

FOR OFFICIAL USE

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F

KU

HI

Total Marks

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1660/401

NATIONAL
QUALIFICATIONS
2009

FRIDAY, 29 MAY
9.00 AM – 10.00 AM

HOME ECONOMICS
STANDARD GRADE
Foundation 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 If you need to do any rough work, use the spaces provided.
- 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

1. Give the correct answers to the following questions by ticking (✓) the appropriate boxes.

(a) Choose **two** sources of protein from the list below.

- Lettuce
- Milk
- Butter
- Lentils
- Apple

2

(b) Which **one** method of cooking helps to remove fat from food?

- Poaching
- Frying
- Grilling
- Steaming

1

(c) Which **one** nutrient helps to prevent anaemia?

- Iron
- Calcium
- Vitamin A
- Vitamin D

1

(d) Elderly people can suffer from constipation.

Choose **two** foods to help prevent this.

- Eggs
- Prunes
- Porridge
- Tuna
- Ice cream

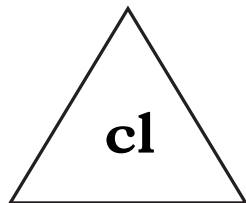
2

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Marks

1. (continued)

(e) The symbol below was on the care label of a jacket.



What is the meaning of the symbol?

- Tumble dry
- Can be bleached
- Wash with reduced action
- Dry clean

1

(f) Which **one** of the following contains **all** the conditions needed for bacteria to grow?

- Food, Moisture, Warmth, Time
- Moisture, Warmth, Food, Germs
- Dirt, Food, Time, Warmth
- Heat, Grease, Food, Time

1

(g) A chip pan is on fire.

Which **two** actions should you take?

- Throw water over the pan
- Throw the pan outside
- Cover the pan with a damp cloth
- Turn the cooker off
- Open a window

2

[Turn over

KU	HI

Marks

1. (continued)

(h) Identify **two** natural fibres.

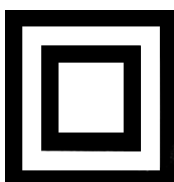
- Wool
- Polyester
- Lycra
- Acrylic
- Silk

(i) A Mum thinks her son has been sold a fake football strip.
Which **one** of these organisations should they report this to?

- Credit Union
- Consumer Protection (Trading Standards) Department
- Environmental Health Department
- Consumers' Association

(j) Which **one** of these labels shows that a product has been tested for safety?









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1		
1		

Marks

2. (a) Look at the recipe below and answer the questions that follow.

Cheese and Bacon Flan	
<p>Shortcrust Pastry</p> <p>100 g plain flour 50 g margarine 4 × 5 ml cold water</p> <p>Garnish</p> <p>Tomato wedges</p>	<p>Filling</p> <p>1 egg 50 g Cheddar cheese – grated 50 g bacon – grilled and snipped 1/4 onion – finely chopped 100 ml milk Seasoning</p>
<p>Method</p> <ol style="list-style-type: none"> 1. Heat oven to 200 °C/Gas No 6. 2. Make shortcrust pastry. Chill. 3. Beat egg and add remaining filling ingredients. 4. Knead and roll out pastry. Line flan case. 5. Pour filling into flan case. 6. Bake 25–30 mins until filling is set and golden brown. 7. Garnish with tomato wedges. 8. Serve with salad and crusty bread. 	

(i) Name **three** ingredients in the recipe that need to be prepared before making the flan.

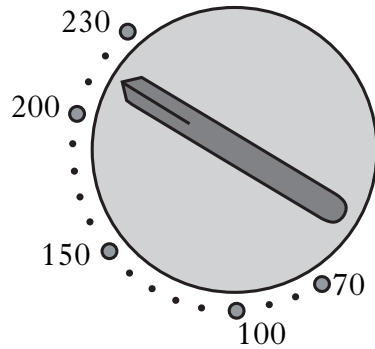
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2. (a) (continued)

(ii) Look at the diagram of an oven control dial shown below.



