

# SECONDARY SCHOOL ANNUAL EXAMINATIONS 2002

Educational Assessment Unit - Education Division

FORM 1

HOME ECONOMICS

TIME: 1h 30min

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

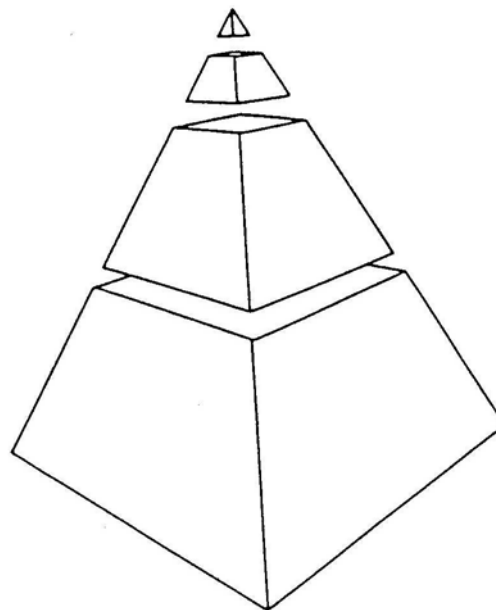
Class: \_\_\_\_\_

Answer **all** the Questions.

1. The Healthy Diet Pyramid tells us how much food we should eat.
- a. Place the following foods in their correct place in the pyramid below.

milk	wholemeal bread	sugar	orange
brown rice	margarine	chicken	soft drinks
chips	breakfast cereal	white fish	nuts.

The Healthy  
Diet Pyramid



(6 marks)

- b. Give **four** reasons why we eat food.  
eg; *for healthy skin*

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

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

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

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

(4 marks)

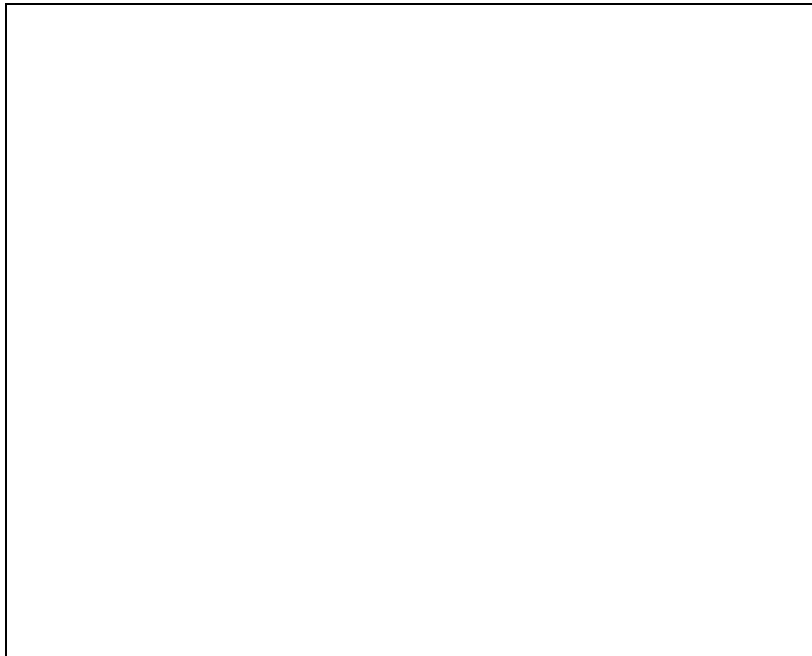
- c. We are being advised to reduce the amount of fat we eat.  
What happens if we eat too many fatty foods?

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

- d. Suggest **four** ways how you can reduce the amount of fat *in your diet*.  
eg; *avoid fried foods*.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_ (4 marks)

- e. Draw a poster which could be placed near your school tuck shop to encourage your school friends to eat less fatty foods and choose healthier foods instead.



(6 marks)

2. You are helping to prepare some buns for tea time.



- a. Give the name and correct use of **six** pieces of equipment which were used to prepare the buns.

Name of Equipment	Correct Use
eg; <i>scraper</i>	• <i>to scrape off cake mixture</i>
(i) _____	• _____
(ii) _____	• _____
(iii) _____	• _____
(iv) _____	• _____
(v) _____	• _____
(vi) _____	• _____

(6, 6 marks)

- b. Choose **one** piece of equipment from the picture and describe how you would care for it after use.

