

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


**Form 2** **HOME ECONOMICS** **TIME : 1hr 30 mins**

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

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

**Answer all questions**

1. The table below shows the nutrient content and the ingredients of a loaf of bread.

Nutritional Information		
	Typical values	Per average slice of bread (38g)
	Protein	4.8g
	Carbohydrates of which sugars	13.3g 1.1g
	Fat of which saturates	1.2g 0.2g
	Fibre Sodium	2.6g 0.3g
<b>Ingredients</b>		
Water, Wholewheat Flour, Wheat Bran, Wheatgerm, Yeast, Salt, Vegetable Fat, Flour Improver, Ascorbic Acid.		

- a) How much carbohydrates does an average slice of bread contain?

\_\_\_\_\_ (½ mark)

- b) Carbohydrates can be obtained from **three** sources. **One** of them is sugar as stated on the label.

Name the other **two** sources.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_ (½, ½ mark)

- c) From the ingredients list, identify the ingredients rich in these **two** sources of Carbohydrates.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_ (½, ½ mark)

- d) The sugar content of a slice of bread is 1.1g. State in grams the rest of the Carbohydrates.

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

- e) How much fibre does an average slice of bread contain?

\_\_\_\_\_ (½ mark)

- f) i) Is the information given on the label referring to wholemeal bread or white bread?

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

- ii) Give a reason for your choice.

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

2. The CINDI Guidelines recommend we far reduce the intake of sugar and sugary food.

- a) Why is it important to follow this guideline?

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

- b) Name healthy foods teenagers should choose instead of the following.

Choose \_\_\_\_\_ instead of a sugar-coated cereal.

Choose \_\_\_\_\_ instead of sugary drinks.

Choose \_\_\_\_\_ instead of cakes and biscuits.

Choose \_\_\_\_\_ instead of sweets.

Choose \_\_\_\_\_ instead of ice-creams. (5 marks)

- c) Another CINDI recommendation is to eat less saturated fat. Give **two** reasons why we should eat less saturated fat.

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

- d) We are advised to increase the amount of fibre in our daily diet. What is the function of fibre in the body?

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

- e) List **five** ways how teenagers can add fibre rich foods in their diet.

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

- f) Suggest a healthy mid-morning snack including bread which teenagers can prepare for themselves.

**Mid-Morning Snack:**

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

- g) Give **two** reasons for your choice.

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

3. At school John has cooked rikotta pies using short crust pastry.

a) Which ingredients used in the rikotta pies supply the nutrients in the table below.

Nutrient	Ingredient
Carbohydrates	_____
Fat	_____
Protein	_____
Calcium	_____

(4 marks)

b) Each nutrient has a special function to do in the body. State the function of the following nutrients.

Nutrient	Ingredient
Protein	_____
	_____
Carbohydrates	_____
	_____
Calcium	_____
	_____

(3 marks)

c) i) Name **two** foods John can eat with the rikotta pies to have a healthy snack.

**Foods**

• \_\_\_\_\_

• \_\_\_\_\_

(1 mark)

ii) Give a reason for your choice.

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

d) As a drink, John chose a bottle of water.

Why is water important for good health?

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

e) Using short crust pastry, this time John wants to make some sweet pies to serve as a dessert. Suggest **two** types of sweet pies he can make.

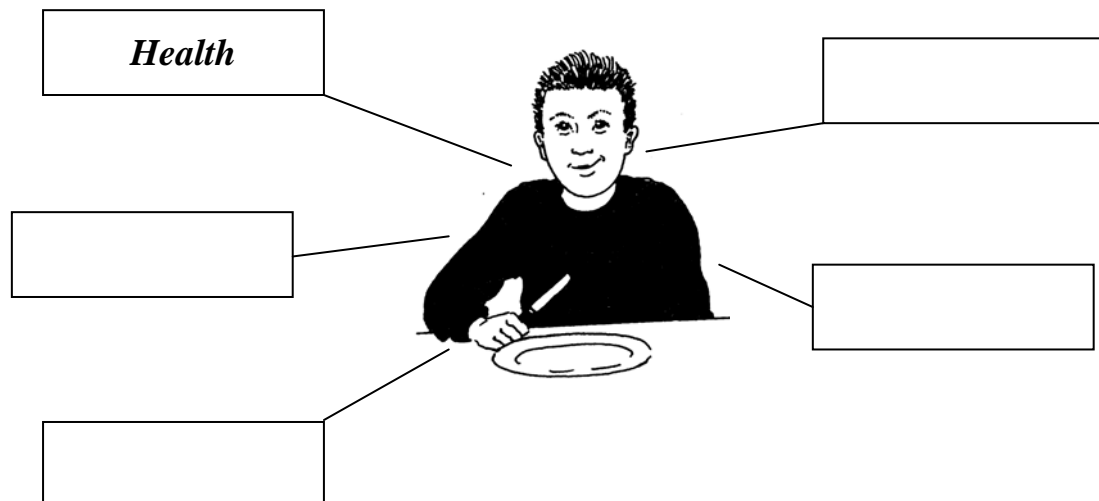
**Sweet Pies**

- \_\_\_\_\_ • \_\_\_\_\_ (1 mark)

f) List **five** rules John has to follow when making short crust pastry.

