

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2007

Educational Assessment Unit – Education Division

FORM 1

HOME ECONOMICS

TIME : 1hr 30 mins

Name: _____

Class: _____

Answer all Questions.

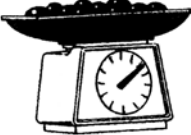

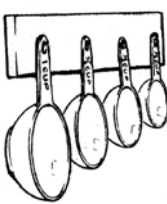
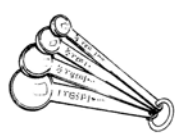
1a) Fill in the table below to show the correct name and use of kitchen equipment.

Name	Correct Use
_____	to chop food on
fork	_____
_____	to stir hot food with
milk pan	_____
_____	to grate cheese or chocolate
rolling pin	_____
_____	to slice bread with
colander	_____
_____	used to grease tins
chopping knife	_____

(10 marks)

b) Correct weighing and measuring is important to get good results in cooking.

Give the correct name of the weighing/measuring equipment shown. Also suggest **two** foods which may be measured by each one.

	Name	Food (i)	Food (ii)
i)		_____	_____
ii)		_____	_____
iii)		_____	_____
iv)		_____	_____

(4, 4 marks)

c) It is very important to clean and store equipment well after use.

Fill in the blanks by using the correct word to show the order to be followed when doing the washing-up.

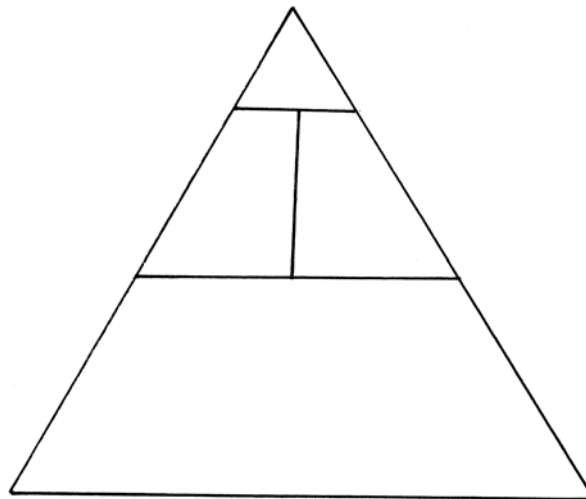
- i) Remove all _____ scraps.
- ii) _____ out the equipment.
- iii) Fill the sink with _____ water and add some _____ liquid.
- iv) Wash the _____, cups and mugs
- v) Next wash the _____.

- vi) Then wash the _____.
- vii) Clean the _____ and oven dishes.
- viii) _____ everything well.
- ix) _____ all the equipment with a clean _____.
- x) _____ everything in its place.

(6 marks)

2a) Place these foods in their correct place in the Healthy Diet Pyramid.

**wholemeal bread, cakes, carrots, poultry, strawberries,
margarine, fish, milk, oil, pulses, brown rice, ice cream.**



The CINDI Healthy Diet Pyramid

(6 marks)

b) The CINDI Dietary guidelines suggest what we can do to lead a healthy life.

Match column A with column B to write down six dietary guidelines.

	A		B
i)	Eat a variety of food coming		by doing some regular exercise.
ii)	Eat bread, pasta, rice or potatoes		that are low in sugar.
iii)	Keep the correct body weight		from plant rather than animal sources.
iv)	Replace fatty meat		of fresh fruits and vegetables every day.
v)	Choose foods and drinks		several times a day.
vi)	Eat seven to nine portions		with beans, lentils, fish and poultry.

(6 marks)

c i) The CINDI dietary guidelines also suggest we eat less salt and salty food.

List **six** foods which have a lot of salt.

i) _____ ii) _____ iii) _____

iv) _____ v) _____ vi) _____

(3 marks)

ii) Name **two** conditions/diseases we can suffer from if we have too much salt in our diet.

i) _____ ii) _____ (2 marks)

d) Below is a list of food items which you have at home. Suggest foods you would choose to follow a healthier diet.

