

FOR OFFICIAL USE

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C

KU HI

Total Marks

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1660/403

NATIONAL
QUALIFICATIONS
2009

FRIDAY, 29 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

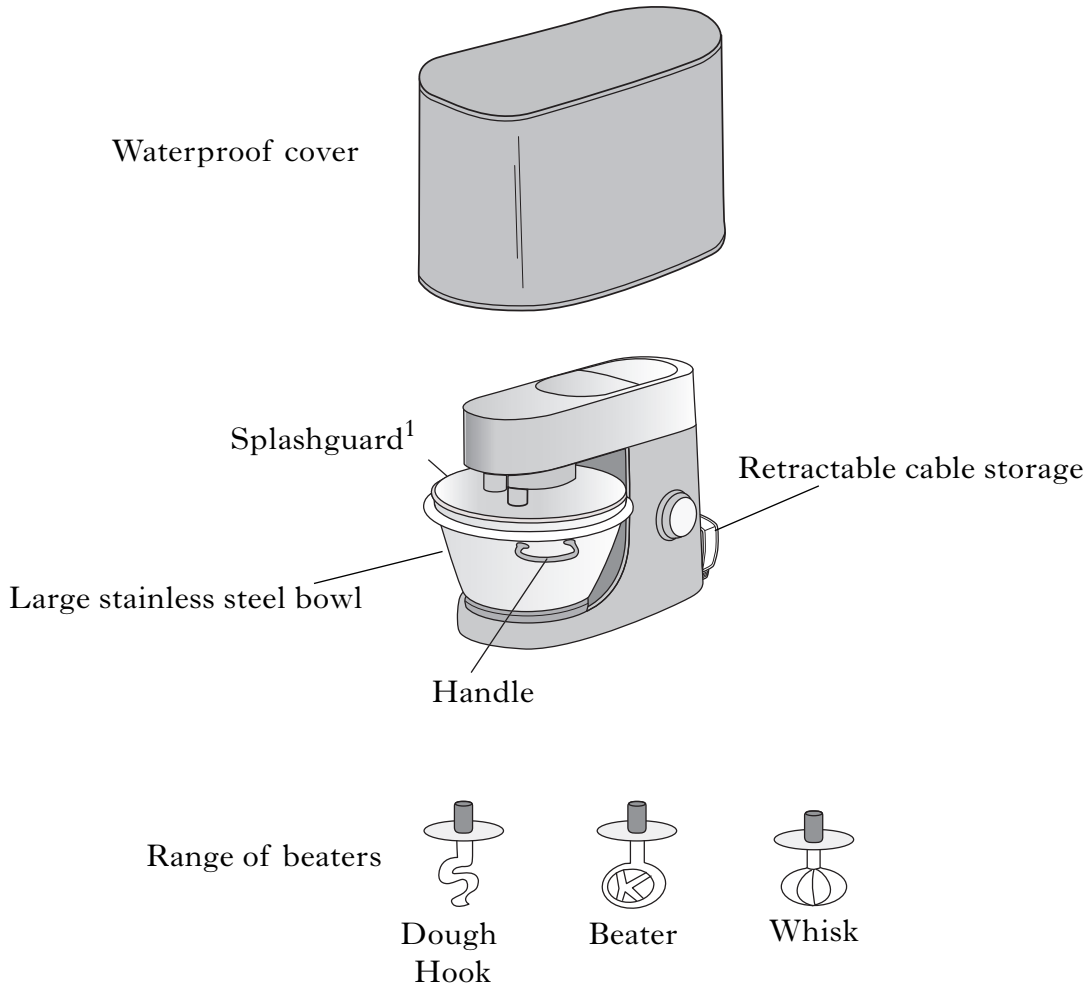
- 1 Try to answer every question in this paper.
- 2 Read the questions carefully before you answer them.
- 3 Write your answers in the spaces provided.
- 4 Additional lines at the end of the booklet can be used if more space is required for answers or if you need to do any rough work.
- 5 Before leaving 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

KU HI

1. (a) Carol is a busy mum who does a lot of home baking to sell at the local Farmers' Market.
 She makes cakes, bread and meringues.
 Carol has two children.
 Study the design features of the mixer below.



Key: ¹ Splashguard – clear lid that fits over bowl

Choose **three** design features. Explain **how each** feature is useful to Carol and **why** it is important to her.

