

# JUNIOR LYCEUM ANNUAL EXAMINATIONS 2005

Educational Assessment Unit - Education Division

**FORM 1**

**HOME ECONOMICS**


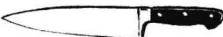
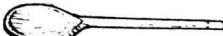
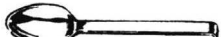


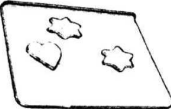
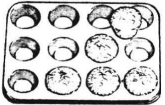




**TIME: 1h 30min**

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

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

**Answer all questions.**

1. a) Give the correct name and use of the equipment shown below.

		Correct Name	Correct Use
i)		• _____	• _____
ii)		• _____	• _____
iii)		• _____	• _____
iv)		• _____	• _____
v)		• _____	• _____
vi)		• _____	• _____
vii)		• _____	• _____
viii)		• _____	• _____
ix)		• _____	• _____
x)		• _____	• _____
xi)		• _____	• _____
xii)		• _____	• _____

(6, 6 marks)

- b) From the equipment shown in a), choose **one** piece of equipment made of wood, **one** made of glass and **one** made of metal and write down how you would care for each one after use.

**Glass: Name of Equipment:** \_\_\_\_\_

**Care after use:** \_\_\_\_\_

**Wood: Name of Equipment:** \_\_\_\_\_

**Care after use:** \_\_\_\_\_

**Metal: Name of Equipment:** \_\_\_\_\_

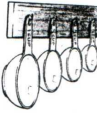



**Care after use:** \_\_\_\_\_

(2, 2, 2 marks)

2. a) When preparing dishes, it is very important to weigh and measure our ingredients well. Why?

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

- b) This equipment is used to weigh and measure ingredients. Write the correct name of each piece of equipment and suggest **two** different ingredients which may be measured by each one?

		Correct Name	Suggested Ingredients
i)		• _____	• _____ • _____
ii)		• _____	• _____ • _____
iii)		• _____	• _____ • _____
iv)		• _____	• _____ • _____

(4, 4 marks)

3. a) We eat mainly because we are hungry, but food has other functions in the body. List **four** other functions of food.

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

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

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

iv) \_\_\_\_\_ (4 marks)

b) Write down **five** nutritional guidelines we must follow to ensure that we are having a balanced diet.

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

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

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

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

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

c) Complete the table below by giving the correct names of the missing food groups and examples of foods in each group.

i) <b>Cereal Foods and Starchy Vegetables</b>  • _____ • _____	ii) _____ _____ • <i>milk</i> • _____
iii) <b>Meat and Alternatives</b>  • _____ • _____	iv) _____ _____ • <i>oranges</i> • _____
v) _____ _____ • <i>honey</i> • _____	vi) <b>Fats and Oils</b>  • _____ • _____

(12 marks)

4. a) Breakfast is considered as the most important meal of the day. Give **three** reasons for this consideration.

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

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

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

b) Some teenagers get into the habit of missing breakfast. Suggest **two** possible reasons for this habit.

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

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

- c) Plan a nutritious breakfast which you could prepare for yourself, giving reasons for your choice of food.

<b>Breakfast</b>	<b>Reasons</b>
• _____	• _____
• _____	• _____
• _____	• _____

(3, 3 marks)

- d) Draw and label a table setting for the breakfast you have chosen.

(4 marks)

5. Some health conscious friends will be coming to your house to listen to some music and you will be preparing a snack for the occasion.

- a) Make sensible changes to the sandwich recipe below to make it in line with the nutritional guidelines.

<b>Ingredients</b>	<b>Changes</b>
i) 8 slices white bread → _____	
ii) 4 slices cheddar cheese → _____	
iii) some butter → _____	
iv) 1 small can tuna in oil → _____	
v) 4 tbsp mayonnaise → _____	
vi) ½ tsp salt → _____	

(3 marks)

- b) Give reasons for the changes you have made.

