

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2007

Educational Assessment Unit – Education Division

Form 4

HOME ECONOMICS

TIME : 1hr 30 mins

Name: _____

Class: _____

1. The task of planning healthy meals can be made easier if the consumer has a knowledge of the **CINDI TWELVE STEPS** to healthy eating.

a) Describe in full **five** important steps that are indicated in the **CINDI Dietary Guide**.

- _____

 - _____

 - _____

 - _____

 - _____

- _____ (5 marks)

b) i) Following the **CINDI Dietary Guide**, plan one day's meal for a 15-year old student.

Breakfast
• _____
• _____

School Lunch
• _____
• _____
• _____

Main Meal	
•	_____
•	_____
•	_____

(4 marks)

ii) Give **three** reasons to justify your choice.

- _____
- _____
- _____

(3 marks)

2. Food habits should be formed early in life.

a) How can a parent encourage his 3-year-old child to develop healthy eating habits?

- _____
- _____
- _____

(3 marks)

b) The label below was taken from a pot of yoghurt.



i) Identify the claims used by the manufacturer to influence the consumer to buy this product.

- _____
- _____
- _____

(3 marks)

ii) Study the label and suggest how these claims can be misleading.

- _____
- _____ (2 marks)

3. The nutritional value of food can be affected by cooking.

a) Identify a different method for each of the following:

i) preserves the nutritive value of vegetables.

ii) reduces the amount of fat.

iii) helps food to be easily digested.

iv) brings out the flavour of food.

(2 marks)

b) Suggest a dish which could be cooked by each of the above mentioned methods.

i) _____ ii) _____

iii) _____ iv) _____ (4 marks)

c) How could these dishes be used to plan a meal for a family on a low fat diet?

Meal

- _____
- _____
- _____

(3 marks)

4. Obesity has become a serious health threat.

a) Identify **six** factors which could contribute towards a teenager becoming obese.

Factors

- _____
- _____

- _____

- _____

- _____

- _____

- _____

- _____ (6 marks)

b) Suggest **six** modifications the teenager should make in the diet to overcome this problem.

- _____

- _____

- _____

- _____

- _____

- _____

- _____ (6 marks)

c) Describe **three** other measures that can help to control this condition.

Measures

- _____
- _____
- _____ (3 marks)

5. Mrs Farrugia is a 75-year-old widow, who lives within walking distance of her married daughter Lara.

a) Describe the dietary needs of Mrs Farrugia considering she is slightly overweight but still leading a busy life.

- _____

- _____

- _____

- _____

- _____
_____ (4 marks)

b) Discuss some difficulties Mrs Farrugia might have when preparing her meals and when shopping for one person.

- _____

- _____

- _____

- _____
_____ (4 marks)

c) While shopping Mrs Farrugia buys the following:



Give **two** advantages and **two** disadvantages of using this type of ready prepared meal.

Advantages

- _____

 - _____

- (2 marks)

Disadvantages

- _____

 - _____

- (2 marks)

d) One morning Lara calls on her mother and finds her lying on the kitchen floor after a fall. Lara encourages her mother to apply for the support services provided by the state. Name and describe **two** services Mrs Farrugia can find very useful.

Services

- _____

 - _____

- (4 marks)

e) Lara also encourages her mother to attend the Local Day Centre. Describe **two** activities carried out at the centres and evaluate their usefulness for the elderly.

- _____

- _____
_____ (2, 2 marks)

6 a) Nowadays, washing machines are given an Energy Efficiency Rating. How would you recognise a washing machine that has been awarded the Energy Efficiency Rating?

_____ (1 mark)

b) Suggest **two** advantages of choosing a washing machine with the best Energy Efficiency Rating.

Advantages

- _____

- _____
_____ (2 marks)

c) What type of features would you look for on the washing machine if it is to be used by:

i) A large family with two young children and a teenager?

Features

- _____
- _____ (1 mark)

Reason

- _____
- _____ (2 marks)

ii) An elderly person who lives alone?

Features

- _____
- _____ (1 mark)

Reason

- _____
- _____ (2 marks)

d) When buying home appliances, you can pay either by cash or hire purchase. Suggest **one** advantage and **one** disadvantage of each method of paying for appliances.

Cash

Advantage _____

Disadvantage _____

Hire Purchase

Advantage _____

Disadvantage _____
_____ (4 marks)

e) Give the reason for carrying out the following steps before washing clothes.

i) Check that there are no tissues or papers in pockets.

Reason _____

ii) Mend any tears.

Reason _____

iii) Remove stains before washing.

Reason _____
_____ (3 marks)

f) Discuss points to consider when choosing an environmentally friendly detergent to carry out the family wash.

- _____

- _____

- _____
_____ (3 marks)

g) Describe **three** ways how you can save on energy when doing the family wash.

- _____

- _____

- _____
_____ (3 marks)

7 a) How would you treat the following:

i) A girl is nose bleeding after being hit by a ball?

_____ (2 marks)

ii) Your mother who burns her hand while preparing dinner?

(2 marks)

iii) Your young brother who cuts his knee after a bad fall?

(2 marks)

iv) A teenager who sprains his ankle whilst playing football?

(2 marks)

b) i) Suggest **six** items that you should have in a First Aid Box.

• _____	• _____
• _____	• _____
• _____	• _____

(3 marks)

ii) Explain the correct use of **three** of the listed items above.

Correct use

- _____
- _____
- _____

(3 marks)