

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2004

Educational Assessment Unit - Education Division

FORM 2

HOME ECONOMICS

TIME: 1 h 30 min

NAME: _____

CLASS: _____

Answer all questions.

1.



Martin, aged ten, enjoys eating the following meal when returning from school.

- fried bacon and sausages
- chips
- fried tomatoes
- cola
- ice-cream

Suggest a healthier meal for Martin, which is low in fat, sugar and salt and high in fibre.

Healthier meal

- _____
- _____
- _____
- _____
- _____

(5 marks)

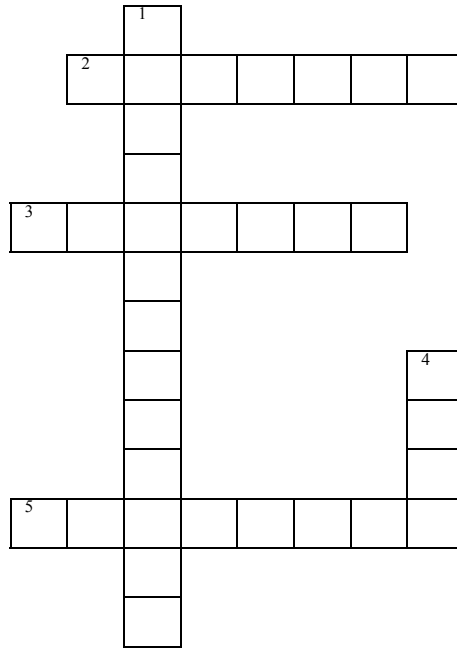
2. The nutrients found in food have different functions in the body.
 a) Match the function to the correct nutrient by answering the following clues.

Down

1. This nutrient is needed for energy and work.
4. Provides warmth and energy.

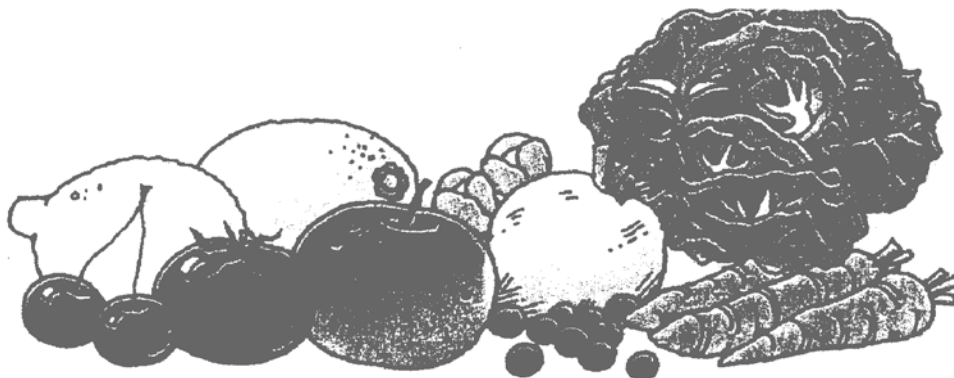
Across

2. Needed for strong bones and teeth.
3. Provides material for growth and repair.
5. Help to protect us against disease.



(5 marks)

3. We are encouraged to eat plenty of the foods shown in the picture.



- a) Name the main vitamin found in these foods.

Name of vitamin: _____

(1 mark)

- b) Suggest how fruits and vegetables can be served for:

	Breakfast	School lunch	Main meal
Vegetables:	• _____	• _____	• _____
Fruits:	• _____	• _____	• _____

(6 marks)

c) These foods are high in Dietary Fibre (N.S.P.).

What is the function of fibre in the body?

- _____
- _____ (2 marks)

d) Name **two** diseases that can be avoided when eating foods high in fibre.

Diseases

- _____
- _____ (1 mark)

4. Carbohydrates are made up of three types.

a) Fill in the following boxes with the correct **type** of carbohydrate and **two** food sources.

	TYPE	FOOD SOURCE	
Carbohydrates	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>

(6 marks)

b) Choose **one** type of carbohydrate and name **one** condition/disease we can suffer from if we eat too much of it.

Type of carbohydrate: _____

Condition/Disease i) _____ (1 mark)

c) Suggest **three** ways how you can reduce this type of carbohydrate in the diet.

i) _____

ii) _____

iii) _____ (3 marks)

5. Fats can be saturated and polyunsaturated.

a) Give **two** examples of each type of fat.

Saturated

- _____
- _____

Polyunsaturated

- _____
- _____ (2 marks)

b) Name **two** diseases/conditions we may suffer from if we use saturated fat when preparing our meals.

Diseases/Conditions

- _____
- _____ (1 mark)

c) Suggest **five** good health practices you can follow when choosing food.

eg: *Choose yoghurt instead of fresh cream.*

- choose _____ instead of _____.
 - choose _____ instead of _____.
 - choose _____ instead of _____.
 - choose _____ instead of _____.
 - choose _____ instead of _____.
- (5 marks)

6. At school Rebecca has learnt how to make the Short Crust pastry.

a) Suggest how Rebecca could modify the following ingredients to be in line with the dietary guidelines.