Foods at Home

Healthier Foods

a can of peas _____

salt _____

cheddar cheese _____

red meat _____

full-fat milk _____

soft drinks _____

a packet of butter _____

a packet of oven chips _____

(4 marks)

3a) It is very important to start the day with a healthy breakfast. Give **two** reasons for this good practice.

i) _____

ii) _____ (2 marks)

b i) Breakfast cereals are commonly used when preparing breakfast for the family. Why are they so popular?

• _____

• _____

• _____ (3 marks)

ii) List **four** ingredients which you could add to breakfast cereals to make them more interesting for the family.

- _____
- _____
- _____
- _____

(2 marks)

iii) Name **three** other foods which could be served at breakfast time.

- _____
- _____
- _____

(1 ½ marks)

c i) Plan a nutritious breakfast which you could prepare for yourself before going to school.

Breakfast

- _____
- _____
- _____

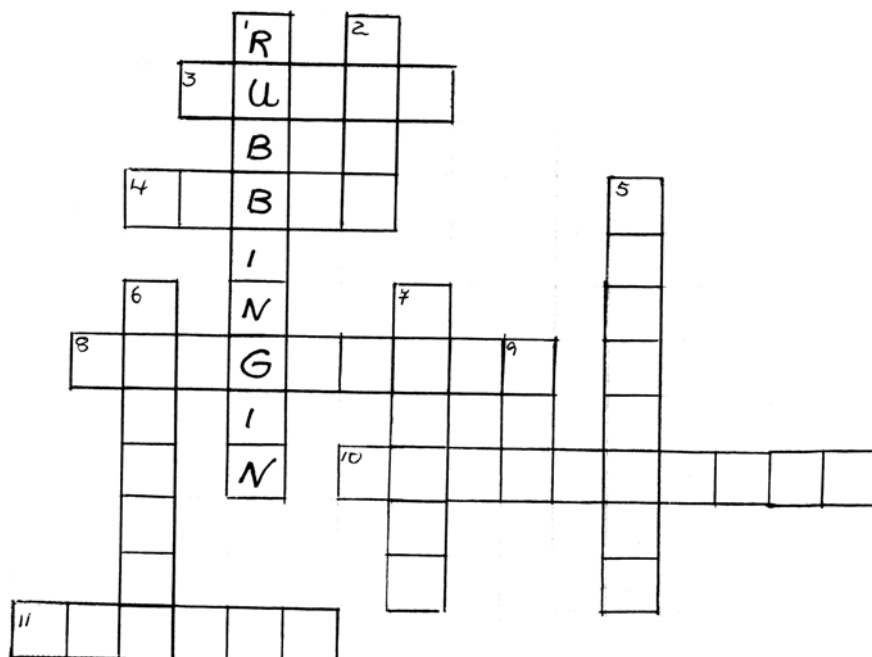
(1 ½ marks)

ii) Give **three** reasons for your choice of breakfast.

- _____
- _____
- _____

(3 marks)

4) Follow the clues to fill in the crossword below.

