

**JUNIOR LYCEUM ANNUAL EXAMINATIONS 2007**  
Educational Assessment Unit – Education Division

**FORM 2**

**HOME ECONOMICS**

**TIME : 1hr 30 mins**

Name: \_\_\_\_\_

Class: \_\_\_\_\_

1. James and Sharon want to help young people to follow a healthy diet.

a) List **five** solid and **five** liquid foods they could suggest to young people to eat and drink regularly.



**Solid Food**

**Liquid Food**

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

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

(5 marks)

b) James and Sharon also recommend young people to eat a balanced diet. Describe what is a balanced diet.

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

c) Besides following a balanced diet, it is also important to do regular physical exercise. Name **two** benefits of doing physical exercise.

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

2. a) In the table below write **four** CINDI Dietary Steps.

For each one, give a health reason to explain its importance.

	<b>CINDI Dietary Step</b>	<b>Health Reason</b>
i)	_____	_____
ii)	_____	_____
iii)	_____	_____
iv)	_____	_____

(2, 4 marks)

b) John is a nine-year-old boy who likes to eat sweets. His mother thinks that sweets give him energy.

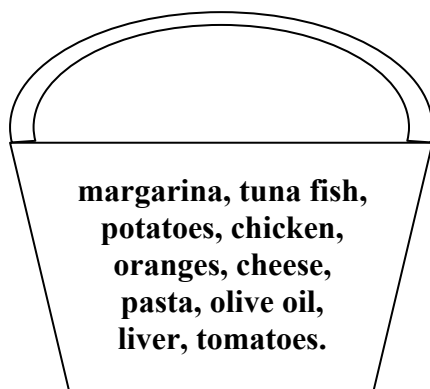
Describe the harm that John is doing to his health.

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

c) What advice would you give to John's mother to help her son develop good eating habits?

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

3.



These foods have been found in your mother's shopping basket.

Each of these foods is a good source (rich) of a particular nutrient.

a) Place these foods under the name of the nutrient they are rich in.

**Carbohydrate**

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

**Fat**

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

**Protein**

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

**Vitamins**

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

**Minerals**

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

(5 marks)

b) Give the function of these nutrients in the body.

**Nutrient**

**Function**

**Carbohydrates**

\_\_\_\_\_

**Fat**

\_\_\_\_\_

**Protein**

\_\_\_\_\_

**Vitamin A**

\_\_\_\_\_

**Vitamin C**

\_\_\_\_\_

**Calcium**

\_\_\_\_\_

**Iron**

\_\_\_\_\_

(7 marks)

4. Young people need to eat less saturated fat if they want to grow healthy.

a) Name the other type of fat young people can include in their meals.

**Type of fat**

\_\_\_\_\_

(1 mark)

b) List **four** foods rich in this fat.

**Foods**

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

(2 marks)

c) Give **one** reason why these foods are safe to eat in moderation.

\_\_\_\_\_

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

d) Name **four** ways how young people can reduce the amount of fat they eat.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (4 marks)

5. You have been asked to modify (change) the ingredients used for Short Crust pastry to keep in line with the **CINDI Dietary Guidelines**.

<b>Short Crust Pastry</b>
<b>Ingredients</b>
200g plain flour
100g fat
1 teaspoon salt
4 tablespoons water

a) Name **three** ingredients you would modify (*change*).

Give **one** reason for each modification.

**Modification i**

- \_\_\_\_\_ change to \_\_\_\_\_

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

**Modification ii**

- \_\_\_\_\_ change to \_\_\_\_\_

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

**Modification iii**

- \_\_\_\_\_ change to \_\_\_\_\_

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

b) Suggest a healthy savoury dish made with short crust pastry.

**Name of Dish** \_\_\_\_\_ (1 mark)

c) Name **two** foods to serve with this dish to make it healthier.

**Foods**

• \_\_\_\_\_ • \_\_\_\_\_ (1 mark)

d) Name the utensil that you need to bake the pies in.

**Name of utensil** \_\_\_\_\_ (1 mark)

e) Explain how you would clean it before you store it in the cupboard.

• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_ (2 marks)

6. Mrs Vella is thinking aloud about the points to look out for before deciding which shopping outlet to choose.

a) Fill in the circles with the rest of the points.

*The first one has been done for you.*

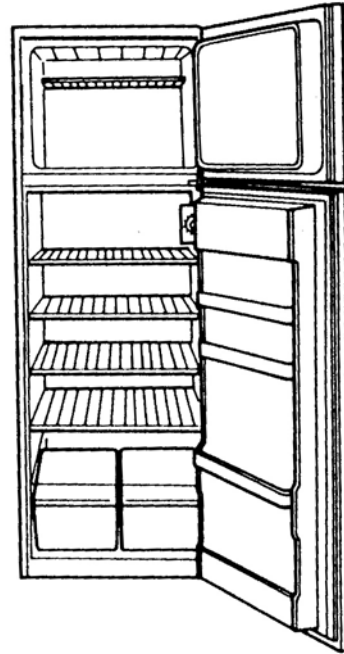


(4 marks)

b) Mrs Vella has just bought the foods mentioned below.

Mark on the diagram of the Refrigerator/Freezer where she has to store these foods.

- sliced ham
- fresh tomatoes
- lettuce
- carton of fresh milk
- eggs
- a packet of frozen peas



(3 marks)

c) List **four** points to observe when storing food in the refrigerator/freezer.

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

(4 marks)

d) Give the temperature of the refrigerator and the freezer to store food safely in.

**Temperature of Refrigerator** \_\_\_\_\_

**Temperature of Freezer** \_\_\_\_\_

(1 mark)

7. Your baker is going to introduce a new sliced loaf for sale.

a) List **four** details you would expect to find on the wrapper of the loaf.

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

b) Using the information you have given above, design the wrapper of the loaf to make it appealing to a health conscious consumer.

(3 marks)

c) Suggest an appropriate name for this loaf and explain why you have chosen this name.

**Name** \_\_\_\_\_ (1 mark)

**Why?** \_\_\_\_\_

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

8.

Help us grow in a Healthy Environment

a) Write a short paragraph to describe the meaning of this slogan.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

b) Explain what you can do to follow this slogan at home when:

i) disposing of rubbish

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

ii) using electricity

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

iii) using water

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

iv) using detergents

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

9. Most accidents in the home can be avoided if only we take the necessary precautions.

a) State **two** precautions (safety rules) you would take to prevent accidents from happening to young children in the:

***Bedroom***

**Precaution**

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

***Bathroom***

**Precaution**

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



*Garage*

**Precaution**

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

*Garden*

**Precaution**

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

b) Describe **two** leisure activities you can share with two young children.

**Activity i** \_\_\_\_\_  
\_\_\_\_\_ (2 marks)

**Activity ii** \_\_\_\_\_  
\_\_\_\_\_ (2 marks)

10. In the family, parents provide for the needs of their children.

Describe **three** responsibilities that teenagers can share in the home.

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