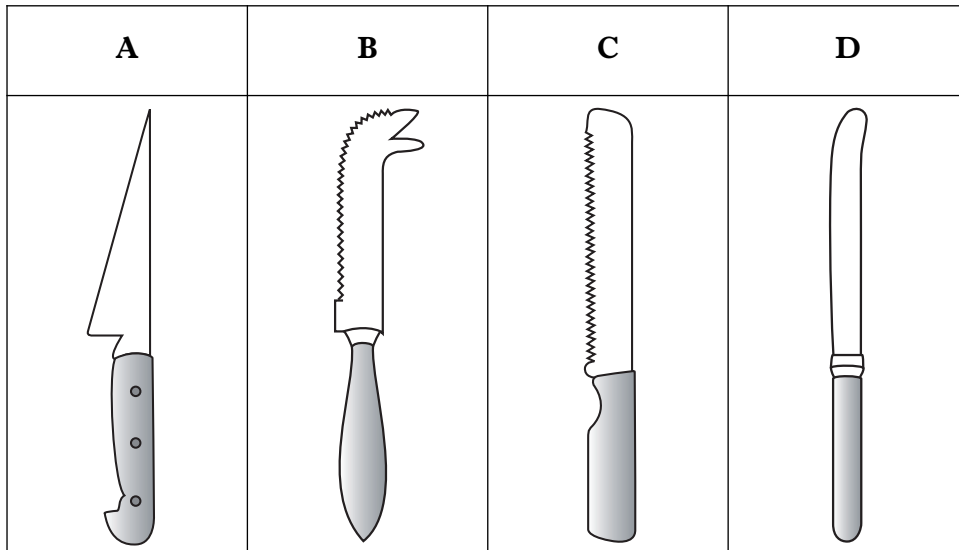
Is it set at the correct temperature for the Cheese and Bacon Flan?

Tick (✓) the correct answer.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

1

(iii) Look at the knives shown below.



Which knife should you use for the following tasks?

1 Mixing the pastry _____

1

2 Chopping the onion _____

1

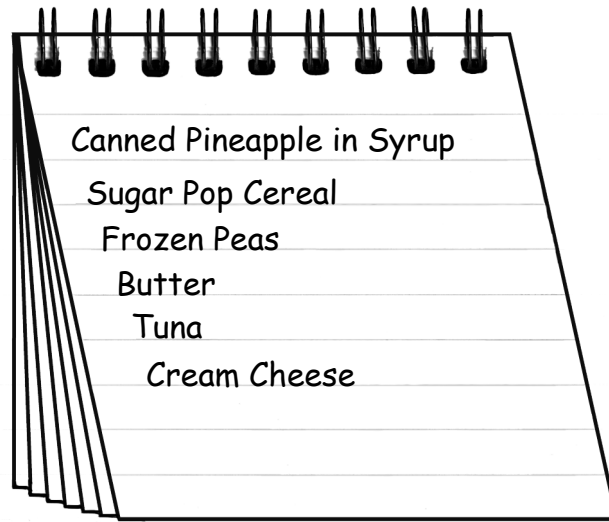
3 Slicing the bread _____

1

[Turn over

2. (continued)

(b) Study the shopping list below.



Some of these foods **do not** help to meet Scottish dietary targets.
Choose **two** of these foods and suggest a healthier option for **each**.

Food chosen	Healthier Option
1 _____ _____ _____ _____	1 _____ _____ _____ _____
2 _____ _____ _____ _____	2 _____ _____ _____ _____

2

2

4. (a) Mrs Reid is a very busy hairdresser.

Her tumble drier has broken down.

She needs to replace it quickly so that she can dry lots of towels for her business.

She wants to be able to put the new tumble drier on top of her washing machine.

Look at the information about tumble driers below.