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

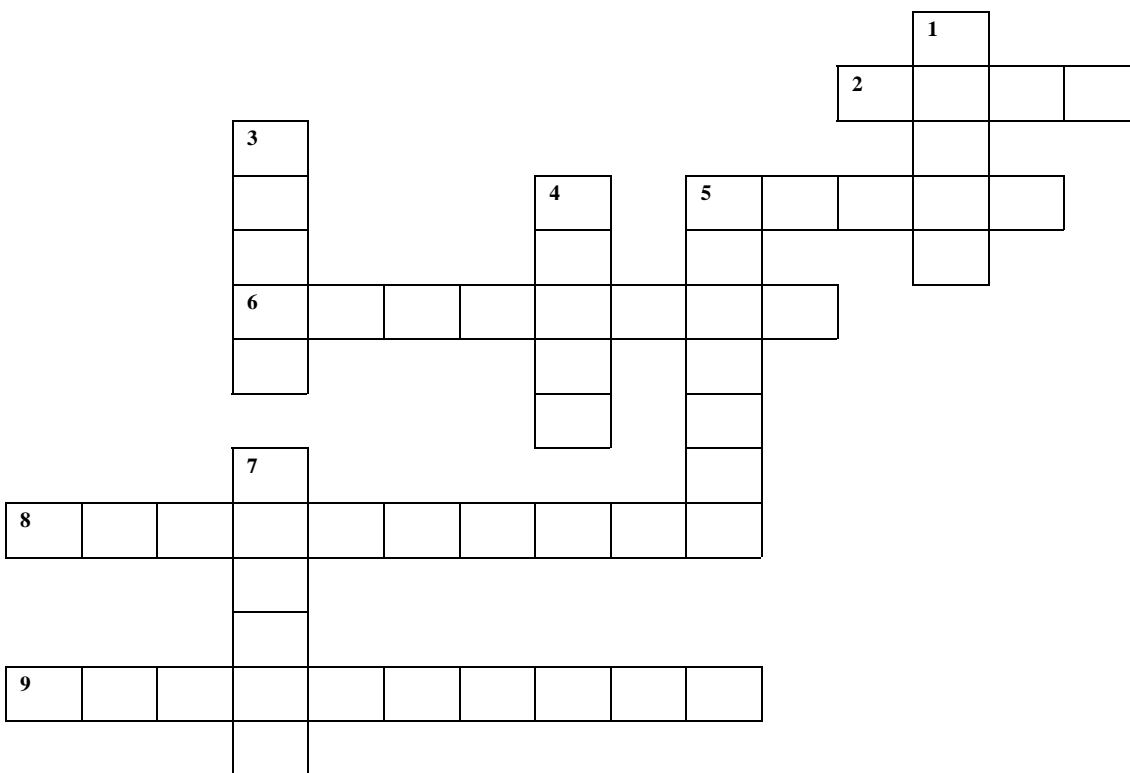
(6 marks)

c) Suggest a healthy dessert and a drink you could serve with the sandwiches.

**Dessert:** \_\_\_\_\_ **Drink:** \_\_\_\_\_

(2 marks)

6. a) Follow the clues carefully to work out the crossword below.



**Clues:**

**Down:**

1. Do not allow \_\_\_\_\_ or flexes on kettles and irons to hang over the edge of a work top.
3. When lighting a gas cooker, strike the \_\_\_\_\_ first before turning on the control knob.
4. The \_\_\_\_\_ on a gas burner should be smaller than the saucepan.
5. Keep pan \_\_\_\_\_ away from the edge of the cooker.
7. Handle \_\_\_\_\_, graters and kitchen scissors with care.

**Across:**

2. Keep \_\_\_\_\_ out of the kitchen.
5. Never touch electrical appliances with wet \_\_\_\_\_.

6. Do not hang \_\_\_\_\_ near to the cooker.
8. Use \_\_\_\_\_ to remove hot food from the oven.
9. Always keep \_\_\_\_\_ and cleaning materials out of the reach of children.

(10 marks)

b) Stairs could be quite dangerous when young children are around. Write down **four** precautions which a family could take to ensure that stairs are as safe as possible.

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

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

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

iv) \_\_\_\_\_ (4 marks)

7. Some of the household waste we throw away could be used again in an attempt to make the world's resources last longer.

a) Suggest **six** items which you and your classmates could:

i) **Re-use:** • \_\_\_\_\_ • \_\_\_\_\_

ii) **Reduce:** • \_\_\_\_\_ • \_\_\_\_\_

iii) **Recycle:** • \_\_\_\_\_ • \_\_\_\_\_ (3 marks)

b) **Bring-in Sites** in the different localities help families to sort out their waste which will be recycled and used again.

List the **four** types of waste being collected at the **Bring-in Sites** and give **one** example of each type.

**Types:** i) \_\_\_\_\_ ii) \_\_\_\_\_ iii) \_\_\_\_\_ iv) \_\_\_\_\_

**Example:** • \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_ (2, 2 marks)

c) As a result of the recent introduction of the Eco-tax, a local council has decided to supply free cloth bags to residents.

Give **two** advantages of using cloth bags.

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

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

d) Design a cloth bag and write a suitable slogan which could be printed on the bags being given by the local council.

**SLOGAN:** \_\_\_\_\_

(1, 2 marks)