

**JUNIOR LYCEUM ANNUAL EXAMINATIONS 2007**

Educational Assessment Unit – Education Division

**Form 5****HOME ECONOMICS****TIME : 1hr 45 mins****Name:** \_\_\_\_\_**Class:** \_\_\_\_\_

1. Study the table below.

<b>fat</b>	<b>type/name</b>	<b>ingredients</b>
A	Butter	Pure butter, Salt
B	Hard Margarine	Animal and vegetable fat (hydrogenated fish oils, hydrogenated vegetable oils, vegetable oils), Whey, Water, Salt, Emulsifiers (mono and di-glycerides and lecithin), Vitamin E, Flavouring, Colour (beta-carotene), Vitamins A and D.
C	Soya Soft Margarine	Soya oil, Water, Salt, Emulsifiers (mono and di-glycerides of fatty acids and lecithin), Flavouring, Colour (beta-carotene), Vitamins A and D.
D	Sunflower Spread	Sunflower oil, Vegetable oils, Whey, Water, Salt, Emulsifiers (lecithin and mono and di-glycerides), Lactic acid, Vitamin E, Flavouring, Colour (beta-carotene), Vitamins A and D.
E	Low Fat Spread	Water, Vegetable oil, Reconstituted skimmed milk, Reconstituted butter milk, Milk protein, Modified Starch, Salt, Emulsifiers (mono and di-glycerides), Acidity Regulators (sodium lactate and sodium citrate), Stabiliser (potassium alginate), Preservative (potassium sorbate), Flavouring, Vitamins A and D, Colour (beta-carotene).

a) Why are the ingredients listed in this order?

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

b) What do you understand by:

i) **flavour?** \_\_\_\_\_

\_\_\_\_\_

ii) **emulsifier?** \_\_\_\_\_

\_\_\_\_\_

iii) **preservative?** \_\_\_\_\_

\_\_\_\_\_

(2, 2, 2 marks)

c) Why are more additives needed in Fat E than in B, C or D?

\_\_\_\_\_

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

d) State, with reasons, the fat you would choose from the table for:

i) a vegan:

**Type of fat:** \_\_\_\_\_

**Reason:** \_\_\_\_\_

( $\frac{1}{2}$ , 1 mark)

ii) making cakes by the all-in-one method:

**Type of fat:** \_\_\_\_\_

**Reason:** \_\_\_\_\_

( $\frac{1}{2}$ , 1 mark)

iii) a person on a low calorie diet:

**Type of fat:** \_\_\_\_\_

**Reason:** \_\_\_\_\_

( $\frac{1}{2}$ , 1 mark)

e) Hydrogenated Vegetable Fats are one of the ingredients listed in Fat B (Hard Margarine).

i) Explain what are hydrogenated fats.

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(2 marks)

ii) Why are we being advised to avoid hydrogenated fats in food preparation?

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(2 marks)

f) Give reasons why people are being advised to choose foods which minimise the intake of additives.

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

g) Why are we being encouraged to look for organic foods when doing our shopping?

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(2 marks)

2. People are eating more ready-prepared convenience foods.

a) Give **four** reasons for this.

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

b) Give **four** different examples of convenience foods which are often being used.

**Food:**

i) \_\_\_\_\_ ii) \_\_\_\_\_

iii) \_\_\_\_\_ iv) \_\_\_\_\_

(2 marks)

c) Suggest, with reasons, how these foods could be accompanied by fresh foods to improve the nutritional value of the meal.

• \_\_\_\_\_

\_\_\_\_\_

• \_\_\_\_\_

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

d) When convenience foods are consumed in an uncontrolled manner they can be harmful to health. Give **three** reasons for this.

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_ (3 marks)

e) A family with both parents having a full-time job outside the home sometimes uses convenience foods when preparing family meals.

Plan a nutritious main meal which shows sensible use of convenience foods. Give reasons for your choice.

**Meal:**

• \_\_\_\_\_

• \_\_\_\_\_ (2 marks)

**Reasons:**

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_ (4 marks)

3) a) Consumers are advised to analyse food labels carefully before making their purchases. Why?

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

b) Describe **five** factors that manufacturers use to influence consumers' choice.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- \_\_\_\_\_ (5 marks)

c) Consumers should be aware of the packaging material used to pack food. Name **three** different materials used to pack food and discuss their suitability in protecting food.

**Materials:**

- \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_ (1½ marks)

**Discuss:**

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

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_ (6 marks)

d) Assess the environmental impact of **two** of the packaging materials you have chosen in (c).

**Packaging material I** \_\_\_\_\_

**Assessment** \_\_\_\_\_  
\_\_\_\_\_ (2marks)

**Packaging material II** \_\_\_\_\_

**Assessment** \_\_\_\_\_  
\_\_\_\_\_ (2marks)

4. A young couple is planning to design their kitchen. Conservation of energy should be given its due importance.

a) Suggest guidelines they could follow to help reduce fuel costs as much as possible.

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

b) Describe how the set up of the kitchen could help minimize loss of human energy.

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_ (6 marks)

- c) i) Identify **four** appliances the couple could choose to help in the preparation and cooking of family meals.

**Appliances:**

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

(2 marks)

- ii) Give reasons for each appliance.

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

(4 marks)

- d) How can the couple contribute towards the care of the environment when choosing products and services for the home?

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

(3 marks)

- e) Correct disposal of waste material would render their home to be environmentally friendly. Give **four** hints how this could be done.

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

(4 marks)

5. There are many ways of making our homes safe and secure.

a) Suggest **four** ways how an elderly couple who live on their own could make their home as safe as possible.

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

b) i) List **two** devices they could install in their home to discourage intruders.

- \_\_\_\_\_ • \_\_\_\_\_ (1 mark)

ii) Give advice to this elderly couple on how to act responsibly to protect themselves from intruders.

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

c) One of the elderly persons has just started using a walking aid. Identify **four** changes they might need to make in the house to make it suitable to live in.

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



d) It is very important for elderly people to socialise. Identify **three** activities they could attend in their locality to keep themselves in contact with other people and at the same time enjoy themselves.

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_ (3 marks)

e) Describe a service they can avail themselves of to help make life easier.

• \_\_\_\_\_

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