

SECONDARY SCHOOLS ANNUAL EXAMINATIONS 2001

Educational Assessment Unit – Education Division

FORM 3

HOME ECONOMICS

TIME: 1 hour 30 min.

Name: _____

Class: _____

Answer all the Questions

1. Look carefully at the label below.

Oat Krunchies		
FACTS		
Oat Krunchies cereal is: <ul style="list-style-type: none">• made from 100% natural ingredients• free from artificial additives• a source of dietary fibre• suitable for vegetarians		
NUTRITION INFORMATION		
Typical values	Per 100g	Per 30g Serving
Energy	1645kJ (393kcal)	495kJ (118kcal)
Protein	9.5g	2.9g
Carbohydrate	72.0g	21.6g
(of which Sugars)	13.0g	3.9g
Fat	7.0g	2.1g
(of which Saturates)	1.1g	0.3g
Fibre	5.5g	1.7g
Sodium	1.1g	0.3g

a. How much protein would a child take from an average 30g serving?

_____ (1 mark)

b. Why is Protein needed by the body?
(tick ☒ near the correct answer)

i) for strong bones and teeth ☐

ii) for growth and repair ☐

iii) for healthy eyes ☐ (1 mark)

c. Which of these protein foods are of high biological value and which are of low biological value?

meat; rice; pasta; eggs; cheese; wholemeal bread; fish; peas.

High Biological Value Protein	Low Biological Value Protein
•	•
•	•
•	•
•	•

(8 marks)

d. If you were to include Oat Krunchies for your breakfast, name **two** ingredients you could add to make it more nutritious.

(i) _____ (ii) _____ (2 marks)

e. Name the main nutrient found in the foods you have chosen.

food (i) _____ **main nutrient:** _____

food (ii) _____ **main nutrient:** _____ (2 marks)

2. a. We are being encouraged to eat less sugar and fats.

i) What happens if we eat too much sugar?

- _____
- _____ (2 marks)

ii) What happens if we eat too much fat?

- _____
- _____ (2 marks)

b. Choose healthier foods than the ones listed below.

_____ **instead** of butter

_____ **instead** of chips

_____ **instead** of ice-cream

_____ **instead** of full-fat milk

_____ **instead** of sugar-coated breakfast cereal

_____ **instead** of fresh cream (6 marks)

c. Why is dietary fibre important in our diet?

- _____
- _____ (2 marks)

d. List **six** foods which are rich in dietary fibre?

(i) _____ (ii) _____ (iii) _____

(iv) _____ (v) _____ (vi) _____

(3 marks)

3. Mrs. Borg has been told that her four-year old daughter is overweight.

a. What could have caused the child to gain weight?

- _____
- _____ (2 marks)

b. Suggest **three** measures (*actions*) which Mrs. Borg could take to help her little girl to lose some weight.

- _____
- _____
- _____ (3 marks)

4. a. Teenagers should increase (*eat more*) Carbohydrates and Vitamin B in their diet. **Give one reason why they should increase:**

Carbohydrates: • _____

Vitamin B: • _____
_____ (2 marks)

b. Why do teenage girls need to increase their intake of Iron and Vitamin C rich foods?

Iron: • _____

Vitamin C: • _____
_____ (2 marks)

c. Suggest dishes which can provide the extra nutrients needed by teenagers.

i) Dishes high in **Carbohydrates and Vitamin B:**

Main Dish: _____

Dessert: _____ (2 marks)

ii) Dishes high in **Iron and Vitamin C:**

Main Dish: _____

Dessert: _____ (2 marks)

5. It is very important to follow the correct method when making short Crust Pastry.

a. Which of the following statements are **true** and which are **false**?

- i. to make Short Crust Pastry we use $\frac{1}{2}$ fat to flour.
- ii. do not sift the flour when making pastry.
- iii. the fat must be at room temperature.
- iv. wholemeal flour could be used to add dietary fibre to the pastry.
- v. the fat is rubbed into the flour with a wooden spoon.
- vi. use cold water to bind the ingredients together.
- vii. always leave the pastry for a few minutes in the refrigerator before using.
- viii. Short Crust Pastry is baked in a hot oven, gas Mark 6

