

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2006

Educational Assessment Unit - Education Division

FORM 4

HOME ECONOMICS

TIME: 1h 30min

NAME: _____

CLASS: _____

Answer all questions.

1. The following table shows food commonly found in a fast food outlet.

	<i>Per standard Portion</i>	energy (kcal)	energy (kJ)	fat (g)	sodium (mg)	fibre (g)
Hamburger		260	1090	9.8	400	na
Quarter pounder		420	1760	21	720	na
Cheeseburger		300	1260	14	580	na
Egg Muffin		330	1390	15	880	na
Hotcakes with butter and syrup		500	2100	10	1000	na
Apple pie		260	1090	15	145	na
Vanilla shake		350	1470	8	200	0
Fillet-o-Fish		420	1760	26	620	na
Regular Fries		290	1220	16	290	na
Jacket potato (200 g)		150	630	0.8	na	na
Coleslaw (small, 100 g)		120	500	8.2	na	0.9

a) From the above table name the foods which contain:

(i) the highest amount of energy Kcal _____

the lowest amount of energy Kcal _____

(1 mark)

(ii) the highest amount of sodium _____

the lowest amount of sodium _____

(1 mark)

b) Name **two** diet-related diseases linked with a high energy/Kcal and sodium intake.

• _____

• _____

(1 mark)

c) You are a weight conscious person and you want to choose a meal from the above list.

(i) Identify **two** food items you would choose.

(1 mark)

(ii) Give the total amount of energy/Kcal and fats these items will provide.

(1 mark)

(iii) Also give reasons for your choice of food.

- _____
- _____

(2 marks)

2. Nutritional needs vary throughout life.

Explain the nutritional needs in the following stages of the life cycle of a woman.

Childhood

(3 marks)

Pregnancy

(5 marks)

Old Age

(2 marks)

3. Some elderly people meet difficulties in order to follow a healthy diet.

a) Describe **four** of these difficulties.

- (i) _____

- (ii) _____

- (iii) _____

- (iv) _____

(4 marks)

b) Suggest how the elderly could be helped to overcome **each** of these difficulties.

- (i) _____

- (ii) _____

- (iii) _____

(iv) _____
_____ (4 marks)

c) Suggest points you would keep in mind when planning the following meals for elderly people.

Breakfast

Mid-day Meal

Evening Meal

(2, 3, 2 marks)

4. A group of secondary school teenagers have been invited to your school to visit an exhibition on Healthy Eating.

a) Outline **five** Healthy Eating Rules displayed that could apply to school teenagers regarding Healthy Eating.

- _____
- _____
- _____
- _____
- _____

(5 marks)

b) Identify the nutritional needs of teenage children.

- _____
- _____
- _____

(3 marks)

c) Plan **two** healthy packed school lunches for a secondary school teenager, giving reasons for your choice of dishes.

Lunch i)

Lunch ii)

(2 marks)

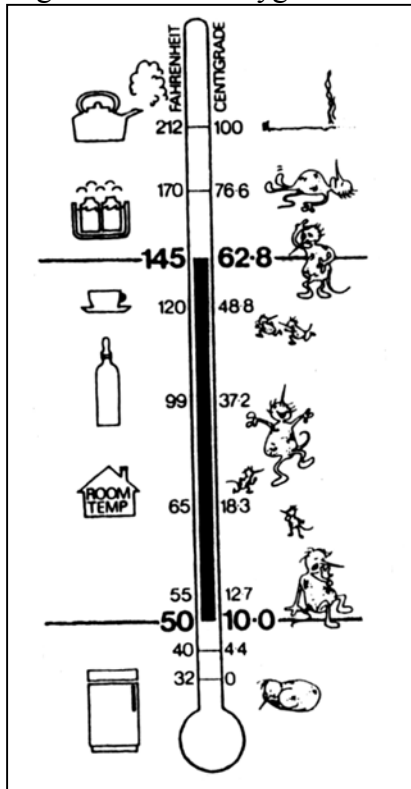
Reasons for choice

(i) _____

(ii) _____

(4 marks)

5. High standards of hygiene ensure safe food preparation.



a) State the temperature range that:

(i) food is most likely to be affected by germs.

(ii) you would store food in the refrigerator.

(iii) is required to kill germs.

(3 marks)

b) What precautions should the consumer take to avoid food poisoning?

- _____
- _____
- _____
- _____
- _____

(5 marks)

c) Name the conditions needed for bacteria to breed in food.

- _____
- _____
- _____

(3 marks)

d) Identify **three** symptoms that a person may suffer from when consuming (*eating*) food attacked by bacteria.

- _____
- _____
- _____

(3 marks)

6. Shopping in a supermarket can be quite an interesting experience for some; yet it can create financial problems to others.

a) Outline **two** positive aspects (*advantages*) and **two** negative aspects (*disadvantages*) of this method.

Positive Aspects

- _____
- _____

Negative Aspects

- _____
- _____

(4 marks)

b) Give your views on:

(i) **teleshopping:** _____

(ii) **online shopping:** _____

(iii) **loyalty cards:** _____

(3 marks)

c) It is possible to follow a healthy diet even when living on a tight budget.

(i) What should families do to achieve this goal?

- _____
- _____
- _____

(3 marks)

(ii) What advice can be given to such families as regards shopping for food?

- _____
- _____
- _____

(3 marks)

7. You have been given a load of clothes to wash.

a) List the steps you would follow to complete (carry out) this task.

- _____
- _____
- _____
- _____
- _____

(5 marks)

b) Suggest how you can show concern for the environment whilst carrying out this task.

- _____
- _____
- _____

(3 marks)

c) This label was found on one of the items to be washed.



Describe how you would carry out the washing process of this item.

- _____
- _____
- _____
- _____
- _____

(5 marks)

8. Lorna, who is a single parent, has a disabled child called Paul.

a) Discuss **two** ways friends can provide support to Lorna.

- _____
- _____
- _____

(4 marks)

b) Name **two** organisations where Lorna can refer to for support and help.

- _____
- _____

(2 marks)

c) Describe the kind of support and help that these organisations provide.

(4 marks)

d) Lorna has bought a food processor to help her prepare meals for Paul. After using it for a few weeks, the processor stopped working.

Explain the action that Lorna has to take to safeguard her rights.

- _____
- _____
- _____
- _____

(4 marks)