Name: $\qquad$ Class: $\qquad$

## Answer all the Questions

1. Complete the bubble chart below:

(5 marks)
2. We should all try to eat less fats.
a) List two health problems which may be caused by eating too much fat.
(i) $\qquad$ (ii)
(2 marks)
b) Suggest three ways of reducing the amount of fat we eat. eg; do not fry food.
(i) $\qquad$
(ii) $\qquad$
(iii)
c) Choose healthier foods than the ones listed below:
$\qquad$ instead of
$\qquad$ instead of
$\qquad$ instead of
$\qquad$ instead of
$\qquad$ instead of
解 -

3. a) Write down the names of four healthy snacks/drinks.
(i) $\qquad$ (ii) $\qquad$
(iii) $\qquad$ (iv) $\qquad$
b) Suggest ways of increasing NSP (Dietary Fibre) when :-
(i) preparing breakfast
(ii) preparing a sandwich $\qquad$
(iii) making small buns
(iv) making a soup
c) Two diseases which we may suffer if we do not take in enough fibre in our diet are (constipation; diabetes; heart disease; diverticulites).

Underline the two correct answers.
4. You are preparing some buns for tea.
a) Give the name of the method you would use to prepare them.
$\qquad$
b) Which equipment from the list below would you use:
to weigh 200 g flour?:
to measure 50 ml milk?:
$\qquad$
$\qquad$
to sieve the flour?: $\qquad$
to put the mixture in?: $\qquad$
to bake the buns in?: $\qquad$
to cool the cakes on?: $\qquad$
to beat the eggs with?: $\qquad$
to chop the nuts on?: $\qquad$

| sieve; | cooling tray; | chopping board; | kitchen scales; |
| :--- | :--- | :--- | :--- |
| bun tin; | measuring jug; | mixing bowl; | fork |

c) To check if the buns are cooked, use a $\qquad$ .
d) Write down how you would do the washing-up after baking the buns.
(i) $\qquad$
(ii) $\qquad$
(iii) $\qquad$
(iv) $\qquad$
(v) $\qquad$
5. a) Which of the following statements are true and which are false?
(i) always light the match first then turn on gas supply.

(ii) the flame must be larger than the pan.

(iii) do not hang curtains on top of the cooker.

(iv) if the flame goes out, turn off the knob immediately.

(v) place the cooker in front of an open window.

(vi) if you smell gas, light a match $\square$
(6 marks)
b) Choose two dishes from the list which you would cook on the cooker parts listed below.

| fry meat; | roast chicken; | boil pasta; <br> brown a rice dish; <br> bake a pie; |
| :---: | :---: | :---: |

grill: $\qquad$
hob:
oven: $\qquad$
$\qquad$
$\qquad$
c) You have messed up the hob of your gas cooker while preparing some tomato sauce. How would you clean it up?
(i) eg; clean it up as soon as possible
(ii) $\qquad$
(iii) $\qquad$
(iv) $\qquad$
(v) $\qquad$
6. a) The picture shows the living room of the Borg family who have two young children. Mark with an $\begin{aligned} & \text { ten possible accidents. }\end{aligned}$

(10 marks)
b) Choose two of the possible accidents marked above and say how you could prevent them from happening.
Accident:
Prevention: $\qquad$

Accident: $\qquad$
Prevention: $\qquad$
$\qquad$
7. a) Your mother cuts her finger while preparing lunch.

What first-aid treatment would you give her?
(i) $\qquad$
(ii) $\qquad$
b) It is important to keep the first-aid box well stocked.

List eight important items you would include in your box.
(i)
(ii)
(iii)
(iv) $\qquad$
(v) $\qquad$ (vi) $\qquad$ (vii) $\qquad$ (viii) $\qquad$
c) Choose two items from the above list and say how you would use them.

Name of Item: $\qquad$
Use: $\qquad$

Name of Item: $\qquad$
Use: $\qquad$
(2, 2 marks )
d) In the case of an emergency, which number would you phone to call:
an ambulance?:

a fire-engine?:

the police?:

8. a) Match the family types with the definitions shown below:

| nuclear family: | adoptive family; | extended family; |
| :--- | :--- | :--- |
| foster family; | step-family; | single-parent family |

i) can include grandparents; parents; children; aunts; uncles; etc; $\square$
ii) it is made up of the parents and their children.

iii) children are brought up by one parent only.

iv) only one parent is the natural parent.

v) takes care of a child for just a few months/years.

vi) the parents are not the natural parents but child takes their surname. $\square$
b) Name one of your basic needs and discuss how your family satisfies this need.

Need:
My family satisfies it by:
-
-

