

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2007

Educational Assessment Unit – Education Division

Form 3

HOME ECONOMICS

TIME : 1hr 30 mins

Name: _____

Class: _____

1a. Modify the snack below to meet the CINDI dietary guidelines.

Snack		Modified Snack
2 slices white bread	•	_____
25g butter	•	_____
a slice cheddar cheese	•	_____
a slice of pork luncheon meat	•	_____
a soft drink	•	_____
a chocolate bar	•	_____

(3 marks)

b) The CINDI dietary guidelines show links between diet and good health.

List **three** dietary guidelines and explain the link between each of the chosen guidelines and health.

Dietary Guideline (i) _____ (1 mark)

Explanation: _____

_____ (2marks)

Dietary Guideline (ii) _____ (1 mark)

Explanation: _____

_____ (2marks)

Dietary Guideline (iii) _____ (1 mark)

Explanation: _____

_____ (2marks)

2. Encouraging young people to follow healthy eating habits can be a very challenging task.

a) Suggest **five** ways how teenagers can be encouraged to change their eating habits.

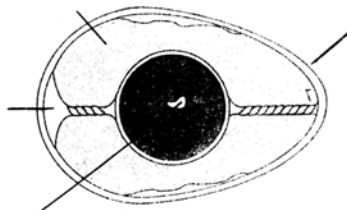
- _____
- _____
- _____
- _____
- _____ (5 marks)

b) How can the school and the media be of help to overcome this challenging task?

- _____
- _____
- _____
- _____ (6 marks)

3. Eggs can be used for many purposes.

a) Label the different parts of the egg shown in the diagram.



(2 marks)

b) Nowadays eggs are stamped giving the *use by date* on the egg shell.

Explain **two** advantages of using this practice.

- _____
- _____ (2 marks)

c) Eggs are considered to be very nutritious. Name the nutrients found in the egg.

Nutrients

- _____
 - _____
 - _____
 - _____
 - _____
- (3 marks)

d) Suggest **five** points you should keep in mind when buying and storing eggs.

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

e) Name **four** dishes (recipes) containing eggs and write down the function (use) the egg performs in each dish.

Dish

Function

- | | |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
- (2, 4 marks)

f) A shop has Free Range and Battery Eggs for sale. Which type would you choose giving a reason for your answer?

Type: _____ (½ mark)

Reason:

_____ (1 mark)

4. A friend needs some advice on making short crust pastry.

a) Suggest **five** hints that your friend should follow to obtain good results.

Hints:

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

b) Your friend has found this recipe in a magazine.

Modify the ingredients to keep in line with the CINDI dietary guidelines.

Apple Pie	Modification
Short Crust Pastry	
200g plain flour	• _____
½ teaspoon salt	• _____
50g hand margarine	• _____
50g lard	• _____
Filling	
1 tin pie filling	• _____
100g sugar	• _____

(2 ½ marks)

ii) Justify the changes you have done.

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

c) The following terms: kneading and rolling out are included in the process of making short crust pastry. Explain clearly each term.

Kneading:

_____ (2 marks)

Rolling Out:

_____ (2 marks)

d) At what oven temperature should short crust pastry dishes be baked?

_____ Gas _____ °C (1 mark)

5a(i) Suggest **two** pieces of equipment you could use to carry out each of the following skills in the kitchen.

	Skill	Equipment	
Chopping	i) _____	ii) _____	
Baking	i) _____	ii) _____	
Peeling	i) _____	ii) _____	
Mashing	i) _____	ii) _____	
Mixing	i) _____	ii) _____	(5 marks)

ii) Choose **four** pieces of equipment from the ones you have suggested and identify the material they are made of and how they should be cared for after use.

Equipment	Material	Care after use
• _____	• _____	• _____ _____
• _____	• _____	• _____ _____

- _____
- _____
- _____
- _____
- _____
- _____

(2, 4 marks)

b) List labour-saving devices which you think would be necessary in the kitchen of a young couple who will be getting married in a few months' time.

- _____
- _____
- _____
- _____
- _____
- _____

(4 marks)

c) Identify **five** factors which this young couple would need to consider before making their final choice of labour-saving devices.

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____

(5 marks)

6. Sometimes children who are worried about something get distracted very easily at school.

a) How can parents try to deal with the situation and solve the problem?

- _____
- _____
- _____
- _____

(2 marks)

b) Suggest **two** ways how parents can help the intellectual development of young children.

- _____

- _____
_____ (2 marks)

c(i) Describe **one** play/work activity a parent and a four-year-old child can do together at home.

_____ (2 marks)

ii) Explain what a child may learn from it.

_____ (2 marks)

d) Why and when is the *Three in One* vaccination given?

Why?

_____ (2 marks)

When?

_____ (2 marks)

- e) Give **three** signs or symptoms parents might see in a young child that would make them decide to take him/her to the doctor.

Signs

- _____
- _____
- _____ (3 marks)

- f) Give **two** suggestions how parents can set a good example to their children to follow good eating habits.

- _____
- _____ (2 marks)

- g) Describe **two** ways how a child's health can be affected if he/she does not eat well-balanced meals.

- _____
- _____
- _____ (4 marks)