

**JUNIOR LYCEUM ANNUAL EXAMINATIONS 2004**

Educational Assessment Unit - Education Division

**FORM 4**

**HOME ECONOMICS**

**TIME: 1h 30min**

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

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

Answer **all** questions.

1. Elderly people have special nutritional needs.

- a) Explain fully why the following nutrients are important and name **two** foods which provide a good source of each nutrient:

**Vitamin D and Calcium**

**Reason:** \_\_\_\_\_

**Food:** (i) \_\_\_\_\_ (ii) \_\_\_\_\_ (2 marks)

**Protein**

**Reason:** \_\_\_\_\_

**Food:** (i) \_\_\_\_\_ (ii) \_\_\_\_\_ (2 marks)

**Vitamin C**

**Reason:** \_\_\_\_\_

**Food:** (i) \_\_\_\_\_ (ii) \_\_\_\_\_ (2 marks)

- b) Constipation can be a problem during old age.  
What dietary changes may reduce this risk?

i) \_\_\_\_\_

\_\_\_\_\_

ii) \_\_\_\_\_

\_\_\_\_\_

(2 marks)

- c) Give reasons why some elderly people do not prepare healthy meals for themselves.

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

(4 marks)

2. Imagine that a school canteen sells the following foods.



a) From this selection, choose a two-course lunch available for each of the following persons. Give **two** nutritional reasons for your choice.

i) **A female middle-aged teacher suffering from osteoporosis (brittle bones):**

**Dishes chosen:** i) \_\_\_\_\_

ii) \_\_\_\_\_ (1 mark)

**Reasons for choice:**

i) \_\_\_\_\_

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

ii) **An overweight teenager who is a coeliac:**

**Dishes chosen:** i) \_\_\_\_\_

ii) \_\_\_\_\_ (1 mark)

**Reasons for choice:**

i) \_\_\_\_\_

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

iii) **An energetic physical education teacher who is vegan:**

**Dishes chosen:** i) \_\_\_\_\_

ii) \_\_\_\_\_ (1 mark)

**Reasons for choice:**

i) \_\_\_\_\_

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

b) The canteen would like to modify some of the dishes to be in line with the dietary guidelines.

<b>Food from canteen</b>	<b>Modified version</b>
• _____	• _____
• _____	• _____
• _____	• _____

(3 marks)

3. A local antenatal clinic is in the process of compiling a leaflet to be distributed to pregnant mothers.

a) Give **five** guidelines which could be included in the leaflet to encourage healthy eating habits.

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

iv) \_\_\_\_\_

v) \_\_\_\_\_ (5 marks)

b) Identify the benefits of each guideline on the health of both the mother and baby.

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

iv) \_\_\_\_\_

v) \_\_\_\_\_ (5 marks)

c) Suggest changes which pregnant mothers need to make in their life style, other than nutrition.

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

4. a) How does the media (radio, T. V., newspapers, magazines...) influence the consumer to buy products and services?

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

b) (i) Food labels provide consumers with information.  
Name **five** pieces of information that the consumer would find useful on food labels.

**Information:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (5 marks)

ii) Give reasons why you consider this information useful.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (5 marks)

c) What points would you look for when choosing which shop to buy food from?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (4 marks)

5. a) Why is it important to budget the family income?

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

b) In order of priority, list **eight** items that must be considered when planning the family budget.

- |            |             |
|------------|-------------|
| i) _____   | v) _____    |
| ii) _____  | vi) _____   |
| iii) _____ | vii) _____  |
| iv) _____  | viii) _____ |
- (4 marks)

c) Why is it important not to buy more than one item at a time on credit?



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

d) Today some consumers buy goods through mail orders, magazines, T.V. adverts, on-line, etc...

Write down provisions that help safeguard the consumer when using these methods of shopping.

- \_\_\_\_\_
- \_\_\_\_\_ (4 marks)

6. a) Fill-in:

Fabric	Fabric Symbol	Washing Symbols	Washing Instructions
WOOL			Handwash (do not machine wash)
COTTON			
			

(7 marks)

b) Why is it important to read care labels:

i) **before buying clothes?**

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

ii) **before washing clothes?**

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

c) Suggest a suitable detergent (not the brand name) which could be used to care for the following garments:

i) a school boy's tracksuit: \_\_\_\_\_

ii) a silk scarf: \_\_\_\_\_

iii) a woollen top: \_\_\_\_\_

iv) a white linen table cloth: \_\_\_\_\_ (4 marks)

d) Name **two** characteristics of an environment friendly detergent.

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

7. Families are finding it difficult to care for their elderly relatives.

a) Give reasons for this situation.

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

b) Suggest how an elderly couple could continue to live independently in their own home.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (5 marks)

- c) Elderly people often find themselves at risk in their own home. State **two** rules they should remember when unknown callers come to their homes.  
Give a reason for each rule.

**Rule i)** \_\_\_\_\_ (1 mark)

**Reason:** \_\_\_\_\_ (2 marks)

**Rule ii)** \_\_\_\_\_ (1 mark)

**Reason:** \_\_\_\_\_ (2 marks)

- d) What can local councils do to encourage elderly people to keep active and still be interested in what is happening around them?

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_ (4 marks)