

# SECONDARY SCHOOLS ANNUAL EXAMINATIONS 2000

Educational Assessment Unit - Education Division

**FORM 3**

**HOME ECONOMICS**

**TIME: 1h 30min**

Name: \_\_\_\_\_

Class: \_\_\_\_\_

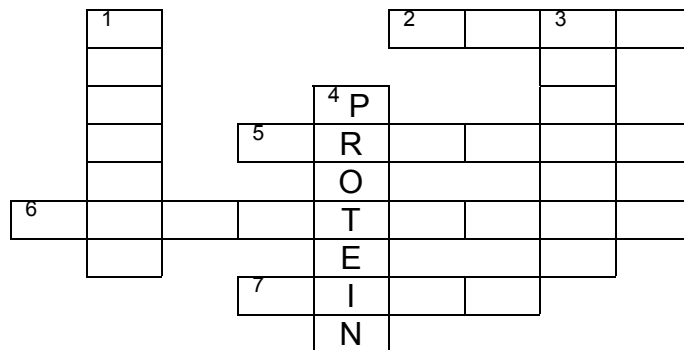
**Answer all Questions**

1. a) Using each of the words below only once, complete the following statements.

<b>fat;</b>	<b>starchy;</b>	<b>dietary fibre;</b>	<b>fat-soluble;</b>	<b>vegetarian;</b>
<b>soya mince;</b>	<b>hypertension;</b>	<b>calcium;</b>	<b>tofu;</b>	<b>Vitamin C.</b>

- (i) Eating food containing \_\_\_\_\_ helps prevent constipation.
- (ii) Pure orange juice is a good source of \_\_\_\_\_ .
- (iii) Too much \_\_\_\_\_ in our diet can cause obesity.
- (iv) Someone who does not eat meat is called a \_\_\_\_\_ .
- (v) We need \_\_\_\_\_ for the formation of healthy bones and teeth.
- (vi) \_\_\_\_\_ and \_\_\_\_\_ are examples of vegetable protein foods.
- (vii) It is much healthier to get energy requirements from \_\_\_\_\_ foods rather than sugary foods.
- (viii) Too much salt in the diet could cause \_\_\_\_\_ .
- (ix) Vitamins A, D, E and K are \_\_\_\_\_ vitamins. (10 marks)

b) Complete the crossword using the clues below.



**Clues:**

**Across**

- 2. This food is rich in protein and can be found skimmed and full-fat. (4)
- 5. Protein is needed for \_\_\_\_\_ and repair of cells. (6)
- 6. Beans and peas are good sources of this type of protein (9)
- 7. A sea food rich in animal protein (4)

**Down**

- 1. A white meat (7)
- 3. A pulse used in soups etc; (7)
- 4. This one has been done for you

(6 marks)

c) We are being encouraged to use protein foods coming from vegetable sources where possible. Which vegetable protein foods would you use instead of:

- minced beef for a pasta dish? \_\_\_\_\_
- fresh skimmed milk? \_\_\_\_\_
- lamb cubes for a stew? \_\_\_\_\_
- beef burgers? \_\_\_\_\_

(4 marks)

2. Three of the current guidelines recommended for a healthy diet are listed below.

***Do not eat too many foods containing a lot of fat.  
Do not have sugary foods and drinks too often.  
Increase the intake of dietary fibre.***

a) Give **three** ways of putting each guideline into practice.  
***Do not eat too many foods containing a lot of fat.***

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

***Do not have sugary foods and drinks too often.***

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

***Increase the intake of dietary fibre.***

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

b) Below is an evening meal eaten by some teenagers.

***Fried Sausages or Burgers  
Chips  
Ice-Cream  
Glass of Cola/Soft Drink***

Keeping in mind the dietary guidelines, choose healthier foods than the above and give reasons for your choice.

<b>Healthier Food Chosen</b>	<b>Reason</b>
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

(4, 4 marks)

3. Water is very important for life.

**Tick  near the correct answer in the following statements.**

(i) We are expected to drink at least:

one litre

five litres

two litres of water daily

(ii) One should drink more water:

after doing heavy work

when eating out

on cold winter days

(iii) Foods which are good sources of water include:

cakes and biscuits

fruit and vegetables

pasta and rice dishes

(iv) A lack of water in the diet can cause:

obesity

heart disease

dehydration

(4 marks)

4. a) Why does food have to be digested?

**Tick  near the correct answer.**

to help us not to feel hungry

to allow nutrients to be used by the body.

to kill harmful bacteria

(1 mark)

- b) Below is the process of the digestion of food.  
Match each step with the name of the part of the body where it takes place.

**anus, large intestine, mouth, stomach, small intestine**

the food mixes with saliva and is chewed.

here the chewed food is mixed together with digestive juices.

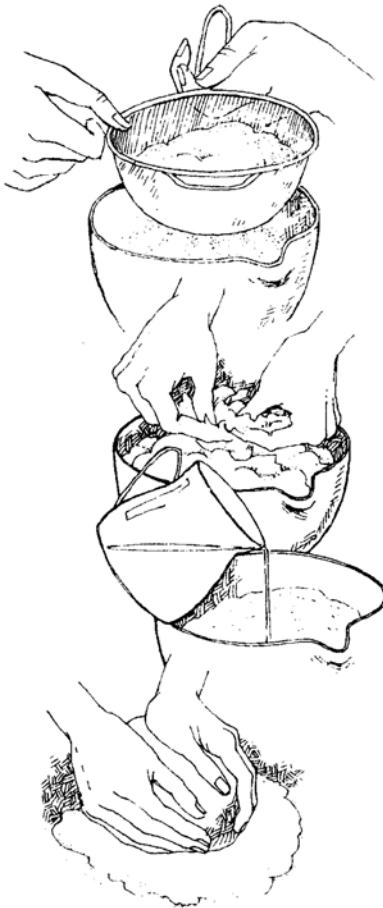
the nutrients are absorbed into the blood stream.

the undigested parts go through here to be excreted.

the waste products are removed here.

