FOR OFFICIAL USE			



	KU	HI
Total Marks		

1660/403

NATIONAL QUALIFICATIONS 2007 THURSDAY, 10 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 Scottish candidate number	Number of seat
1 Try to answer every question in this paper.	
2 Read the whole of each question carefully before yo	u answer it.
3 Write your answers in the spaces provided.	
4 Additional lines at the end of the booklet can be answers or if you need to do any rough work.	e used if more space is required for
5 Before leaving the examination room you must give not, you may lose all the marks for this paper.	e this book to the invigilator. If you do





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Childhood obesity due to poor nutrition and lack of exercise is a current health issue.	Marks	KU	H
Identify three Scottish dietary targets and give an explanation of how following each target can help prevent obesity.			
Give a different explanation for each answer.			
Dietary Target 1			
	1		
Explanation	•		
•			
	1		
Dietary Target 2			
	1		
Explanation			
	1		
Dietary Target 3			
	1		
Explanation			
	1		
[Turn over			

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1. (continued)

Marks | KU | HI

(b) During the summer Mark is going on an outdoor activities weekend.

He needs a jacket suitable for taking part in a range of outdoor activities including hill walking, pony trekking and rock climbing.

Study the information about jackets shown below.

Information about jackets for outdoor activities

Jacket A



Features

- Outer shell fabric⁽¹⁾
- Contains duck down filling
- Elasticated cuffs
- Detachable hood
- Secure inner pockets, one of which is designed for mobile phone
- Lightweight

Jacket B



Features

- Lightweight fleece fabric
- Requires no ironing
- Built in mosquito/midge repellent lasts up to 35 washes
- Adjustable hem⁽²⁾
- Excellent UPF(3)
- 2 zipped hand pockets

Kev

- (1) Waterproof finish acts as a barrier against water and the wind.
- (2) Adjustable hem allows jacket to be lengthened.
- (3) The UPF protects the wearer from the harmful effects of the sun.

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1. (b) (continued)

Choose one jacket and evaluate its suitability for Mark.	Marks	KU	HI
Jacket			
Evaluation			
1	-		
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3	-		
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	_ 2		
[Turn over	•		

[1660/403]

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				MAR	GIN
1.	(co	ntinued)	Marks	KU	НІ
	(c)	The zip on Mark's jacket broke so did not keep him dry on his activities weekend.	}		
		State three ways the Sale and Supply of Goods Act 1994 protects Mark.			
		1			
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			. 1		
		2	-		
			1		
			. 1		
		3	-		
			-		
			. 1		
				[]	

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[Turn over for Question 2 on Page eight

Marks KU HI

1

(a) Ali runs a sewing business from home, making soft furnishings and a range of clothing including eveningwear.

She needs to buy a new sewing machine because she is going to extend her business by making and selling personalised fabric items.

Study the information about sewing machines shown below.

Information about sewing machines			
A B C			
Embroidery machine	Lightweight sewing machine	Heavy duty sewing machine	
PC software package included ⁽²⁾	8 basic stitches including buttonholes	Computerised range of stitches including lettering ⁽¹⁾	
Frame holds fabric securely for embroidery	Colour coded threaded guides	Able to stitch quilts, cushions, curtains	
Needle threader attached	No needle threader	Automatic needle threader	
• Hi-rise presser foot ⁽³⁾	Zipper foot and buttonhole foot included	• Hi-rise presser foot ⁽³⁾	
• £899·00	• £129·00	• £799·00	
3 years parts and labour guarantee	3 years parts and labour guarantee	• 5 years parts and labour guarantee	

Key:

Choose the most suitable sewing machine for Ali.	
Sewing machine	

Give four different reasons for your choice.

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⁽²⁾ PC software allows computer generated designs to be transferred to the sewing machine.

⁽³⁾ Presser foot can be lifted higher to accommodate bulky fabrics.

2. (<i>a</i>) (continued)

(continued)	Marks	KU	HI
Reason 1	_		
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	_ 2		
Reason 2	_		
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	_ 2		
Reason 3	_		
	_		
	_		
	_		
	_ 2		
	- -		
Reason 4	_		
	_		
	_		
	_		
	_ 2		
A Home Economics department wants to buy new sewing machines to use with first year pupils in the introductory textile unit.			
Which sewing machine would be the most suitable for the department?			
Sewing machine	1		
[Turn over			

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(*b*)

2. (continued)

(c)	Ali has young children. Give two explanations why young children are more at risk from accidents in the home than adults.	Marks	KU	HI
	Explanation 1	-		
		-		
		_ 1		
	Explanation 2			
		-		
		. 1		
(<i>d</i>)	Ali's partner has become unemployed and they have a large number of	f		
	unpaid bills and credit card debts. Explain four points of advice they should follow to manage their debt.			
	Point of advice 1	-		
		. 1		
	Explanation	_		
		-		
		. 1		
	Point of advice 2	. 1		
	Explanation	- -		
		-		
		1		

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2.	(d) (continued)	M	arks	KU	HI
	Point of advice 3				
			1		
	Explanation				
	Point of advice 4		1		
			1		
	Explanation				
			1		
		[Turn over			
F4 /	660/4021 Paga elegan				

3. (a) 14 year old Gill is a lacto vegetarian. She spends her evenings doing homework and playing computer games.

Taking account of the Dietary Reference Values (DRVs) for this age group and the contribution that the evening meal should make to her daily requirements, **evaluate** the suitability of her meal.

