

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2004

Educational Assessment Unit - Education Division

FORM 3

HOME ECONOMICS

TIME: 1h 30min

NAME: _____

CLASS: _____

Answer **all** questions.

1. About 60% of the human body is made up of minerals. Calcium is one of these important minerals.

a) Give **two** functions of calcium in the body.

Functions

- _____
- _____ (2 marks)

b) Name the vitamin which helps the body to absorb calcium.

Name of vitamin: _____ (1 mark)

c) List **three** food sources of calcium and of the vitamin mentioned in question B.

Calcium

Vitamin

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

d) Name a **non-food** source of this vitamin.

- _____ (1 mark)

e) Suggest dishes which supply a good source of these nutrients for a:

Name of dish

- | | |
|--|-------------------|
| • four-year old child | • _____ |
| • teenager who has fractured his foot | • _____ |
| • an elderly person | • _____ (3 marks) |

2. One of the dietary guidelines suggests we increase our intake of fibre.

a) Explain why fibre rich foods are important in our diet.

- _____
- _____
- _____ (3 marks)

b) Name **two** diseases that may be prevented when eating fibre rich foods.

Diseases

- _____
- _____ (2 marks)

c) Suggest fibre rich dishes which could be served for:

Dishes

Breakfast • _____

School Lunch • _____

Main Meal • _____

Supper • _____

(4 marks)

d) Plan a simple two-course meal suitable for a friend who needs to add fibre to the diet.

Meal

First course: _____

Second course: _____

(2 marks)

e) Indicate **two** ingredients in each course which are high in fibre.

• _____

• _____

• _____

• _____

(2 marks)

3. a) Place a tick in the box to indicate (show) whether the following sentences are true or false.

	True	False
• Lactovegetarians do not eat dairy products.	<input type="checkbox"/>	<input type="checkbox"/>
• Tofu is a good source of vegetable protein for vegetarians.	<input type="checkbox"/>	<input type="checkbox"/>
• Organic vegetables are grown without artificial fertilizers.	<input type="checkbox"/>	<input type="checkbox"/>
• Fruits and vegetables are a good source of N.S.P.	<input type="checkbox"/>	<input type="checkbox"/>
• The soya bean is the only vegetable which is considered to be of High Biological Value protein.	<input type="checkbox"/>	<input type="checkbox"/>

(5 marks)

b) What advice would you give to a friend who wants to improve her eating habits?

• _____

• _____

• _____

• _____

(4 marks)

c) Suggest **two** factors, other than food, which help us to lead a healthy life.

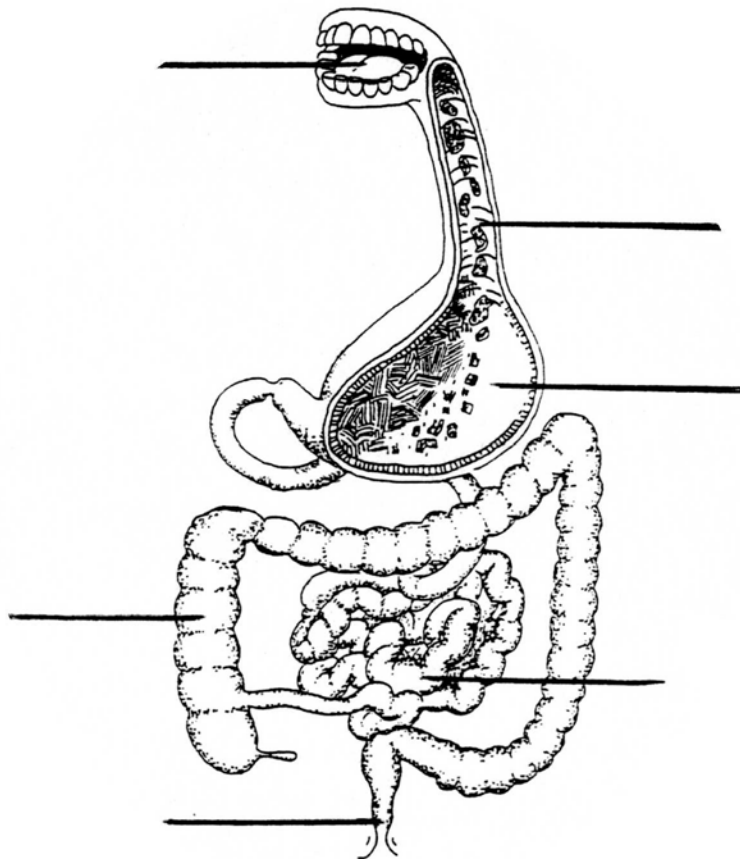
Factors

• _____

• _____

(2 marks)

4. a) Label the different parts of the diagram.



(3 marks)

b) Write down the digestive process that takes place in each of the labelled parts.

