

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2002

Educational Assessment Unit - Education Division

FORM 2

HOME ECONOMICS

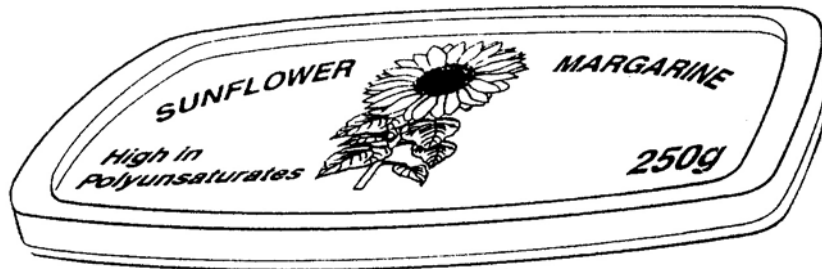
TIME: 1h 30min

Name: _____

Class: _____

Answer all the Questions.

1. Look at the label below:



Sunflower is the main ingredient in this margarine.

a. From the list below name **two** other vegetable oils which are used to make margarine high in polyunsaturates. **Tick the right answers.**

Olive oil

☐

Coconut oil

☐

Soya Bean oil

☐

(2 marks)

b. Give **three** different ways how this type of margarine can be used when preparing family meals. The first one has been done for you.

• eg; for stir frying of vegetables.

- _____
- _____
- _____

(3 marks)

c. For whom is this margarine particularly suitable?

_____ (1 mark)

Why? _____

_____ (2 marks)

- 2a. A balanced diet contains enough of all the necessary food substances. Match the main functions (*use*) of each of the nutrients listed.

Nutrient	Function
i. Protein	<div style="display: inline-block; width: 40px; height: 30px; border: 1px solid black; vertical-align: middle;"></div> for energy and warmth
ii. Carbohydrates	<div style="display: inline-block; width: 40px; height: 30px; border: 1px solid black; vertical-align: middle;"></div> for growth and repair
iii. Fats	<div style="display: inline-block; width: 40px; height: 30px; border: 1px solid black; vertical-align: middle;"></div> for protection against disease
iv. Minerals and Vitamins	<div style="display: inline-block; width: 40px; height: 30px; border: 1px solid black; vertical-align: middle;"></div> for energy

(4 marks)

- b. Healthy eating guidelines advise us to cut down on the sugar and fat we eat. Name **two** health problems which may be caused by eating too much.

Sugar	Fat
i. _____	i. _____
ii. _____	ii. _____

(2, 2 marks)

- c. Thirteen-year-old Janica is worried about her appearance. She feels that she is fat and has too many spots on her face.
Cutting down on sugar and fat may help.

Suggest **two** healthy packed lunches that Janica could bring to school.

Packed Lunch 1	Packed Lunch 2
_____	_____
_____	_____

(2, 2 marks)

3. The following persons may be suffering from certain health problems.

Fill in from the words in the box

- a. Mary repeatedly makes herself overeat and then forces herself to be sick. She may be suffering from _____.

- b. John takes too much salt with his meals. He may develop _____.

- c. Jessica believes that she is grossly overweight and she needs to eat almost nothing. She may be suffering from _____.
- d. Mark does not eat any fibre rich foods. He may develop _____.

bulimia	constipation	hypertension	anorexia nervosa
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(4 marks)

4. Look carefully at the following recipe.

Quiche Lorraine
100g plain flour 50g butter salt water 100g streaky bacon 2 eggs 100ml fresh cream 100g Cheddar cheese, grated

- a. How can you change the following ingredients to make the Quiche Lorraine healthier?

Ingredients	Changed to
<i>eg; streaky bacon</i> butter fresh cream cheddar cheese	<i>lean collar bacon</i> <hr/> <hr/> <hr/>

(3 marks)

- b. Which **one** ingredient would you change or add to make the Quiche Lorraine high in fibre?
 _____ (1 mark)

- c. Give **four** rules that have to be followed when making short crust pastry.

- _____
- _____
- _____
- _____

(4 marks)

d. Name **two** other foods that can be served with the Quiche Lorraine to make it more balanced.

- _____
- _____

(2 marks)

e. Utensils needed to make the Quiche Lorraine.



Choose and name **six** pieces of utensils which are needed to prepare the Quiche Lorraine.

Describe the functions (*use*) of **each** utensil.

	Utensils	Function (<i>Use</i>)
i.	_____	_____
ii.	_____	_____
iii.	_____	_____
iv.	_____	_____
v.	_____	_____
vi.	_____	_____

(3, 6 marks)

5a. Give **two** reasons why a refrigerator /freezer is necessary in the home.