Information about tumble driers			
	A	B	C
Sensor Dry ¹	Yes	No	Yes
Drying Load	8 kg	6 kg	9 kg
Stacking Kit	Yes	Yes	No
Delivery Times	Same day	3–5 days	1–2 weeks

KEY

¹ Sensor Dry - machine turns off when clothes are dry

Marks

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4. (a) (continued)

(i) Choose the **most suitable** tumble drier for Mrs Reid.

Tumble drier _____

1

(ii) Give **two** reasons for your choice and explain why **each** is important for Mrs Reid.

Reason 1 _____

2

Reason 2 _____

2

(b) Mrs Reid drinks a lot of water when working. Give **two** reasons why water is important in the diet.

Reason 1 _____

1

Reason 2 _____

1

[Turn over




5. (a) Martin and Ann are pensioners who enjoy gardening. They like to take a mug of tea out to the greenhouse to drink as they work.

They each want a new mug.

The mug must be:

- safe to use
- able to keep the tea hot
- able to hold large quantities of liquid.

Look at the information about mugs below.

Information about mugs			
	A	B	C
			
Insulated	No	Yes	Yes
Cost	£10.99 each	£15.99 each	£19.99 per pair
Capacity	250ml	300ml	480ml
Extra information	Dishwasher safe Breakable	Belt clip Screw top lid	Cool touch Unbreakable

Marks

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5. (a) (continued)

- (i) Choose the **most suitable** mug for Martin and Ann.

Mug _____

1

- (ii) Give **two** reasons for your choice and explain why **each** is important for Martin and Ann.

Reason 1 _____

2

Reason 2 _____

2

- (iii) Yolanda goes hill walking and wants to take a mug to carry her hot soup.

Which mug would be **most suitable** for Yolanda?

Mug _____

1

- (b) Give **one** reason why exercise contributes to good health.

1

- (c) Give **one** reason why sleep contributes to good health.

1

[Turn over

6. (a) Three year old Ian is going on holiday.

I need a bag to hold lots of toys

I've got my own spending money


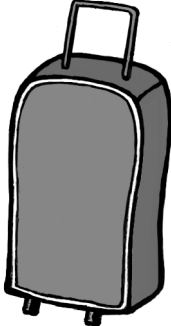

I like playing games

I can't carry heavy loads

I like bright colours



Look at the information about bags below.

Information about bags		
A		<ul style="list-style-type: none"> • Small carry case • Available in pink and lemon • Pencil case included • Matching back pack available • Weight: 256 g
B		<ul style="list-style-type: none"> • Medium trolley case • Available in red, yellow, blue and green • Beach ball included • Matching wallet available • Weight: 1 kg
C		<ul style="list-style-type: none"> • Large wheeled holdall • Available in navy, black, brown and grey • Padlock included • Matching gym bag available • Weight: 3 kg

Marks

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1		
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2		
1		
1		
1		

6. (a) (continued)

- (i) Choose the **most suitable** bag for Ian.

Bag _____

- (ii) Give **two** reasons for your choice and explain why **each** is important for Ian.

Reason 1 _____

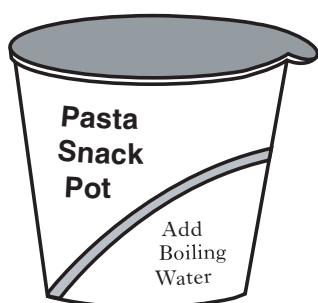
Reason 2 _____

- (iii) Ian's sister, Morag, is five. She needs a bag for school.

Which bag would be **most suitable** for Morag?

Bag _____

- (b) Two of Morag's favourite foods are pictured below.



How have these foods been preserved?

Pasta Snack Pot _____

Beetroot Slices in Vinegar _____

[END OF QUESTION PAPER]

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	KU		HI	
1		16		0
2		4		7
3		4		6
4		2		5
5		2		6
6		2		6
Total Marks		30		30