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

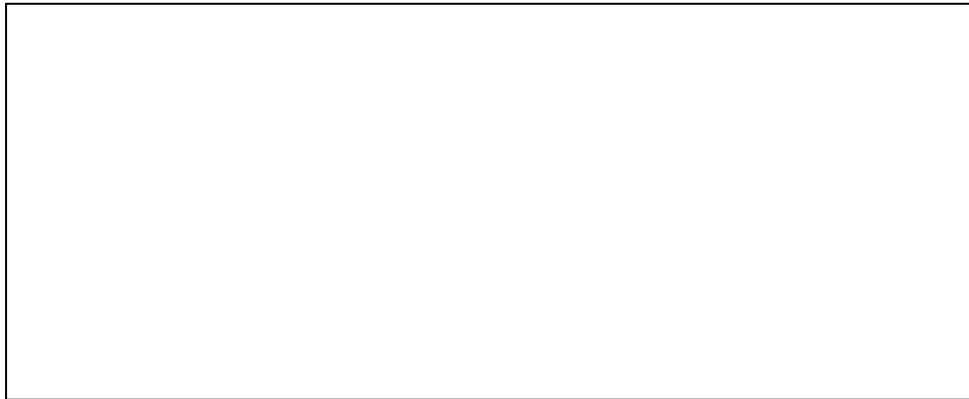
4) Several factors can influence one's choice of food.  
Fill in the empty spaces with possible factors. The first *one* has been done for you.



(4 marks)

5) We should always make every effort to have our meals at a well set table.

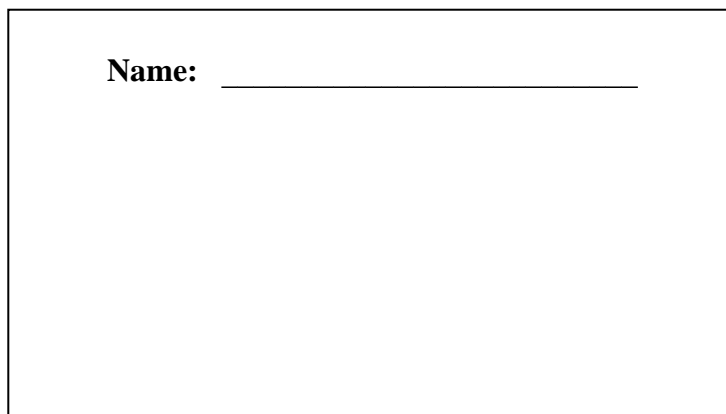
- a) In the space provided, draw the place setting for a light snack consisting of a rice salad and a glass of water.



(5 marks)

- b) Name and draw a creative ornament that could be used on the table to add a pleasing effect to the snack. Give a reason for your choice drawing.

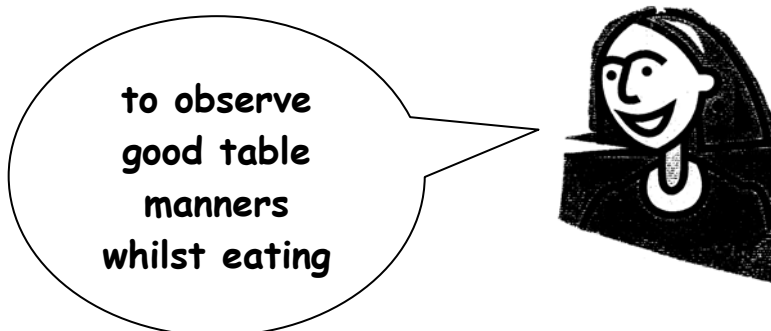
**Name:** \_\_\_\_\_



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

(½, 1 ½, 1 mark)

- c) **Please do not forget**



(i) List **five** table manners which you should follow regularly.

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

(ii) Explain why these rules should be followed.

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

6) Shopping can be done from different outlets.

a) Identify the specialised shops from where the following foods can be bought.

Items	Shopping Outlets
everyday bread	_____
fresh fruit and vegetables	_____
meat	_____
the weekly family shopping	_____

(4 marks)

b) Explain what you understand by armchair shopping.

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

c) List **four** items which can be bought by this practice.

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

- d) A wise shopper needs to consider and follow certain rules before paying for goods.  
Explain how you can be a wise shopper.

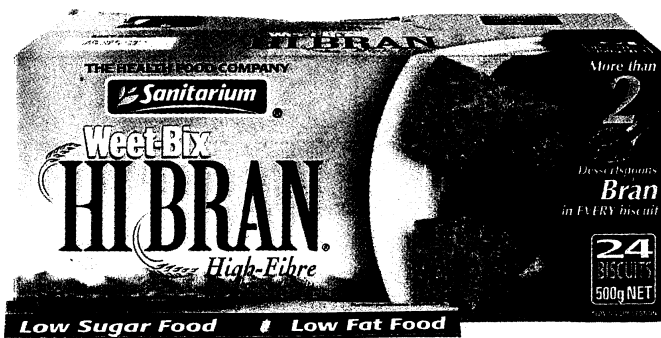
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (5 marks)

- 7) The law states that all food should be labelled.

- a) List **five** pieces of information listed on a food label.

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

- b) What information on this food label affects one's health condition?



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



- c) Draw and describe the litterman symbol.



**Description**

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(1, 1 mark)

- d) Name **two** products on which this symbol is usually found.

• \_\_\_\_\_ • \_\_\_\_\_ (1 mark)

- 8) Let's all **do** our best to care for the world and for ourselves.



- a) Give **three** reasons why teenagers and young children should grow to take good care of the environment.

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_ (3 marks)

- b) The Bring-in-Sites have been introduced to promote a culture of waste separation and recycling.

Explain how household waste should be separated to be disposed of at the Bring-in-Sites.

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(2 marks)

- c) Suggest **five** ways how we can reduce waste in our homes.

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

- d) Describe **two** measures that you can take to show concern for the environment.

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