

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

Form 3

HOME ECONOMICS

TIME : 1hr 30 mins

Name: _____

Class: _____

Answer all questions

1. Match the following medical conditions with the nutrients that are linked to them; some nutrients might be linked to more than one condition.

Also decide whether it is a deficiency or excess of the nutrient which is linked to the condition.

water sugar calcium iron fat salt

Medical Condition	Nutrient	Deficiency/Excess
osteoporosis	_____	_____
anaemia	_____	_____
diabetes	_____	_____
coronary heart disease	_____	_____
hypertension	_____	_____
dehydration	_____	_____
obesity	_____	_____
dental caries	_____	_____

(4, 4 marks)

2a. Fill-in the missing words in the following passage.

diverticulitis soft constipation large intestine moisture muscles

As dietary fibre passes into the _____, it absorbs _____ . This makes the food _____ and bulky. The _____ of the bowel have to contract to remove bulky food. Waste products which are dry and hard are difficult to remove and may cause _____ and _____. (3 marks)

b. Continue the sentences below to give useful suggestions how N.S.P. (dietary fibre) can be added in the diet.

- i) eat _____ cereals for breakfast.
- ii) eat more fresh _____ and _____ .
- iii) add _____ to stews and casseroles.
- iv) eat _____ instead of sweets.
- v) add _____ to cakes.
- vi) use _____ to make up your sandwiches.
- vii) eat less _____ foods. (4 marks)

c. Plan a high-fibre breakfast for yourself, giving reasons for your choice of ingredients.

High-fibre Breakfast	Reasons for Choice
• _____	• _____
• _____	• _____
• _____	• _____

(1½, 3 marks)

d. Why is it important to start the day with a good breakfast?

- _____
- _____ (2 marks)

3. Iron is an important mineral in the diet.

Study the table below which shows the iron content of some foods.

<i>Iron content of foods, mg per 100g</i>			
Milk	0.1	Potatoes	0.4
Eggs (scrambled)	2.0	Potato crisps	2.0
Beef (topside)	1.9	Bread (white)	1.7
Corned beef	3.0	Bread (wholewheat)	2.5
Kidney	8.0	Meusli	4.5
Liver	7.5	Cornflakes (fortified)	7.0
Cod (fried)	1.2	Rice Crispies (fortified)	7.0
Tuna	1.1		
Chicken (roast)	0.8		
Soya flour	7.0	Almonds	4.0
Soy sauce	4.8	Brazil nuts	2.8
Chick peas	3.1	Carrots	0.6
Peanut butter	2.0	Peas (green)	1.2
		Cabbage	0.9
Cocoa powder	10.0	Spinach	4.0
Chocolate (plain)	2.5	Aubergine	0.4
Black treacle	9.0	Boiled Broccoli	1.0
Curry powder	29.6	Apricots (dried)	4.1
		Figs (dried)	4.0
		Sultanas	2.0

a. i) Name the **two** best vegetable sources of iron.

• _____ • _____ (1 mark)

ii) Find **two** breakfast cereals suitable for a four-year old child.

• _____ • _____ (1 mark)

iii) From the table, choose **two** foods which you could add to your breakfast cereal.

• _____ • _____ (1 mark)

b. i) Why is liver such a good source of iron?

• _____ (1 mark)

ii) Your friend does not like liver and kidney, suggest **two** other foods she might include with mashed potatoes and cabbage to make an iron-rich main dish.

• _____ • _____ (1 mark)

- c. The table shows that cocoa powder, black treacle and curry powder are very rich in iron.

Explain why they are not important sources of iron for most people.

- _____
- _____ (2 marks)

- d. i) What is the function of iron in the body?

_____ (2 marks)

- ii) What happens if we do not take enough iron in our diet?

_____ (1 mark)

- iii) Name a group of people who are more likely to suffer from a lack of iron in their diet. Give a reason for your answer.

Group of People: _____

Reason: _____
(½, 1 mark)

- e. Why is it recommended to take Vitamin C foods along with iron-rich foods?

_____ (1 mark)

- 4a. Indicate which of these statements are **true** or **false**.

- i) Flavoured milk contains more sugar than white milk.