Name of Equipment: \_\_\_\_\_

Care after use: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(3 marks)

- c. List **six** ingredients which could be used to prepare the buns.  
eg; *chopped nuts*

(i) \_\_\_\_\_ (ii) \_\_\_\_\_ (iii) \_\_\_\_\_  
(iv) \_\_\_\_\_ (v) \_\_\_\_\_ (vi) \_\_\_\_\_

(3 marks)

d. Underline the name of the method you would use to prepare the buns.  
(Creaming method; whisking method; rubbing-in method; all-in-one method) of  
cakemaking (1 mark)

e. Write down the order you would follow to prepare the buns.

- Collect your equipment

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

(6 marks)

f. To check if the buns are cooked (use a skewer; touch lightly; take out after  
20 minutes)

Underline the correct answer.

(1 mark)

g. Some buns are left over after tea, how would you store them for use the following  
day?

Place ☒ near the correct answer.

<input type="checkbox"/>
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place in the refrigerator.

put on a plate in the food cupboard.

cover with cling film.

(1 mark)

3. Breakfast is a very important meal of the day.

a. Give **two** reasons for this.

eg; prevents us from eating junk food.

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

(ii) \_\_\_\_\_ (4 marks)

b. Some young people do not have breakfast before going to school. Why?

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

(2 marks)

- c. Name **six** healthy food items which could be served to teenagers at breakfast time.  
eg; *a glass of milkshake*

(i) \_\_\_\_\_ (ii) \_\_\_\_\_ (iii) \_\_\_\_\_  
(iv) \_\_\_\_\_ (v) \_\_\_\_\_ (vi) \_\_\_\_\_

(3 marks)

- d. You have gone to stay with some elderly (old) relatives for a few days.

- (i) Plan a healthy breakfast which you could prepare for them, include a drink.

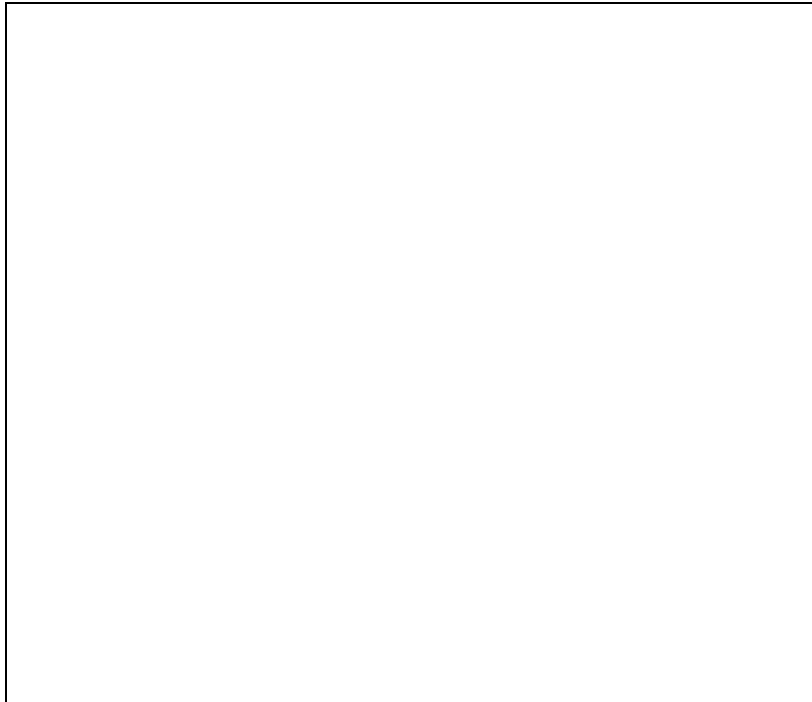
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

- (ii) Why did you choose these foods?

