

FOR OFFICIAL USE

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C

	KU	HI
Total Marks		

**1660/403**

NATIONAL  
QUALIFICATIONS  
2011

MONDAY, 16 MAY  
1.00 PM – 2.15 PM

HOME ECONOMICS  
STANDARD GRADE  
Credit Level

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Date of birth

Day    Month    Year

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Scottish candidate number

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Number of seat

- 1 Try to answer every question in this paper.
- 2 Read the questions carefully before you answer them.
- 3 Write your answers in the spaces provided.
- 4 Additional lines at the end of the booklet can be used if more space is required for answers or if you need to do any rough work.
- 5 Before leaving the examination room you must give this book to the Invigilator. If you do not, you may lose all the marks for this paper.



Marks

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1. (a) The Walker family need to buy car seats for their three year old twins. Safety and value for money are important to the family. They use their car regularly and want the twins to be comfortable on long journeys.

Information about car seats		
A	B	C
• 18 months to 4 years	• 6 months to 4 years	• 2 years to 11 years
• Isofix system <sup>1</sup>	• Installed by qualified fitter	• Fits all types of car
• Cover can be sponge cleaned	• Cover to be hand washed only	• Cover can be machine washed
• One drink holder	• No drink holder	• Two drink holders
• Only available in black	• Only available in blue	• Available in a range of colours
• Padded headrest	• Padded head support	• Side impact protection
• Plastic arm rests	• Padded arm rests	• Retractable arm rests
• 2 recline settings	• Adjustable backrest	• 4 recline positions
• Harness with sleeve and buckle pad	• Quick release buckle	• Alarm buckle <sup>2</sup>
• 3 year guarantee	• 1 year guarantee	• 5 year guarantee

**Key:**

Isofix system<sup>1</sup> — makes installation and removal of seat quick and easy.

Alarm buckle<sup>2</sup> — alarm goes off when buckle is released.

- (i) Choose the **most suitable** car seat for the family.

Car seat \_\_\_\_\_

1	
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Marks	Marks	
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1. (a) (continued)

- (ii) Give **four** reasons for your choice and explain why **each** reason is important to the family.

Reason 1 \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

2

Reason 2 \_\_\_\_\_

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2

Reason 3 \_\_\_\_\_

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2

Reason 4 \_\_\_\_\_

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2

[Turn over

Marks

1. (a) (continued)

(iii) Tanya's parents need a car seat that can be easily moved between cars.

Which seat would be the **most suitable** for them to choose?

Car seat \_\_\_\_\_

1

(b) Identify and explain **two** factors to consider when buying clothing for a baby.

Factor 1 \_\_\_\_\_

1

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1

Factor 2 \_\_\_\_\_

1

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1

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Marks

**1. (continued)**

(c) List **two** steps to take to reduce household waste using **each** of the following headings.

**Food**

Step 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1

Step 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1

**Clothing**

Step 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1

Step 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1

**Water**

Step 1 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1

Step 2 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1

[Turn over

	KU	HI
1		
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1		
1		

Marks

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2. (a) Susan is a 32 year old vegan. She is five months pregnant.  
 She has had to give up work and spends a lot of time reading.  
 Taking account of the Dietary Reference Values (DRVs) for this age group, **evaluate** the suitability of this day's nutritional intake.

Dietary Reference Values for females 19–50 years					
Estimated average requirement	Guideline daily amount	Reference Nutrient Intakes			
<i>Energy</i>	<i>NSP</i>	<i>Protein</i>	<i>Iron</i>	<i>Calcium</i>	<i>Vitamin C</i>
1.94 MJ	18 g	45 g	14.8 mg	700 mg	40 mg

Dietary analysis of day's meals					
<i>Energy</i>	<i>NSP</i>	<i>Protein</i>	<i>Iron</i>	<i>Calcium</i>	<i>Vitamin C</i>
2.02 MJ	21 g	28 g	9.8 mg	560 mg	44 mg

Evaluation 1 \_\_\_\_\_

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\_\_\_\_\_

3

Evaluation 2 \_\_\_\_\_

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3

Marks	KU	HI
3		
3		

2. (a) (continued)

Evaluation 3 \_\_\_\_\_

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Evaluation 4 \_\_\_\_\_

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[Turn over

Marks

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1	
1	
1	
1	
1	

2. (continued)

(b) Give **two** explanations how **each** of the following methods of preservation help to prevent food spoilage.

(i) **Jam Making**

Explanation 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Explanation 2 \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

(ii) **Vacuum Packing**

Explanation 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Explanation 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**2. (continued)**

(c) Identify **two** factors which may contribute to childhood obesity.

Factor 1 \_\_\_\_\_

**1**

Factor 2 \_\_\_\_\_

**1**

(d) Explain **two** reasons why the dietary needs of teenage boys and girls are different.

Reason 1 \_\_\_\_\_

**1**

Explanation \_\_\_\_\_

\_\_\_\_\_

**1**

Reason 2 \_\_\_\_\_

**1**

Explanation \_\_\_\_\_

\_\_\_\_\_

**1**

Marks

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**[Turn over**

Marks


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2	2
2	2

3. (a) Hugh works twelve hour shifts as a kitchen assistant. His duties include preparing food, washing floors and moving equipment.