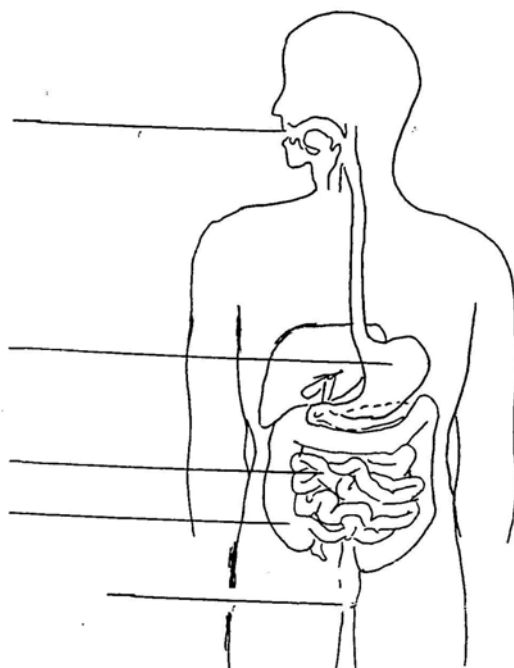
(8 marks)

b. Suggest pastry dishes which could be served for:

- i) **a packed lunch:** _____
- ii) **a light snack:** _____
- iii) **tea time:** _____

(3 marks)

6. a. Name the main parts of the digestive system labelled in the diagram.



(5 marks)

b. How can you help the digestive system to work better?

- _____
- _____

(2 marks)

c. Which of the following foods take a very long time to be digested?

(Tick ☒ near the correct answer).

- i) fruits and vegetables ☐
- ii) sugary foods ☐
- iii) fatty foods ☐

(1 mark)

7. Many conditions can be avoided if we follow the recommended dietary guidelines carefully.
Match the conditions to the correct dietary guideline.

Condition -		(Recommended Dietary Guideline) -	
a.	constipation		eat less sugary foods
b.	diabetes		reduce salt intake
c.	tooth decay		drink at least 2 litres water daily
d.	obesity		breast-feed babies
e.	high blood pressure		increase the intake of dietary fibre
f.	heart disease		eat less fat and sugar.
g.	dehydration		eat less carbohydrate foods
h.	childhood illnesses		eat less fatty foods

(8 marks)

8. a. Name **three** factors which can influence consumer choice.

eg: **personal likes and dislikes.**

- i) _____
- ii) _____
- iii) _____

(3 marks)

- b. Suggest **four** sources from where a consumer can get information to help make choice easier and better.

- i) _____
- ii) _____
- iii) _____
- iv) _____

(4 marks)

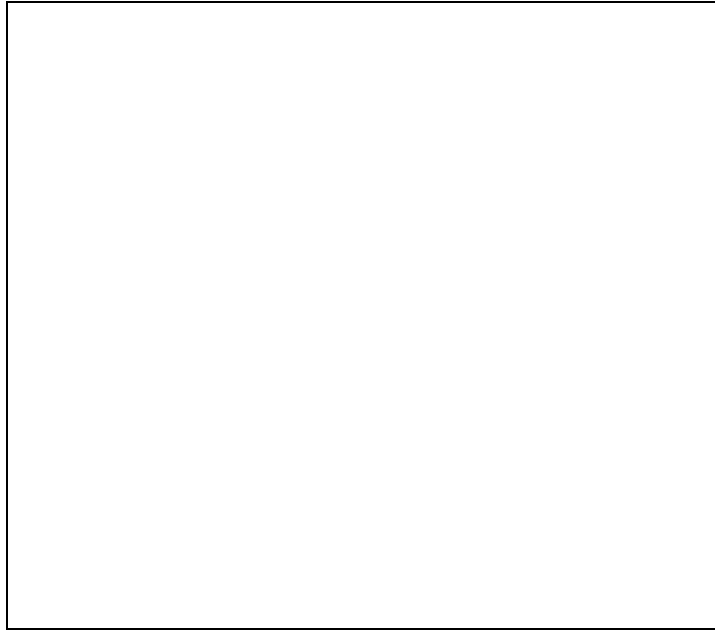
9. a. How can parents and teachers help teenagers to have a high self-esteem (*a good opinion of themselves*)?

- _____
- _____
- _____

(6 marks)

- b. While working on a school project you find that a few of your class mates abuse alcohol.

Design a poster to give a clear message to your friends that it is dangerous to abuse alcohol.



(6 marks)

- c. Give **three** suggestions how parents could help their teenage children not to abuse alcohol.

- i) _____
- ii) _____
- iii) _____

(6 marks)

- d. Smoking too could be a problem with some teenagers.

Name **three** situations which could encourage teenagers to start smoking.

- i) _____
- ii) _____
- iii) _____

(3 marks)

- e. Why is smoking so bad for us?

- _____
- _____
- _____

(3 marks)