

**JUNIOR LYCEUM ANNUAL EXAMINATIONS 2004**

Educational Assessment Unit - Education Division

**FORM 5**

**HOME ECONOMICS**

**TIME: 1h 45min**

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

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

1. a) Good nutrition can help to reduce certain diseases, amongst them heart disease.

i) Plan the meals for one day for a person who is suffering from heart disease.  
Leave out the drink.

**Breakfast**

**Lunch**

**Supper**

- |         |         |         |
|---------|---------|---------|
| • _____ | • _____ | • _____ |
| • _____ | • _____ | • _____ |

(3 marks)

ii) Reasons for overall choice.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

iii) Name **four** factors, other than diet, which can cause heart disease.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

b) As people are becoming aware of the dietary goals, more consideration is being given to the planning of meals.

Identify **three** dietary goals and explain how each can be put into practice in our daily diet.

**Dietary Goal (i)**

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Dietary Goal (ii)**

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Dietary Goal (iii)**

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(3 marks)

2. a) i) As a teenager, identify **three** factors which affect your choice of food.

**Factors**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

ii) Keeping these factors in mind, plan a packed meal for yourself to take to school.

**Packed Meal**

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

iii) Explain how the factors in question 2a have influenced your choice of the packed meal.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

b) The following have influenced our food choices.

Explain how.

i) **Increase in foreign holidays.**

\_\_\_\_\_

\_\_\_\_\_

ii) **Working women.**

\_\_\_\_\_

\_\_\_\_\_

iii) **Health issues.**

\_\_\_\_\_

\_\_\_\_\_

iv) **Technological advancement.**

\_\_\_\_\_

\_\_\_\_\_

(4 marks)

c) Explain the special dietary needs of the following groups of people.

i) **Diabetics.**

\_\_\_\_\_

\_\_\_\_\_

ii) **Pregnant women.**

\_\_\_\_\_

\_\_\_\_\_

iii) **Elderly people.**

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(3 marks)

3. Food can be cooked in a variety of methods.

a) Name **one** different healthy cooking method that can be used to cook the following food. Also identify the heat transference used.

<b>Food</b>	<b>Cooking Method</b>	<b>Heat Transference</b>
<b>Pork chops</b>		
<b>Eggs</b>		
<b>Cakes</b>		
<b>Tough cuts of meat</b>		
<b>Cabbage</b>		

(5 marks)

4. Hygiene in the kitchen is important to prevent food poisoning.

Under each of the following headings, list **one** important rule that should be followed to prevent food poisoning.

i) **Personal hygiene.**

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ii) **Storage of food.**

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iii) **Use of equipment.**

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iv) **Disposal of waste.**

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(4 marks)

5. People are eating more ready-prepared/convenience foods.

a) Give **three** examples of convenience foods which have been processed in different ways.

<b>Food</b>	<b>Process</b>
i) _____	_____
ii) _____	_____
iii) _____	_____

(3 marks)

b) Give **three** reasons why convenience foods have become more popular.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

c) Suggest when convenience foods could be used sensibly in family meals.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

d) Why are we advised to make only limited use of convenience foods?

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

6.

INGREDIENTS, WHEN RECONSTITUTED: VEGETABLES (LEEK, ONION), WHEAT FLOUR, MODIFIED STARCH, HYDROGENATED VEGETABLE OIL, SALT, FLAVOURINGS, CHICKEN FAT, FLAVOUR ENHANCERS (MONOSODIUM GLUTAMATE, SODIUM GUANYLATE), STABILISER (SODIUM TRIPOLYPHOSPHATE), CASEINATES, SOY SAUCE, YEAST EXTRACT, SUGAR, HERBS, ACIDITY REGULATOR (SODIUM HYDROGEN ORTHOPHOSPHATE), SPICES, CITRIC ACID, ANTIOXIDANT (BHA).		
<b>NUTRITION INFORMATION – TYPICAL VALUES</b>		
	PER 100g	PER SERVING
ENERGY kj.	1751	350
kcal.	418	84
PROTEIN	6.9g	1.4g
CARBOHYDRATE	54.1g	10.8g
FAT	19.3g	3.9g

a) From the label above.

Name **three** different types of additives

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

b) Give the purpose for the use of each additive.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

c) Name **two** important rules that control the use of Additives in food preparation.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

7. A family who earn a moderate income and live in a rented accommodation is seeking to buy a new home. The family has two children , a four-year-old child and a seven-year-old child who finds it difficult to walk due to a physical disability.

a) Write down points they should consider carefully before making their final choice.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_

(4 marks)

b) Suggest, with reasons, a type of accommodation which you think would suit the needs of this family.

**Type of accommodation:** \_\_\_\_\_

(1 mark)

**Reasons:**

- i) \_\_\_\_\_  
\_\_\_\_\_
- ii) \_\_\_\_\_  
\_\_\_\_\_

(2 marks)

c) Identify experts they should consult in order to help them in their choice and explain how these people can help them.

- i) \_\_\_\_\_  
\_\_\_\_\_
- ii) \_\_\_\_\_  
\_\_\_\_\_

(2, 2 marks)

d) The family will need help to finance the house. How should they go about obtaining this help?

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

(3 marks)

e) Identify **three** alterations they might need to carry out in the house to accommodate the disabled child.

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

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

iii) \_\_\_\_\_ (3 marks)

f) Select benefits/services which the family can apply for in order to help them give better care to their child with special needs.

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

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

iii) \_\_\_\_\_ (2 marks)

g) The family plans to invest in a few appliances to help them carry out household tasks effectively.

Suggest **three** appliances which you feel would be suitable for this particular family.

Justify your choice.

**Appliance (i)** \_\_\_\_\_

**Reason** \_\_\_\_\_  
\_\_\_\_\_ (1, 2 marks)

**Appliance (ii)** \_\_\_\_\_

**Reason** \_\_\_\_\_  
\_\_\_\_\_ (1, 2 marks)

**Appliance (iii)** \_\_\_\_\_

**Reason** \_\_\_\_\_  
\_\_\_\_\_ (1, 2 marks)

h) The guarantee safeguards the consumers' rights in the event of a fault in an appliance. Discuss **three** pieces of information which the family must ensure they have in their guarantee to avoid having problems in the future.

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

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

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

\_\_\_\_\_

\_\_\_\_\_

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

8. a) It is important to make sure that a child's home environment is kept as safe as possible to prevent accidents.  
Identify **four** locations in the home where children can get hurt if they are not properly looked after.

**Locations**

- i) \_\_\_\_\_ ii) \_\_\_\_\_  
iii) \_\_\_\_\_ iv) \_\_\_\_\_ (2 marks)

- b) In each case, list the actions that parents should take to prevent children getting hurt.

i) **Action**

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

ii) **Action**

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

iii) **Action**

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

iv) **Action**

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

- c) What first-aid treatment would you give a small child who:

i) Accidentally swallows some pills.

- \_\_\_\_\_
- \_\_\_\_\_

ii) Cuts his knee while playing in the garden.

- \_\_\_\_\_
- \_\_\_\_\_

iii) Sprains his ankle.

- \_\_\_\_\_
- \_\_\_\_\_

(2, 2, 2 marks)