Ingredients

Modified

- | | |
|------------------|---------|
| 100g plain flour | • _____ |
| 25g margarine | • _____ |
| 25g lard | • _____ |
| ½ tsp. salt | • _____ |

(3 marks)

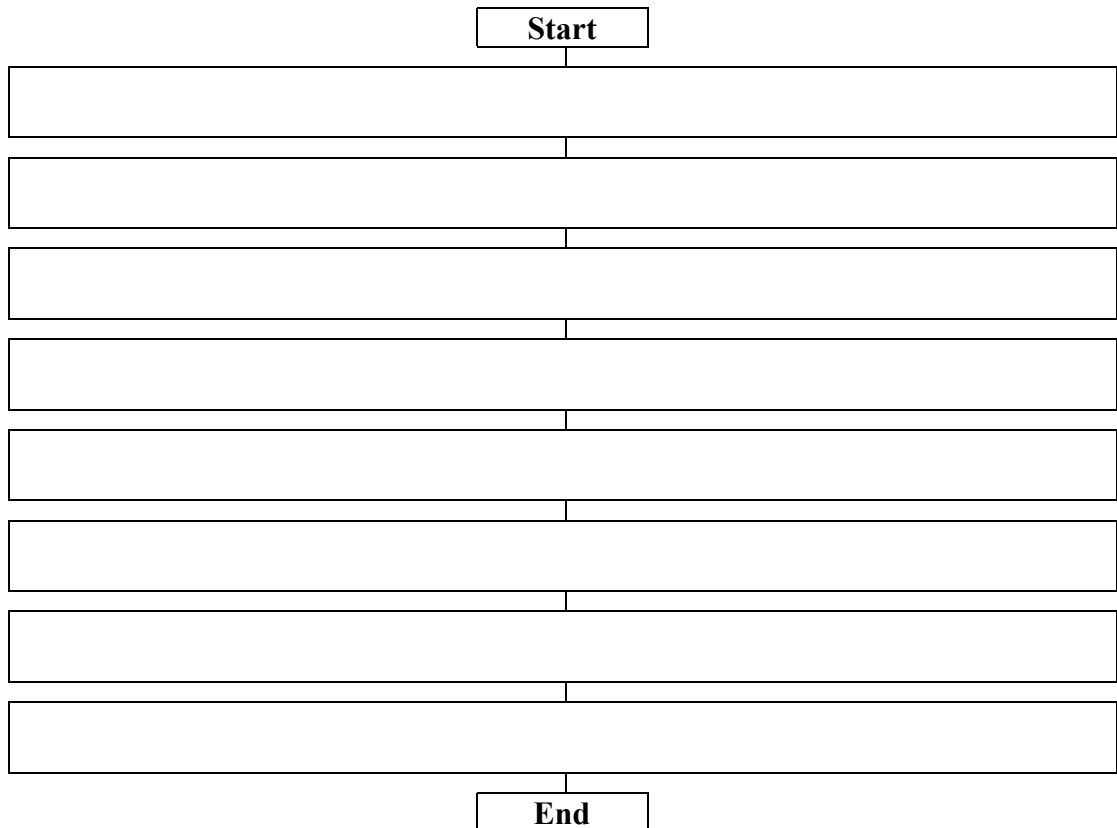
b) Rebecca used this amount of Short Crust pastry to prepare some rikotta pies. Name **two** foods that can be added to the rikotta filling to make it healthier.

Food

- _____
 - _____
- (2 marks)

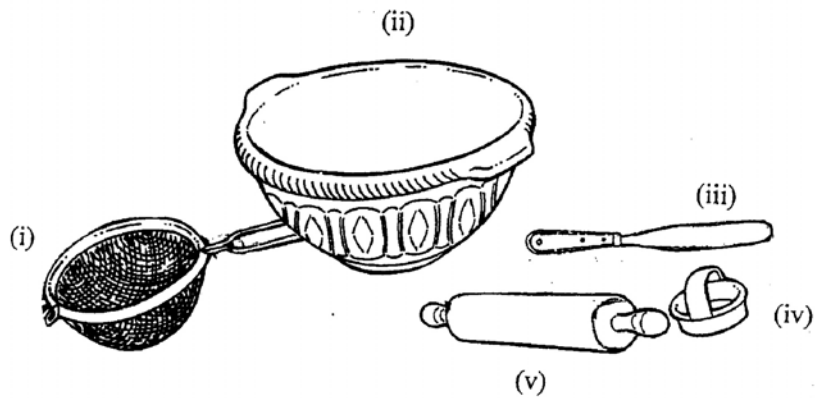
c) Give the method of the Short Crust pastry by filling in this flowchart.

Flowchart



(8 marks)

- d) The following utensils have been used to prepare the rikotta pies.
Name the numbered utensils in the picture and give the use of each.



	Name	Use
(i)		
(ii)		
(iii)		
(iv)		
(v)		

(5 marks)

- e) Describe how to clean a patty tin/bun tin.

- _____
- _____
- _____ (3 marks)

7. a) List **three** important points you should keep in mind before you go shopping for food.

- _____
- _____
- _____ (3 marks)

- b) What would you look for when deciding from where to shop for food?

- _____
- _____ (2 marks)

- c) Name **two** important pieces of information that you would check on a food label before you buy it.

Information

- _____
- _____ (2 marks)

9. Kevin and Jade, together with their children Valentina who is three and John who has just been born, have just moved into a new house.

a) Give this couple advice on the precautions which they need to take to avoid accidents in the:

Precaution

Kitchen • _____
• _____

Bathroom • _____
• _____

Garden • _____
• _____

Garage • _____
• _____

(8 marks)

b) Write about the responsibilities that Kevin and Jade have to share in order to bring up Valentina and John.

- _____
- _____
- _____
- _____

(4 marks)

c) After John's birth, Valentina has become difficult to control. What can the parents do to control Valentina from getting jealous of her brother?

- _____
- _____

(2 marks)

d) In a few weeks' time, Valentina is going to start attending the kindergarten. Suggest **two** ways how she can be prepared for this big occasion.

- _____
- _____

(2 marks)

e) Suggest how this young family can spend their leisure time together.

- _____
- _____
- _____

(3 marks)