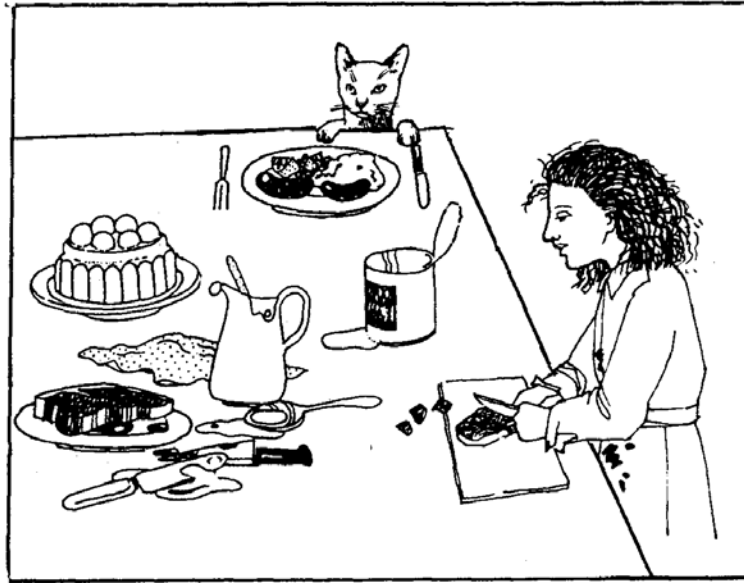
- \_\_\_\_\_ (1 mark)

- e. In the space below *draw the place setting for the breakfast you have planned.*  
(Include the knives, forks, plates etc you would need)



(6 marks)

4. The picture shows the worktop of a very careless family.



- a. Find **six** kitchen rules which are not being followed.  
eg; *dessert should have been placed in the refrigerator.*

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

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

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

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

(v) \_\_\_\_\_

(vi) \_\_\_\_\_

(6 marks)

- b. The mother cuts her finger while preparing the meat for lunch.  
What first-aid treatment would she need?

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

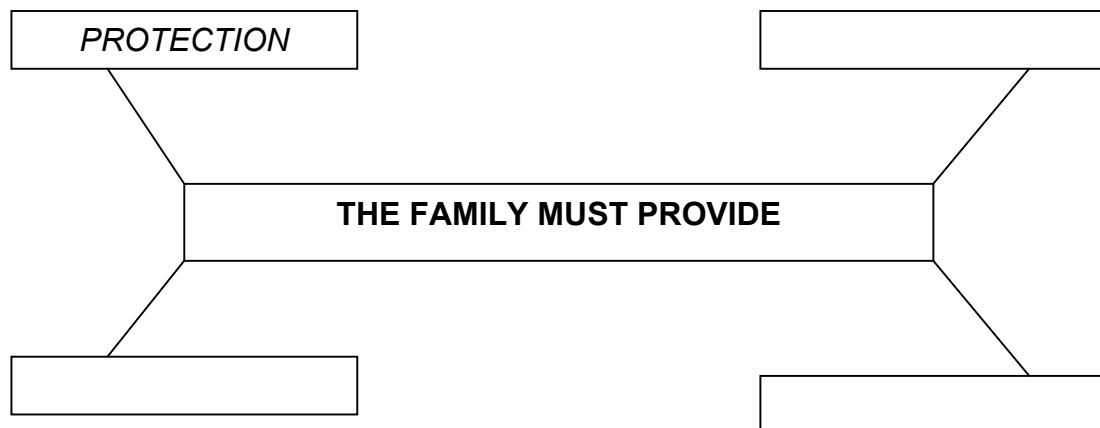
- c. List **eight** items which we always need to find in the first-aid box.  
eg; *crepe bandage*

(i) \_\_\_\_\_ (ii) \_\_\_\_\_ (iii) \_\_\_\_\_  
(iv) \_\_\_\_\_ (v) \_\_\_\_\_ (vi) \_\_\_\_\_  
(vii) \_\_\_\_\_ (viii) \_\_\_\_\_ (4 marks)

- d. The family have two small children.  
Write down **three** measures they must follow as regards the safe use of stairs.  
eg; *never leave toys on the stairs*

(i) \_\_\_\_\_  
(ii) \_\_\_\_\_  
(iii) \_\_\_\_\_ (6 marks)

- 5a. Complete the web diagram below.



(3 marks)

b. Choose the correct name of the family units described below.

nuclear	foster	single-parent	step	extended
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(i) a family unit where the children are brought up by only one parent

\_\_\_\_\_ family

(ii) a family unit which includes grandparents; parents; aunts; uncles; brothers; sisters;  
or cousins

\_\_\_\_\_ family

(iii) a family unit which includes the parents and their children

\_\_\_\_\_ family

(iv) a family unit where the parents care for children which are not their own for a short  
time

\_\_\_\_\_ family

(v) a family unit where only one of the parents is the natural father / mother

\_\_\_\_\_ family

(5 marks)

c. Suggest how the members of a family could build a strong relationship (live happily)  
amongst themselves.  
eg; *parents help children with homework.*

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

(6 marks)