

SECONDARY SCHOOLS ANNUAL EXAMINATIONS 2001

Educational Assessment Unit – Education Division

FORM 1

HOME ECONOMICS





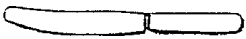
TIME: 1 hour 30 min.

Name: _____

Class: _____

Answer all the Questions

1. a. Your parents received a knife set as an anniversary present. Give the name and correct use of the following knives which form part of the set.

	NAME	CORRECT USE
	_____	• _____ _____
	_____	• _____ _____
	_____	• _____ _____
	_____	• _____ _____
	_____	• _____ _____

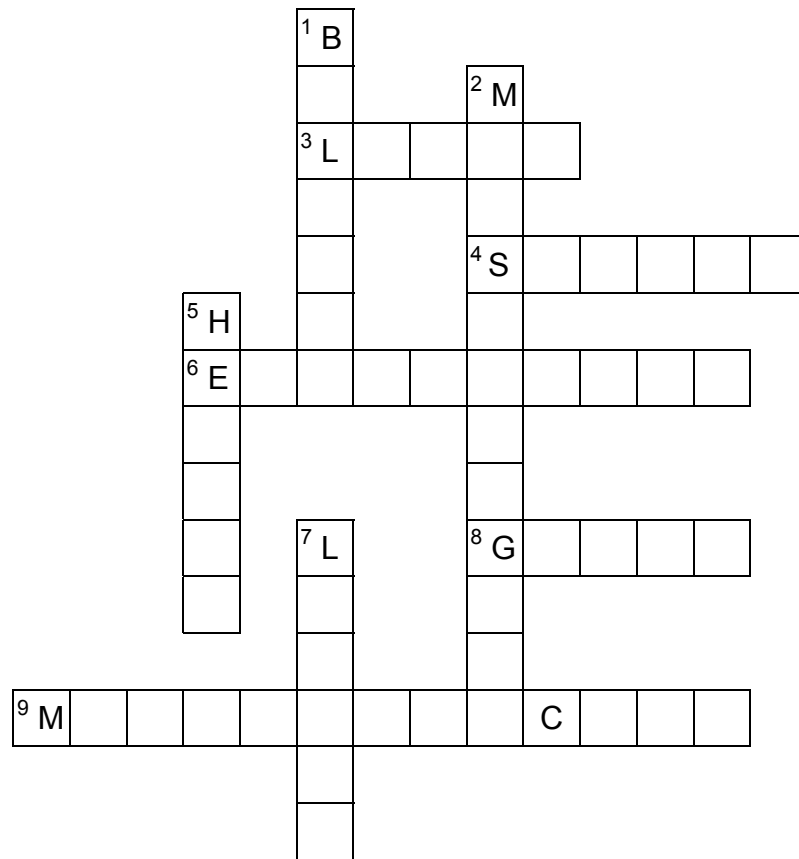
(10 marks)

- b. Continue these **two** sentences.
When cleaning knives be careful that you:

(i) always wash and dry with the sharp edge _____


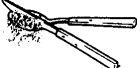



(ii) never place sharp knives _____ (2 marks)

2. a. Fill-in the grid using the clues below.



(9 marks)

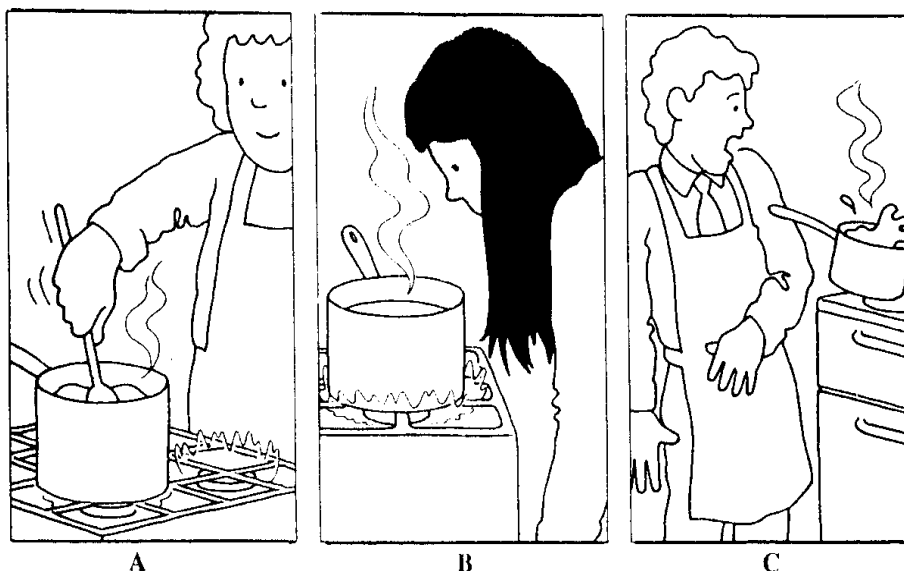
Clues:

1. a type of kitchen scales (7) 
2. use it to measure a liquid (12)
3. a  teaspoon (5)
4. a popular type of kitchen scales (6) 
5. a  teaspoon (6)
6. a modern type of kitchen scales (10) 
7. we measure liquids in this unit (6)
8. we measure solid and dry ingredients in this unit (5)
9. a useful set when recipe does not use metric measure. (13)

b. What happens if we do not measure our ingredients well when following a recipe?

