What first-aid treatment would you give your friend?

Treatment:

(i) _____

(ii) _____

(iii) _____ (3 marks)

- d) You accidentally burn your hand while stirring some custard.
How would you treat it?

Treatment:

(i) _____

(ii) _____ (2 marks)