Design feature 1 _____

Explanation _____

Marks

1. (a) (continued)

Design feature 2 _____

Explanation _____

2

Design feature 3 _____

Explanation _____

2

(b) Trading Standards Officers often visit the Farmers' Market.

Explain **two** duties of a Trading Standards Officer.

Explanation 1 _____

1

Explanation 2 _____

1

[Turn over

Marks

KU	HI
1	
1	

1. (continued)

(c) Baking ingredients may have the following labels on the packaging.

Label 1



Label 2



Explain why **each** label is useful.

Label 1 explanation _____

Label 2 explanation _____

[Turn over for Question 1 (d) on *Page six*

1. (continued)

- (d) Carol wants to expand her business to make more money. She is going to introduce a healthy home bake product. Her teenage daughter is going to help her because her workload will increase.

Study the information about home bake products below.

Information about home bake products			
	A	B	C
Main ingredients	Rolled oats, golden syrup, butter, dried apricots, caster sugar	Wholemeal self raising flour, carrots, sultanas, polyunsaturated margarine, soft brown sugar, eggs, cinnamon	Self raising flour, porridge oats, butter, sugar, eggs, cranberries, honey, cinnamon, natural yogurt, flaked almonds, baking powder
Preparation time	10 minutes	15 minutes	25 minutes
Cost of packaging for 12 portions	8 pence	5 pence	9 pence
Eat within	7–10 days	7–10 days	1–2 days
Ease of making	***	***	*
Nutritional information per portion			
• Carbohydrate of which sugars	31 g 20 g	27 g 10 g	28 g 15 g
• Fat of which saturates	12 g 7 g 0.08 g	9 g 1 g 0.04 g	10 g 3 g 0.08 g

Key:
* —————> ***
Difficult Easy

Marks

1. (d) (continued)

- (i) Choose the **most suitable** home bake product for Carol.

Home bake product _____

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

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____

	KU	HI
1		
2		
2		
2		
2		

[Turn over

1. (d) (continued)

(iii) George wants his baking to stay fresh for a week. He has an egg allergy.

Which home bake product would be **most suitable** for George?

Home bake product _____

1

KU	HI

Marks

2. (a) One of the Scottish dietary targets is for the proportion of mothers breastfeeding their babies in the first six weeks of life to increase to more than 50%.

Identify and explain **three different** health benefits of breastfeeding.

Health benefit 1 _____

Explanation _____

Health benefit 2 _____

Explanation _____

Health benefit 3 _____

Explanation _____

KU	HI

1

1

1

1

1

1

[Turn over

Marks

2. (continued)

(b) Identify **two** rules to follow when freezing food.

Explain why **each** rule is important for the food.

Rule 1 _____

1

Explanation _____

1

Rule 2 _____

1

Explanation _____

1

KU	HI

[Turn over for Question 2 (c) on *Page twelve*

2. (continued)

- (c) Gemma is a student moving into a flat on her own. She enjoys cooking home made meals including stir fries, home made soup and salads, for herself and her friends. She needs utensils for her small kitchen and is considering purchasing a student starter kit.

Student Starter Kit

- storage container set ¹
- 3 colour coded chopping boards
- measuring jug
- silicone spatula and spoon
- wok
- knife block ²
- non-stick pan
- cutlery set ³

Key: ¹set of 3 freezer and microwave safe containers with lids
²knife block includes vegetable knife, chopping knife and peeler
³4 knives, 4 forks, 4 spoons, 4 teaspoons

Evaluate the suitability of the student starter kit for Gemma by:

- explaining **why** it is suitable for Gemma
- indicating **how** it is beneficial to Gemma.

Marks

2. (c) (continued)

Evaluation 1 _____

2

Evaluation 2 _____

2

Evaluation 3 _____

2

Evaluation 4 _____

2

[Turn over

KU	HI

Marks

3. (a) Identify **two** areas of essential household expenditure where savings can be made, **other than food**.

For each area of expenditure explain how to save money.

Area of household expenditure 1 _____

How to save money _____

Area of household expenditure 2 _____

How to save money _____

KU	HI

1

1

1

1

Marks

3. (continued)

(b) Thinking about nutrition, complete the following table.

Nutrient	Function	Rich food source
Vitamin B ₂	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/>
Folic Acid	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/>

2

2

(c) Explain the term 'balanced diet'.