☐

- ii) Cream and butter are milk products which are high in fat.

☐

- iii) If I do not have milk each day, I can always take meat and fish instead.

☐

- iv) Milk is rich in protein needed for strong bones and teeth.

☐

- v) The nutrient calcium is present in milk and milk products.

☐

- vi) When milk is skimmed, most of the calcium is removed.

☐

- vii) Ricotta is a type of cheese which is very low in fat.

☐

- viii) Homogenised milk need not be stored in the refrigerator unless carton is opened.

☐

(4 marks)

- b) A parent is finding it difficult to give milk to her four-year old child who dislikes its taste.

List **four** dishes where she can use milk as a main ingredient and which would be suitable for a young child's:

Breakfast: _____ **Packed Lunch:** _____

Midday Meal: _____ **Snack:** _____

(4 marks)

- c) Suggest a different type of milk for each of the following situations, giving a reason for each choice.

i) **a six-year old child:** _____

Reason: _____

ii) **a person who is intolerant to lactose:** _____

Reason: _____

iii) **an adult who needs to reduce weight:** _____

Reason: _____

iv) **an elderly person who lives far from shops:** _____

Reason: _____

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

5. Using the rubbing-in method of cake-making, you will be preparing some buns for teatime.

- a. List the cake ingredients which are:

Sieved: • _____ • _____

Rubbed-in: • _____ • _____

Used to bind: • _____

Dry: • _____ • _____

Liquid: • _____ • _____

(4½ marks)

b. Fill-in the missing steps to show the method how you would prepare the buns.

- i) _____
- ii) Light the oven; grease the bun tin; beat the egg.
- iii) Sift the flour.
- iv) _____
- v) _____
- vi) Add the beaten egg and enough milk to have correct consistency.
- vii) _____
- viii) _____

(5 marks)

c. i) At what oven temperature would you bake the buns?

Gas Mark _____ or _____ °C (1 mark)

ii) How would you check if the buns are cooked?

_____ (1 mark)

iii) List **two** ingredients you could use to add N.S.P. to your cake mixture.

• _____ • _____ (1 mark)

iv) Name a type of margarine you would use to keep in line with the Dietary Guidelines.

Give a reason for your answer.

Type of Margarine: _____

Reason: _____

(½, 1 mark)

v) How would you store any remaining buns for future use?

_____ (1 mark)

d. i) Identify **two** labour saving devices you could use to prepare the cake mixture.

• _____ • _____ (2 marks)

- ii) If you were to buy one of these appliances, which **three** factors would you consider before making your final choice?

Factors:

- _____
- _____
- _____ (3 marks)

- iii) Choose **one** of the appliances and list **three** other processes it can perform other than rubbing-in mixtures.

Name of Appliance: _____

Other Processes:

- _____
- _____
- _____ (3 marks)

- 6a. i) The following symbols may be seen when buying toys; give the meaning of each.



- _____ (1 mark)



- _____ (1 mark)

- ii) Explain why plastic wrapping used in new toys should be removed before they are given to children.

_____ (1 mark)

- iii) List **two** safety features you would look for in a toy for a four-year old child.

- _____
- _____ (2 marks)


- iv) Other than safety, suggest **two** points to consider when choosing a toy.

- _____
- _____ (2 marks)

- b. Sarah is a four-year old child whose basic needs are met by her family.

Give examples how her family can meet these needs.

Physical Needs • _____ • _____	Intellectual Needs • _____ • _____
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Social Needs • _____ • _____	Emotional Needs • _____ • _____
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(2, 2, 2, 2 marks)

- 7a. List **four** possible contents of the first-aid box and describe how each can be used.

First-Aid Box Contents • _____ • _____ • _____ • _____	Correct Use • _____ • _____ • _____ • _____
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(2, 4 marks)

- b. Most of the accidents which happen in the home could be prevented.

Fill-in the grid below:

Accident	Causes	Prevention
• Cuts	• sharp utensils • _____	• wash sharp utensils carefully • _____
• _____	• steam • boiling water	• _____ • _____
• Burns	• _____ • _____	• _____ • use oven gloves

(8 marks)