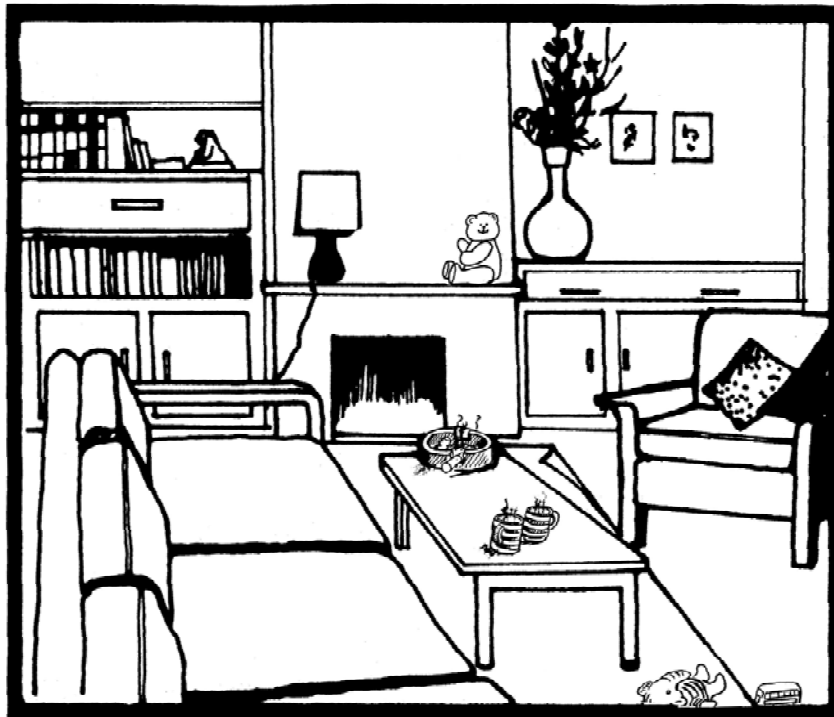


Clues:

1. *Has been done for you.*
2. _____ the buns in a warm oven.
3. _____ is added to the mixture to give a sweet taste.
4. Wholemeal flour and dried fruit add dietary _____ to the buns.
5. All the ingredients must be weighed and _____ carefully to get good results.
6. The _____ knife is used to bind the ingredients together.
7. The bun mixture is prepared in a _____ bowl.
8. The _____ is rubbed into the flour.
9. An _____ is added to hold all the ingredients together.
10. The _____ are used to do the rubbing-in.
11. It is best to use a _____ to check if the buns are cooked.

(10 marks)

- 5) The picture below shows the living room of a family who has a three-year-old child.



a) Identify **eight** possible accidents that can happen; suggest how each may be prevented.

Possible Accidents	Prevention
i) _____	• _____
ii) _____	• _____
iii) _____	• _____
iv) _____	• _____
v) _____	• _____
vi) _____	• _____
vii) _____	• _____
viii) _____	• _____

(4, 8 marks)

b i) The little child cuts her knee while playing in the garden. Write down the first-aid treatment which should be given.

Treatment:

- _____
- _____
- _____ (3 marks)

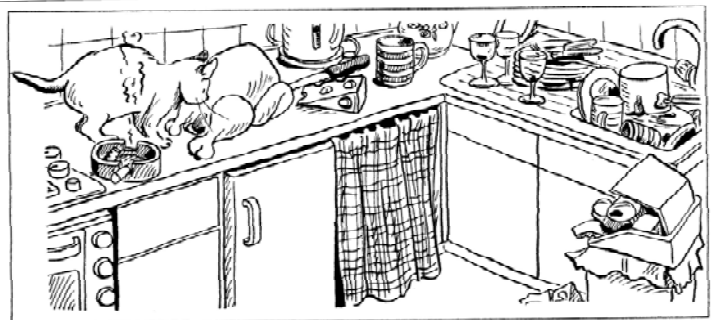
ii) One of the parents burns a finger while lighting the cooker. Write down the first-aid treatment which should be given.

Treatment:

- _____
- _____
- _____ (3 marks)

c) The kitchen must always be kept very clean to avoid the spread of germs and bacteria.

With the help of the picture, write down **five** rules you would follow when preparing meals, to make sure the food you prepare is clean and safe.



Rules:

- i) Wash my hands before I start to prepare meals.
- ii) _____
- iii) _____
- iv) _____
- v) _____
- vi) _____ (5 marks)

6 a) Complete these sentences.

- i) In a nuclear family, the children live with _____.
- ii) In a single-parent family, the children live with only _____.
- iii) Extended families are not so popular today, but they used to consist of the children, their _____ together with the _____ or _____.
- iv) In a _____ family, the children are cared for by the family for a short time before going back to their own family.
- v) In _____ families, the children belong to the new family and even have the same _____. (4 marks)

b i) A family's main responsibility is to provide for the members' needs.

List **four** basic needs of children.

- i) the need for _____
 - ii) the need for _____
 - iii) the need for _____
 - iv) the need for _____
- (2 marks)

ii) Children also need to feel wanted.

Suggest **three** ways how parents can satisfy this need.

- _____
- _____
- _____ (3 marks)