

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2008
DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
Educational Assessment Unit

Form 1

HOME ECONOMICS

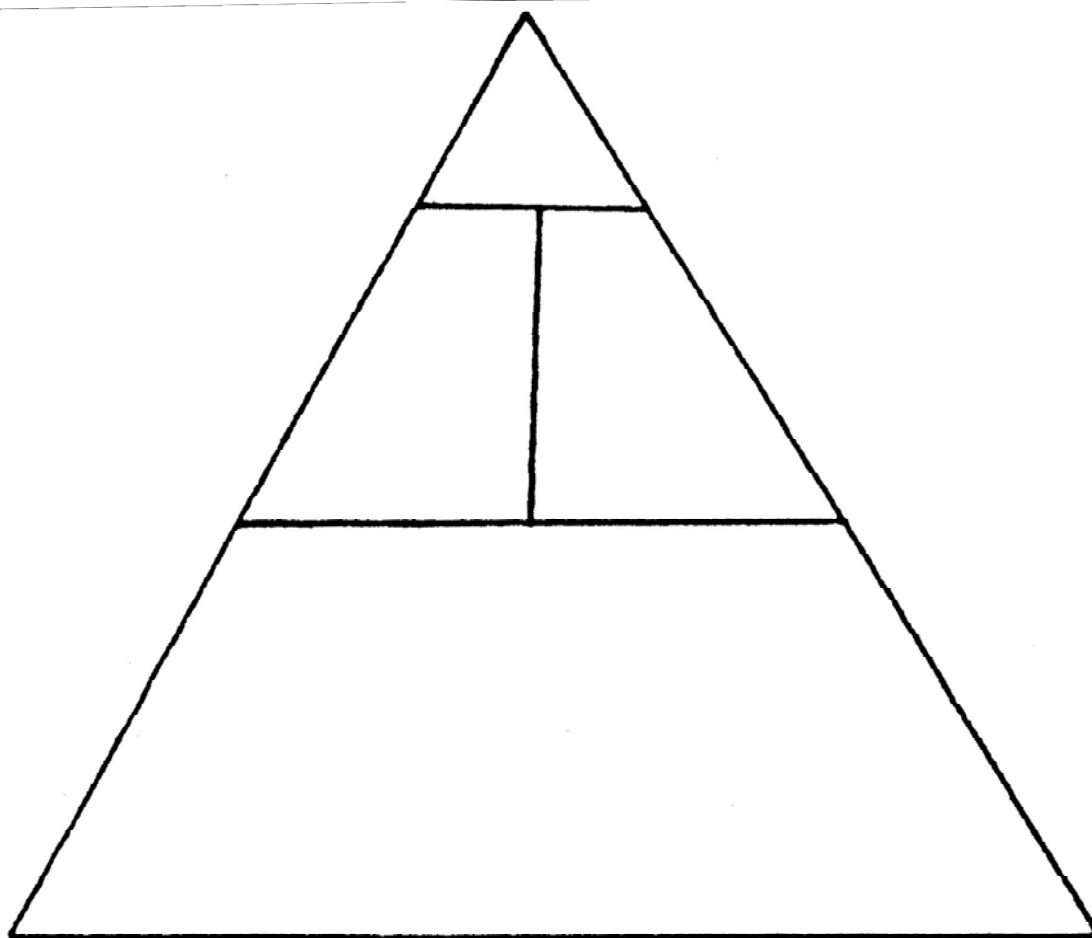
TIME : 1hr 30 mins

Name: _____

Class: _____

Answer all questions

1. a) i) Label correctly the CINDI Food Guide Pyramid.



(1 ½ marks)

ii) Place the following foods in their correct place on your pyramid.

**wholemeal bread, light yogurt, lentils, carrots, green peppers, fish,
ricotta, butter, lean meat, brown rice, oranges, soft drinks,
skimmed milk, ice-cream, potatoes**

(7 ½ marks)

- b) The CINDI Dietary Guidelines suggest we should reduce the amount of sugar in our diet.

Give **three** examples how you can do this when preparing family meals.

- _____
- _____
- _____ (3 marks)

2. a) Milk and fresh fruit are popular foods with children.

- i) Write down **two** health benefits of:



Milk • _____

• _____

Fresh fruit • _____

• _____

(2, 2 marks)

- ii) Name a dessert and a drink you have prepared at school where milk/fresh fruit were used as a main ingredient.

Name of dessert: _____

Name of drink: _____ (2 marks)

- iii) Choose the dessert or drink you have written in a) ii) and write down the correct name and use of **four** pieces of equipment you would need to prepare it.

Name of dessert/drink: _____

Equipment Needed

Correct Use

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

(2, 4 marks)

3. Study the table which shows the nutritional content of a group of breakfast cereals, per 30g serving with 125ml semi-skimmed milk.

Cereal	Energy (Kcal)	Fat (g)	Sugar (g)	Fibre (g)	Sodium (g)
Weetabix	124	2.0	1.7	4.8	0.1
Frosties	170	2.5	19	0.2	0.3
Corn Flakes	170	2.5	9	0.3	0.4
Rice Krispies	111	2.5	3	0.2	0.36
Bran Flakes	157	3	13	4.5	0.2
Fruit 'n Fibre	202	5	15	4	0.3

- a) i) Which breakfast cereal has the:

highest energy value? _____ (½ mark)

lowest energy value? _____ (½ mark)

- ii) List **two** breakfast cereals which contain the highest amount of sugar.

• _____ • _____ (½, ½ mark)

- iii) Name a breakfast cereal which is low in fat and sugar and high in fibre.

_____ (1 mark)

- iv) A person has been advised to increase her fibre intake from food. Suggest **three** breakfast cereals which she could use to add more fibre to her diet.