Study the information about footwear below.

**Evaluate** the suitability of the footwear for Hugh by:

- explaining **why** it is suitable for Hugh
- indicating **how** it is useful to Hugh.

	<ul style="list-style-type: none"> <li>• Heel and arch support</li> <li>• Adjustable heel strap</li> <li>• Ultra lightweight</li> <li>• Anti-bacterial coating</li> <li>• Anti slip treads</li> <li>• Machine wash 30°C</li> <li>• Reinforced toe</li> </ul>
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Evaluation 1 \_\_\_\_\_

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Evaluation 2 \_\_\_\_\_

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3. (a) (continued)

<i>Marks</i>		KU	HI
Evaluation 3	_____		
Evaluation 4	_____		
(b) One of the Scottish dietary targets is to increase oily fish in the diet from 44g to 88g per week. Identify and explain <b>three</b> benefits to health of increasing oily fish in the diet.	Benefit to Health 1 _____		
Benefit to Health 2 _____	_____		
Benefit to Health 3 _____	_____		

Evaluation 3 \_\_\_\_\_

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\_\_\_\_\_

Evaluation 4 \_\_\_\_\_

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(b) One of the Scottish dietary targets is to increase oily fish in the diet from 44g to 88g per week. Identify and explain **three** benefits to health of increasing oily fish in the diet.

Benefit to Health 1 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Benefit to Health 2 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Benefit to Health 3 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Marks

3. (continued)

(c) Thinking about **nutrition**, complete the following table.

Nutrient	Function	Rich Food Source
Fluoride	_____	_____
	_____	_____
	_____	_____
Vitamin E	_____	_____
	_____	_____
	_____	_____
Vitamin B <sub>1</sub>	_____	_____
	_____	_____
	_____	_____

2

2

2




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**[Turn over for Question 4 on *Page fourteen***



Marks

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4. (a) Murray is a student who is moving into university accommodation.  
He will have a small cupboard in a shared kitchen.  
He enjoys cooking soups and wants to buy a hand blender to help him with his preparation.

Information about hand blenders			
	A	B	C
Noise level			
Power level	600 watts	700 watts	650 watts
Functions	<ul style="list-style-type: none"> <li>• blends</li> <li>• whisks</li> <li>• purees</li> </ul>	<ul style="list-style-type: none"> <li>• blends</li> <li>• grates</li> <li>• chops</li> </ul>	<ul style="list-style-type: none"> <li>• blends</li> <li>• slices</li> <li>• shreds</li> </ul>
Dishwasher safe	no	yes	yes
Special features	<ul style="list-style-type: none"> <li>• soft grip touch</li> <li>• 2 speed action</li> <li>• cordless</li> <li>• clear jug</li> </ul>	<ul style="list-style-type: none"> <li>• storage box included</li> <li>• multi speed</li> <li>• anti splash blade guard</li> <li>• turbo button<sup>1</sup></li> </ul>	<ul style="list-style-type: none"> <li>• easy grip handle</li> <li>• 3 speed action</li> <li>• spatula</li> <li>• whisk attachment</li> </ul>

**Key:**

 quiet —————>  loud

turbo button<sup>1</sup> — for tough ingredients

- (i) Choose the **most suitable** hand blender for Murray.

Hand blender \_\_\_\_\_

1

Marks

4. (a) (continued)

(ii) Give **four** reasons for your choice and explain why **each** reason is important for Murray.

Reason 1 \_\_\_\_\_

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Reason 2 \_\_\_\_\_

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Reason 3 \_\_\_\_\_

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Reason 4 \_\_\_\_\_

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2

2

2

2

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[Turn over

Marks

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4 (a) (continued)

(iii) Romana wants to buy a hand blender to make chilled smoothies and fruit sauces.

She will need to measure the liquid for the smoothies.

Which blender would be the **most suitable** for Romana?

Hand blender \_\_\_\_\_

1

(b) The following label can be found on the hand blender.



What is the meaning of this label when found on a hand blender?

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1

(c) Thinking about **safety**, give **two** rules to follow when using a microwave.

Rule 1 \_\_\_\_\_

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1

Rule 2 \_\_\_\_\_

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1



Marks

**4. (continued)**

(d) (i) After a year at university, Murray is in debt.

Name **two** organisations he could contact for advice.

Organisation 1 \_\_\_\_\_ **1**

Organisation 2 \_\_\_\_\_ **1**

(ii) Give **three** pieces of advice Murray may be given by these organisations to prevent further debt.

Advice 1 \_\_\_\_\_ **1**

\_\_\_\_\_

Advice 2 \_\_\_\_\_ **1**

\_\_\_\_\_

Advice 3 \_\_\_\_\_ **1**

\_\_\_\_\_

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[END OF QUESTION PAPER]





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	KU		HI	
1		10		10
2		10		12
3		12		8
4		8		10
Total Marks		40		40