2

[Turn over

KU	HI
2	
2	
2	

KU	HI

3. (continued)

(d) Max, a 34 year old long distance lorry driver, is slightly overweight and has a history of high blood pressure in his family. He eats most of his meals at a roadside café and spends his leisure time playing pool.

Taking account of the Dietary Reference Values (DRVs) for this age group and the contribution that lunch should make to his daily requirements, **evaluate** the suitability of Max's lunch.

Dietary Reference Values for men aged 19–50 years					
Estimated average requirement	Reference Nutrient Intakes				
<i>Energy</i>	<i>Guideline daily amount NSP</i>	<i>Protein</i>	<i>Vitamin A</i>	<i>Iron</i>	<i>Sodium</i>
11.5 MJ	18 g	55.5 g	700 µg	8.7 mg	1600 mg

Lunch should provide approximately $\frac{1}{3}$ of the day's requirements					
<i>Energy</i>	<i>NSP</i>	<i>Protein</i>	<i>Vitamin A</i>	<i>Iron</i>	<i>Sodium</i>
3.8 MJ	6 g	18.5 g	233 µg	2.9 mg	533 mg

Dietary analysis of lunch					
<i>Energy</i>	<i>NSP</i>	<i>Protein</i>	<i>Vitamin A</i>	<i>Iron</i>	<i>Sodium</i>
1.5 MJ	5 g	19.8 g	91.6 µg	1.8 mg	547 mg

Evaluation 1 _____

3

Marks

3. (d) (continued)

Evaluation 2 _____

Evaluation 3 _____

Evaluation 4 _____

KU	HI
----	----

3

3

3







[Turn over

4. (a) Michael needs a warm jacket for going back to school.

He walks to and from school, plays football with his friends at break-time and buys his lunch in the school canteen.

His mother wants to buy him a jacket that will last all year.

Study the information about boys' jackets below.

Information about boys' jackets		
A	B	C
		
<p>Style information</p> <ul style="list-style-type: none"> • Hood • Detachable fleece insert • Padding on elbow area • Zipped pockets • Storm flap over zip • Reflective strips on front and back 	<p>Style information</p> <ul style="list-style-type: none"> • Collar • Padded lining • Elasticated cuffs • Patch pockets • Stud fastening • Hanging loop 	<p>Style information</p> <ul style="list-style-type: none"> • Hood • Pullover style • Pockets in side seams • Jacket folds up into chest pocket • Clip to attach folded jacket to belt/bag • Drawstring waist
<p>Fabric information</p> <ul style="list-style-type: none"> • Water repellent • Absorbent fleece 	<p>Fabric information</p> <ul style="list-style-type: none"> • Shower proof • Crease resistant 	<p>Fabric information</p> <ul style="list-style-type: none"> • Shower proof • Lightweight
Durability ***	Durability ***	Durability *
<p>Care</p> 	<p>Care</p> 	<p>Care</p> 

Key:
* —————→ ***
Poor —————→ Good

Marks

4. (a) (continued)

- (i) Choose the **most suitable** jacket for Michael.

Jacket _____

1

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

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____

KU HI

[Turn over

4. (a) (continued)

(iii) Drew needs to pack a jacket in his holdall for going on a school trip. He will be flying and will have a weight limit on his luggage.

Which jacket would be **most suitable** for Drew?

Jacket _____

(b) Identify and explain **three** reasons why some people become vegetarian.

Reason 1 _____

Explanation _____

Reason 2 _____

Explanation _____

Reason 3 _____

Explanation _____

	Marks	KU	HI
	1		
	1		
	1		
	1		
	1		
	1		
	1		

Marks

4. (continued)

(c) Elderly people can choose to live in sheltered housing.

Give **two** advantages of living in this type of accommodation.

Advantage 1 _____

Advantage 2 _____

(d) Give **two** rules to follow to prevent accidental poisoning in the home.

Rule 1 _____

Rule 2 _____

	KU	HI
1		
1		
1		
1		

[END OF QUESTION PAPER]

Marks

KU	HI

ADDITIONAL SPACE FOR ANSWERS

FOR OFFICIAL USE ONLY

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

ACKNOWLEDGEMENTS

Question 1(c)—Soil Association Organic Standard label is reproduced by kind permission of Soil Association Scotland.