Dietary Reference Values for females 11–14 years in the UK					
Estimated Average Requirements	Reference Nutrient Intakes				
Energy	Protein	Vitamin C	Calcium	Iron	
7·92 MJ	41·2 g	35 mg	800 mg	14·8 mg	
Recommended daily intake of NSP-18g					

The Evening Meal should provide approximately $\frac{1}{3}$ of the day's requirements ie:					
Energy	Protein	Vitamin C	Calcium	Iron	NSP
2·64 MJ	13·7 g	11.6 mg	266·6 mg	4.9 mg	6 g

Dietary Analysis of Evening Meal					
Energy	Protein	Vitamin C	Calcium	Iron	NSP
3·8 MJ	13·9 g	6·5 mg	332·4 mg	2·4 mg	2 g

(a) (continued)	Marks	KU	H
Evaluation			
1			
	3		
2			
	3		
3			
	3		
4			
	3		
	[Turn over		
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3.	(continued)		

(co:	ntinued)			RGIN
(b)	Gill has a six month-old brother who is ready to be weaned on to solid	Marks	KU	HI
	foods. Identify and explain three points of advice, other than nutrition , to be considered when weaning the baby.			
	Point of advice 1	. 1		
	Explanation			
		. 1		
	Point of advice 2	. 1		
	Explanation			
	Point of advice 3	. 1		
	Explanation			
		. 1		
		. 1		

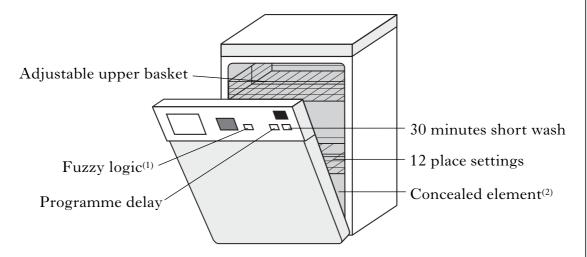
3	(continued)		MA
Э.	(continued)	Marks	KU
	(c) Identify and explain three conditions that affect bacterial growth in food.		

ontinued)	Marks	VII	Г
Identify and explain three conditions that affect bacterial growth in food.		KO	
Condition 1	_ 1		
Explanation	_		
	_		
Condition 2	_ 1		
Explanation	_		
	_ 1		
Condition 3	_ 1		
Explanation			
[Turn ove			
[Turn ove	1		

Marks | KU | HI

4. (a) The Blair family want to buy a new energy efficient dishwasher for their kitchen. There are six people in the family including two young children who are under school age.

Study the design features of the dishwasher shown below.



Key:

- (1) Machine automatically selects the most suitable wash programme by measuring the levels of dirt in the water.
- (2) Water heating element is concealed at bottom of machine for safety.

Choose three design features and give different reasons why each feature would suit the needs of the Blair family.

Design feature 1		
Reason		

2

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(u)	(continued)	Marks	KU	H
	Design feature 2	_		
	Reason	_		
		_		
		_		
	Design feature 3	_		
	Reason	_		
		_		
		_		
		_		
		_ 2		
		_ 2		
(b)	Explain in detail the difference between saturated and unsaturated fats.			
	Explanation	_		
		_		
		_		
		_ 2		
		_ 2		
(c)	Oily fish contain omega 3 fatty acids.			
	State one benefit to health of omega 3 fatty acids in the diet.			
	Benefit	_		
		_		
		_		
		_ 1		

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4. (continued)

Iarks	KU	HI

(d) A group of four students plan to prepare a meal before going out for the evening.

They enjoy cooking but have limited time available and do not own a microwave.

The students like to follow the dietary targets when possible.

Study the information about meals below.

Information about meals			
	A	В	С
Main ingredients in meal	Rice 31% Chicken 16% Cream 4% Coconut 4·5%	Rice 40% Soya protein 20% Cream 4% Coconut 1·5%	Rice 44% Chicken 25% Cream 3% Coconut 7%
Preparation Time	None	None	10 minutes
Cooking Time	Microwave: 5 mins or Oven bake: 25-30 mins	Microwave: 13 mins or Oven bake: 50-55 mins	Pan method: 20 mins or Oven bake: 50 mins
Nutrition Typical values per serving	Energy 3700 kJ Protein 33·4 g Carbohydrate 77·6 g Fat 49·0 g Sodium 1·1 g	Energy 2484 kJ Protein 30·6 g Carbohydrate 61·7 g Fat 24·8 g Sodium 1·3 g	Energy 2681·3kJ Protein 34·5 g Carbohydrate 69·3 g Fat 21·7 g Sodium 0·9 g
Cost per portion	£1·78	£1·98	£1·09

Choose the **most suitable** meal for the students.

Meal
Give four different reasons for your choice.
Reason 1

2

1

4.	(d) (continued)		

continued)	Marks	KU	НІ
Reason 2	_		
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	_		
Dogger 2			
Reason 3	_		
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	_ 2		
Reason 4	_		
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	_ 2		
Some has just be sucht his first missessess and wants to use it to each a most			
Sam has just bought his first microwave and wants to use it to cook a meal. He is a lacto vegetarian.	•		
Which meal would be the most suitable for Sam?	ı		
Meal	1		
$[END\ OF\ QUESTION\ PAPER]$			

(*e*)

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ADDITIONAL SPACE FOR ANSWERS

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ADDITIONAL SPACE FOR ANSWERS

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ADDITIONAL SPACE FOR ANSWERS			
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2	10	10
3	12	12
4	9	10
l Marks	40	40

Total