- _____ (1 mark)

3. We should be very careful when using a cooker.



- a. Write down what is wrong in these kitchen situations:

activity A • _____

activity B • _____

activity C • _____

(3 marks)

- b. Which of these statements is **correct** and which is **incorrect**?

(i) First light the match, then turn on the gas knob when lighting the cooker

(ii) When using the cooker leave an open window even on a windy day

(iii) The flame must be larger than the pan being used _____

(iv) In the grill we can toast bread _____

(v) On the hob we can bake a cake _____

(vi) A chicken is roasted in the oven _____

(6 marks)

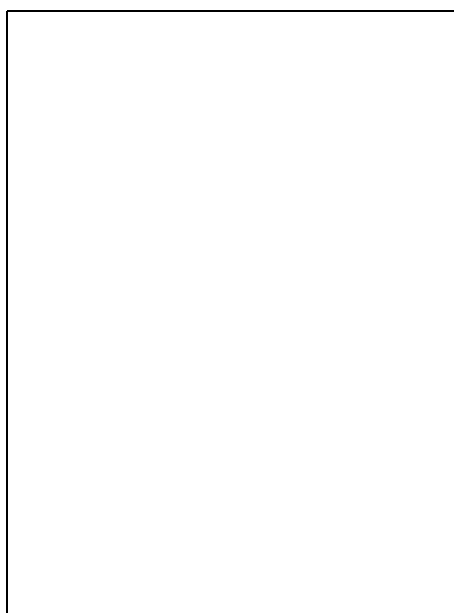
c. In the space below, draw the cooker which you have at home. On it mark the:

hob

grill

oven

controls



(2, 4 marks)

d. Your friend scalds her hand while mixing some soup.
What first-aid treatment would you give her?

(i) _____

(ii) _____

(2 marks)

e. Suggest **four** activities when it is important to have a first-aid box handy.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(4 marks)

4. a. We are being encouraged to include at least **five** portions of fresh fruit or vegetables in our daily diet.

Suggest **two** ways of including them for breakfast; a packed lunch; a midday meal; an evening meal by choosing from the list below.

**a fresh salad; milkshake; hot vegetable soup; rice salad; fresh fruit juice;
fresh fruit and cereal; fresh fruit salad; fresh fruit juice; chicken casserole;
fresh fruit dessert; a banana;**

Breakfast:

i) _____

ii) _____

a Packed lunch:

i) _____

ii) _____

a Midday Meal:

i) _____

ii) _____

an Evening Meal:

i) _____

ii) _____

(8 marks)

b. Why should we wash fruits and vegetables well before using them?

- _____
- _____
- _____

(3 marks)

5. Sugar is found in many foods but it is not good for our health.

a. Underline **six** foods from the list below which are high in sugar.

pasta	green vegetables	honey	cakes
potatoes	doughnuts	oranges	jam
syrup	meat	soft drinks	rice

(6 marks)

b. If we eat too much sugar in the diet we can get:

tick ☒ near the **three** correct answers.

diabetes

heart disease

constipation

tooth decay

high blood pressure

overweight

(3 marks)

c. Suggest **two** ways how teenagers could reduce (*eat less*) sugar in their diet.

i) _____

ii) _____ (2 marks)

6. These two teenagers are not following rules for cleanliness when making some pies.

a. Mark with an **X** **five** kitchen rules which are not being followed.



(5 marks)

b. Write down **one** safety rule which you should follow when:

- using an electric kettle: _____

- using medicines: _____

- drying a wooden chopping board: _____

- getting an ingredient from a hanging cupboard: _____

- doing the washing-up: _____

- storing cleaning materials: _____

(6 marks)

7. It is very important to take good care of ourselves.
Match these phrases, to see how you can take better care of yourself.

a	Visit the dentist		with a nailbrush.
b	Socks and underwear		after taking a bath or a shower.
c	Wash your comb and brush		diet every day.
d	It is important to clean nails		once every six months.
e	Use a good deodorant		each time you wash your hair.
f	Never use your friends'		after every meal.
g	Iron your clothes		must be changed everyday.
h	Buy shoes which		make up and brushes.
i	Eat a healthy		fit really well.
j	Brush teeth well		before wearing them.

(10 marks)

8. We are being encouraged to care and protect the environment.

- a. In the space below, create a poster which could be used in the Home Economics room at school. Include a written message.

(3, 3 marks)

- b. Why did you choose this particular message for your poster?

- _____
- _____

(3 marks)

- c. Your school has been asked by the Local Council to plan some activities to help the local community to care and protect the environment.
List **five** activities which your school could organise.
(the first one has been done for you).

- | | |
|--------------------------------|-----------|
| i) <u>an essay competition</u> | ii) _____ |
| iii) _____ | iv) _____ |
| v) _____ | vi) _____ |

(5 marks)