- i) _____

- ii) _____

- iii) _____

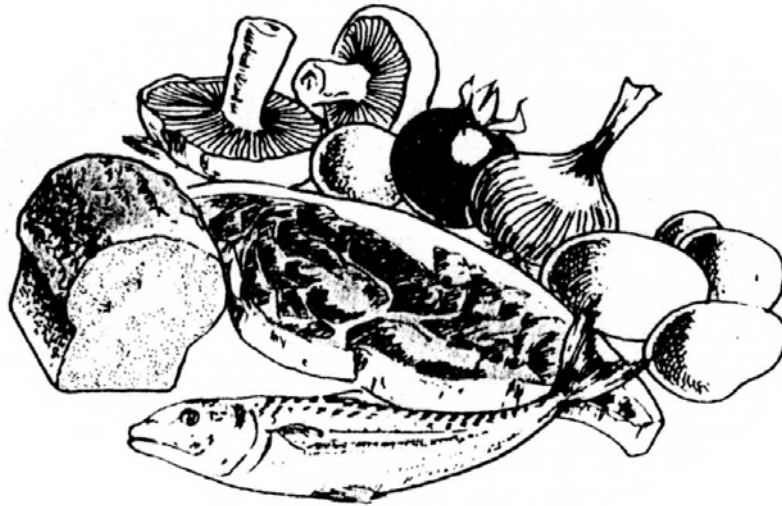
- iv) _____

- v) _____

- vi) _____

(6 marks)

5.



a) Suggest **one** different cooking method for each type of food shown in the picture.

Food	Cooking Method
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____ (6 marks)

b) Choose **four** foods from the picture above to prepare a snack for yourself to eat for supper.

Snack foods chosen	
• _____	• _____
• _____	• _____ (2 marks)

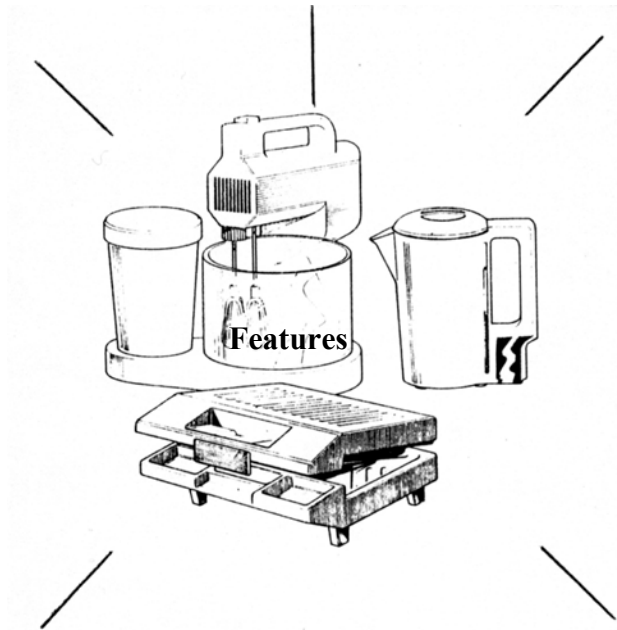
c) Which cooking methods would you prefer to cook these foods?

Cooking Methods
• _____
• _____ (2 marks)

d) Give a reason for your choice.

Reason
• _____ (2 marks)

6. There is a wide variety of cooking appliances on the market.
- a) List **five** features you would consider before making your choice.



(5 marks)

- b. You want to buy a small labour saving device/appliance for your parents as a present. Name an appliance you would choose.

• _____ (1 mark)

- c. Give a reason for your choice.

Reason

• _____ (2 marks)

7. You are helping to prepare a celebration meal for your grandparents' anniversary. Your task is to prepare a cake to be served for dessert.

- a) Name the cake you have chosen.

Name of cake: _____ (1 mark)

- b) Give the name of the method you would use to prepare it.

Method: _____ (1 mark)

- c) Briefly write down the method you would follow.

- _____
- _____
- _____
- _____
- _____

(5 marks)

d) Explain how you would store a piece of cake that has been left over.

- _____
- _____ (2 marks)

8. Play helps in the development of children.

a) Name the different aspects of child development.

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

b) Suggest toys/games which help children in each aspect of development.

- | Aspect | Games |
|---------------|---------------------|
| i) _____ | i) _____ |
| ii) _____ | ii) _____ |
| iii) _____ | iii) _____ |
| iv) _____ | iv) _____ (4 marks) |

c) Care should be taken when choosing toys for children.

List **four** safety features you would look for in a toy.

Safety features

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

d) A family has bought a bicycle for their child. After a few weeks of use, the front wheel came apart.

Describe the action the family should take to solve this problem.

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

9. Smoking is harmful to health.

a) Give **three** harmful effects of smoking.

- _____
- _____
- _____ (3 marks)

b) Some children start to smoke at a very young age.
Give **three** possible reasons for this.

- _____
- _____
- _____ (3 marks)

c) Who can help and what positive actions could be taken to help prevent children falling into this habit?

Person	Action
• _____	• _____
• _____	• _____
• _____	• _____ (3, 3 marks)