

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2005

Educational Assessment Unit - Education Division

FORM 4

HOME ECONOMICS

TIME: 1h 30min

NAME: _____

CLASS: _____

Answer all questions.

1. a) Jason, aged 24, works full-time and lives abroad. He is responsible for the first time for preparing his own meals.
What advice would you give him on:

Shopping

- _____
- _____
- _____ (3 marks)

Nutritional Needs

- _____
- _____
- _____ (3 marks)

Food Preparation

- _____
- _____
- _____ (3 marks)

- b) Your school is running an exchange holiday with a foreign school. You are hosting with your family some foreign students. Suggest **four** points you need to consider to make sure that the foreign students enjoy the meals your family prepares.

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

- c) i) Many teenagers take a packed lunch to school or to work.
Identify **five** points to keep in mind when planning a packed lunch.

- _____
- _____
- _____
- _____
- _____ (5 marks)

- ii) The sandwich described below could be modified to meet the nutritional dietary guidelines.

Explain how:

Egg Mayonnaise Sandwich	Modified Egg Mayonnaise Sandwich
2 slices white bread	_____
1 hard-boiled egg	_____
25g butter	_____
30g mayonnaise	_____

(3 marks)

- iii) Plan a packed lunch for yourself including the above modified sandwich.

Packed Lunch:

- Egg Mayonnaise Sandwich served with
- _____
 - _____
 - _____ (3 marks)

2. a) A fifteen-year-old girl has been on a strict slimming diet. Her family is concerned about the amount of weight she has recently lost.

Using the headings below, discuss how this weight loss could affect her physical and social health.

Physical Health:

- _____
- _____

Social Health:

- _____
- _____ (2, 2 marks)

- b) When following a slimming diet, many people can also reduce their intake of essential nutrients such as iron, calcium and Vitamin D.

Assess how these three nutrients contribute to a healthy diet.

Iron: _____

Calcium: _____

Vitamin D: _____

_____ (6 marks)

- c) Plan a meal for a forty-year-old overweight woman to reduce her energy intake while ensuring a balanced diet. Also give reasons for your choice of dishes.

Meal	Reasons for choice
• _____	• _____
• _____	• _____ (2, 2 marks)

3.



a) Explain the importance of a high standard of hygiene whenever food is prepared.

- _____
- _____
- _____ (2 marks)

b) Describe **five** ways how you would achieve this standard when preparing family meals.

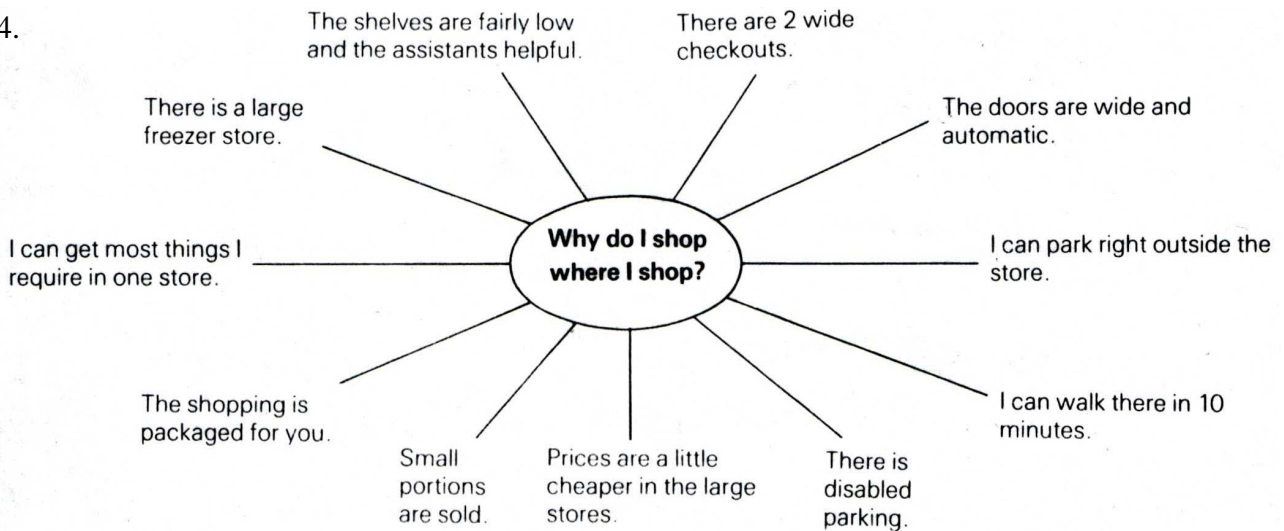
- i) _____
- ii) _____

iii) _____

iv) _____

v) _____ (5 marks)

4.



a) Above is a list of factors which might influence someone's choice of shopping facility. List them in order of priority for:

i) **a young couple who both work full-time.**

- _____
- _____

ii) **a disabled man in a wheelchair.**

- _____
- _____

iii) a young mum with two small children.

- _____
- _____ (3 marks)

b) Give **one** reason for each of your decisions.

Reasons:

i) • _____
• _____

ii) • _____
• _____

iii) • _____
• _____ (6 marks)

c) Advertising encourages people to spend their money freely.

Suggest **three** ways how this is done.

- _____
- _____
- _____ (3 marks)

d) When people overspend, they often find themselves in debt.

Discuss **three** ways how they can prevent this from happening.

- _____
- _____
- _____ (3 marks)

5. a) What guidelines should consumers follow in order to get the best value for money from goods and services?

- _____
- _____
- _____ (3 marks)

b) How can the consumer pay for goods and services?

- i) _____ ii) _____
iii) _____ iv) _____ (2 marks)

c) Name **two** local organisations which help consumers with individual problems.

- i) _____
ii) _____ (1 mark)

d) You have bought a new shirt. After wearing it for the first time, you notice a tear in the seam.

Describe the action you would take to complain.

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

6. On the market we find a wide variety of detergents, each intended for a particular use.

a) Suggest **one** type of detergent you would use on:

i) **Towels and Faceclothes:** _____

ii) **A Silk Top:** _____

iii) **Heavily Soiled Socks:** _____ (3 marks)

b) A young person needs some help on how to handle the washing. List **five** instructions you could pass on to this person.

- _____
- _____
- _____
- _____
- _____ (5 marks)

c) It is everybody's responsibilities to protect the environment. Name possible environmental problems which could be caused by the use of:

Environmental Problems

i) **Detergents** • _____

ii) **Washing Machines** • _____

iii) **Tumble Dryers** • _____

_____ (3 marks)

d) Discuss ways how we could possibly help to reduce these problems.

i) _____

ii) _____

iii) _____

_____ (3 marks)

7. a) Every home should have a first-aid kit.
Name **four** items which you consider to be essential to have in the first-aid kit. Also explain why each item is useful.

Item i) _____ Explanation: _____

Item ii) _____ Explanation: _____

Item iii) _____ Explanation: _____

Item iv) _____ Explanation: _____

_____ (4 marks)

b) In every household we find a number of electrical appliances. How can these appliances be used safely when young children are around?

• _____

• _____

• _____

• _____ (2 marks)

8. The family living next door is planning to care for an elderly relative in their home.

a) Name **three** difficulties that this family can meet with.

i) _____

ii) _____

iii) _____ (3 marks)

b) How can these difficulties be overcome?

i) _____

ii) _____

iii) _____ (3 marks)

c) Give suggestions how both the family and the elderly relative can live happily together.

• _____

• _____

• _____

• _____ (4 marks)