• _____ • _____ • _____ (½, ½, ½ mark)

- v) Look closely at the sodium (salt) column and write down what you observe about the salt content of the listed breakfast cereals.

_____ (1 mark)

- b) i) A number of young children take Frosties for their breakfast. Keeping the CINDI Dietary Guidelines in mind, do you feel that this breakfast cereal is a healthy choice?

YES

☐

NO

☐

tick

☒

near the correct answer

(½ mark)

ii) Give a reason to justify your answer.

Reason: _____
_____ (2 marks)

- c) If you were to choose a healthy breakfast cereal for your breakfast, which one would you choose, giving a reason for your answer?

Choice of breakfast cereal: _____

Reason for choice: _____
_____ (2 marks)

- d) Fresh milk is usually added to breakfast cereals.

List **four** other foods which you could serve with breakfast cereals.

- _____
- _____
- _____
- _____ (2 marks)

- e) Lay the table correctly for one person, for the breakfast shown below.

<p style="text-align: center;">fresh orange juice wholemeal cereal with milk scrambled egg on toast</p>
--



(3 ½ marks)

4. Snacks are small meals which require very little preparation and cooking.

a) i) Suggest **three** situations when you might find it necessary to take a snack.

Sitautions: a) _____ b) _____ c) _____

(1 ½ marks)

ii) The following snacks are popular among young persons. Place them under the correct heading below.

toasted cheese sandwich, potato crisps, apple, salted peanuts,
biscuits, popcorn, baked beans on toast, vegetable soup,
chocolate cake, strawberry milkshake

Healthy Snack

Unhealthy Snack

(5 marks)

iii) Choose **one** of the foods from the Healthy Snack group and give **one** reason why you consider it to be healthy.

Chosen Healthy Snack Food: _____

Reason: _____

(2 marks)

b) i) Plan a healthy snack meal you could prepare for your teenage brother when he returns home from school.

Healthy Snack Meal:

- _____
- _____

(2 marks)

ii) List **six** healthy ingredients you would need to prepare the snack meal.

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

(3 marks)

5. a) i) Name **three** different pieces of equipment you would use to measure the following:

200g wholemeal flour: _____

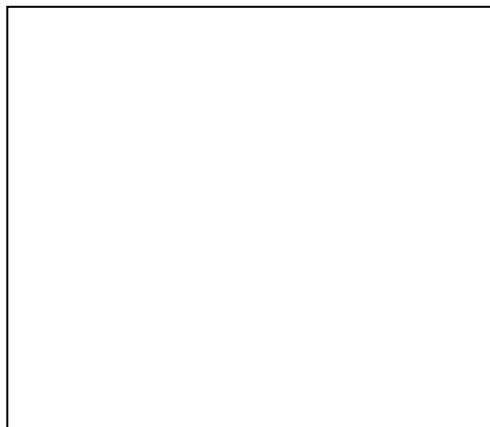
25g sugar: _____

1 cup rice: _____

(1 ½ marks)

ii) A measuring jug holds 1 litre of liquid.

Draw a measuring jug and label clearly **125ml**, **500ml** and **750ml**.



(1, 1 ½ marks)

iii) Write down **one** rule you would follow to get accurate results when using a measuring jug.

_____ (1 mark)

b) Name **two** different pieces of equipment you could use to:

mash potatoes • _____ • _____

peel carrots • _____ • _____

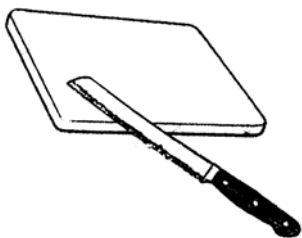
bake cakes • _____ • _____

mix ingredients • _____ • _____

cut • _____ • _____

(5 marks)

- c) You find these utensils in your Home Economics unit at school. Write down their correct name and use. Also suggest **two** foods you could use them on.



Name: _____ **Use:** _____

Foods: • _____ • _____
(½, 1, 1 marks)

Name: _____ **Use:** _____

Foods: • _____ • _____
(½, 1, 1 marks)

- d) Explain how you would clean a grater after using it to grate some cheese.

- _____
- _____
- _____ (3 marks)

6. a) Draw the cooker you have in class.

Label the:

Hob

Oven

Grill

Control Knobs



(2, 2 marks)

- b) Place the dishes/foods listed below under the correct heading to show which part of the cooker is used to cook them.

**pasta to brown, lentil soup, toast,
ricotta pie, fruit cake, tomato soup**

Hob

Grill

Oven

- | | | |
|---------|---------|---------|
| • _____ | • _____ | • _____ |
| • _____ | • _____ | • _____ |

(3 marks)

- c) How would you clean the hob of your cooker after you have used it to prepare some fish for dinner?

- _____
- _____
- _____

(3 marks)

- d) Continue the sentences below to write down rules for the correct and safe use of cookers.

- i) Do not place oven gloves and tea towels on _____ .
- ii) When lighting a gas cooker, first _____ .
- iii) The flame of a gas cooker must be _____ .
- iv) _____ to take hot food out of the oven.
- v) Pan handles _____ .
- vi) _____ before you start to clean an electric cooker.

(6 marks)

7. a) Write **three** hygiene rules to follow when preparing food in the kitchen.

Rules:

- i) _____
- ii) _____
- iii) _____

(3 marks)

b)

Dangerous bacteria can grow in the nose and throat and can be passed on to food, making it unsafe to eat.

Write down **two** ways how you can prevent this from happening.

i) _____

ii) _____

(2 marks)

c) List **four** common dangers in a kitchen and write down how each could be prevented.

Common Dangers	Prevention
i) _____	i) _____
ii) _____	ii) _____
iii) _____	iii) _____
iv) _____	iv) _____

(4, 4 marks)