(5 marks)

5. a) With the help of the diagrams below, write out the method to be followed when making Short Crust Pastry.



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

- b) The guidelines for healthy eating suggest we use (white; wholemeal; self-raising) flour and (polyunsaturated; saturated) margarine when preparing Short Crust Pastry. Underline the correct answer from the brackets. (2 marks)

- c) Suggest with reason a pastry dish you would serve for:

Dish	Reason
a packed lunch _____	_____

a midday meal \_\_\_\_\_  
dessert \_\_\_\_\_

(3, 6 marks)

d) While preparing a pie, you have some pastry left over. How would you store it for use later on?

- \_\_\_\_\_
- \_\_\_\_\_ (2 marks)

6. Your aunt who is on a slimming diet is coming for tea. You decide to prepare a sponge flan.

a) Which method of cakemaking would you use to prepare it?

\_\_\_\_\_

(1 mark)

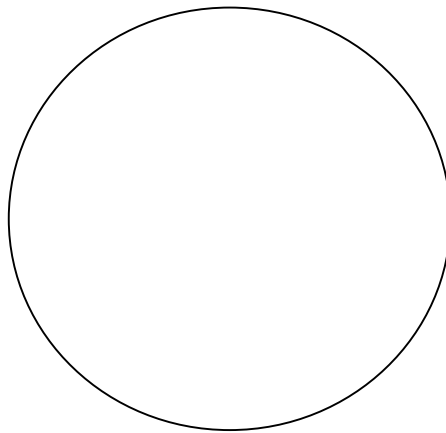
b) Suggest a nutritious filling. Give reasons for your choice.

**Suggested filling:** \_\_\_\_\_ (1 mark)

**Reasons:** \_\_\_\_\_

\_\_\_\_\_ (2 marks)

c) In the space provided, use your imagination to show how you would decorate your flan, indicating the ingredients and colours used.



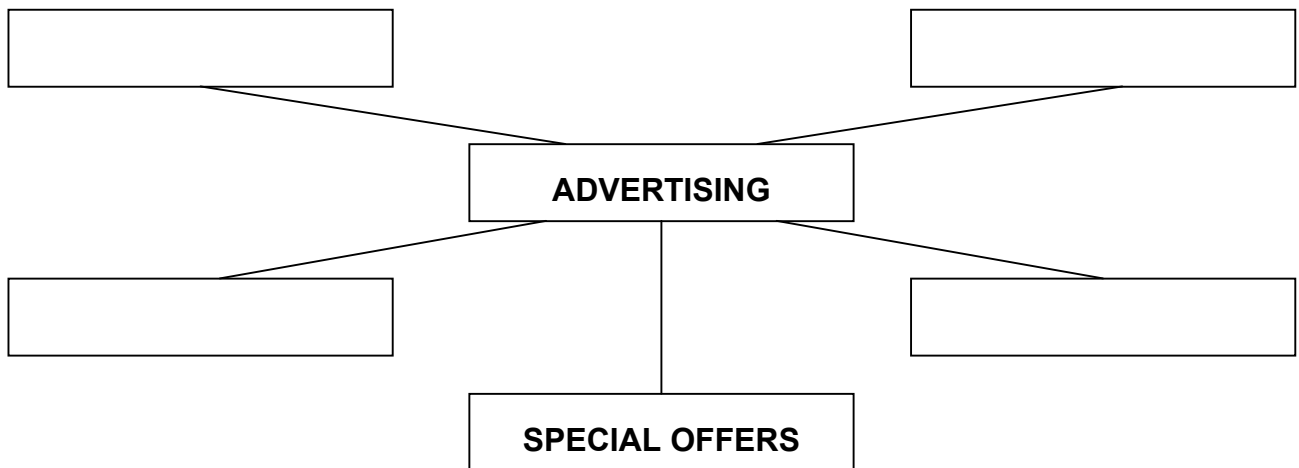
(3, 3 marks)

d) If you were to prepare the flan case a week before it was needed, where and how would you store it?

**Where stored:** \_\_\_\_\_ (1 mark)

**How you store it:** • \_\_\_\_\_ (2 marks)

7. a) Fill in the spider diagram on advertising to show how food makers encourage us to buy their products.



(4 marks)

- b) List **four** points to keep in mind when shopping for food.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

(4 marks)

- c) A few weeks ago you bought a new pair of jeans. After washing it for the first time, it lost most of its colour and you cannot wear it anymore. What should you do as a consumer?

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

(6 marks)

8. Many teenagers do not agree with their parents' advice on adolescent problems. Suggest how parents can encourage their children to develop good attitudes about the risks of each of the following:

**Drinking:** \_\_\_\_\_

\_\_\_\_\_ (3 marks)

**Smoking:** \_\_\_\_\_

\_\_\_\_\_ (3 marks)

**The Use of Drugs:** \_\_\_\_\_

\_\_\_\_\_ (3 marks)