- _____
- _____

(2 marks)

b. Say how you can pack or wrap the following foods before putting them in the refrigerator /freezer.

eg; meat and tomato sauce

plastic container

fresh meat

cooked fresh fruit

cheese

lettuce

left-over pastry

(5 marks)

c. A refrigerator should be kept at a temperature of:

-18° C to -21° C

☐

-10° C to -12° C

☐

Tick the correct box

0° C to 5° C

☐

(1 mark)

d. Name **one** perishable food (*that goes bad quickly*) you would expect to find labelled with a '**Use Before**' date.

(1 mark)

e. Name **three** rules you should follow when using a refrigerator.

eg; *do not overpack with food*

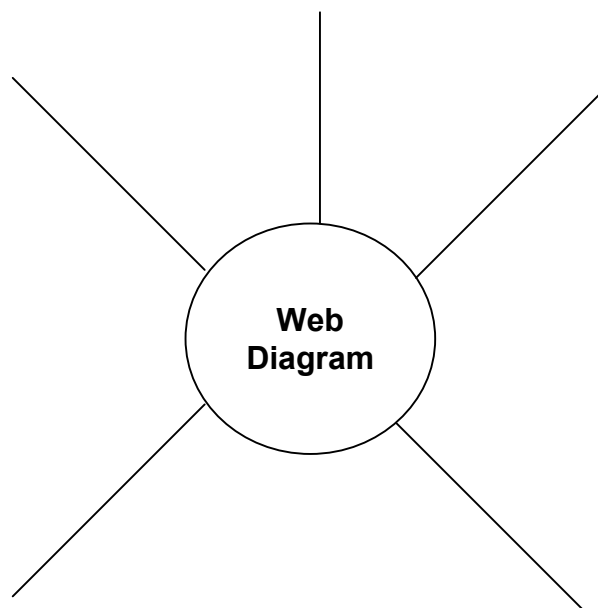
- _____
- _____
- _____

(3 marks)

6. **Supermarkets offer a wide choice of food.**

a. Continue the Web diagram by naming **four** factors a consumer needs to consider when buying food.

eg; *being able to read labels.*



(4 marks)

- b. Consumers have certain rights and responsibilities.
Write down **one** of these rights and responsibilities.

Rights

eg; to expect that a product you buy works properly

- _____
- _____

Responsibilities

eg; to follow directions given by manufacturers.

- _____
- _____

(2 marks)

- c. How can you prevent wasting time and money when doing your shopping?

_____ (1 mark)

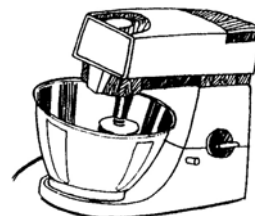
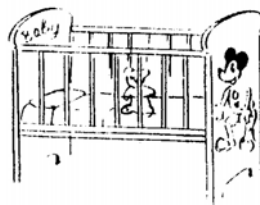
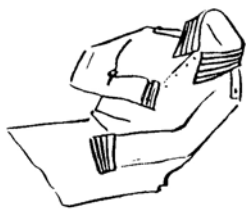
- 7a. Match the following items to the labels given below.

1

2

3

Item



Label



	MACHINE	HAND WASH
	WASH AT TEMPERATURE SYNTHETICS	WASH AT
	DO NOT USE CHLORINE BLEACH	
	MAY BE TUMBLE DRIED	
	WARM	
	DRY CLEANABLE	

Number

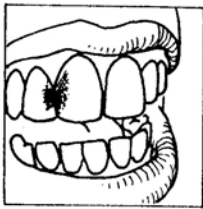
(3 marks)

- b. What other important information can labels give to the consumer?

- eg; *how to store the product*
- _____
- _____
- _____
- _____

(4 marks)

8.



Poor and decayed teeth are linked with the amount of sugar being eaten.

- a. Write **two** sentences to explain to a young child the harm that sugary foods can cause to teeth.

(4 marks)

- b. Make up **four** rules to help children cut down on sweets and sugary foods.

- eg; *avoid giving chocolates as presents*

- ---
- ---
- ---
- ---

(4 marks)

- c. Draw a poster with the title “**Healthy Teeth and Gums**” This poster is to be used in a Primary School.

(5 marks)

- d. Besides not eating sweets how can a child keep his/ her teeth and gums healthy?

- ---
- ---

(2 marks)

9a. Name **four** different places where accidents are likely to happen to children in the home.

Places

- i. _____ ii. _____
iii. _____ iv. _____ (2 marks)

b. Suggest **four** ways how adults can help to prevent these accidents.

- _____
- _____
- _____
- _____ (4 marks)

c. Underline the correct word in the brackets.

A child;-

- may suffocate whilst playing with a (teddy bear, plastic bag).
- can choke if he /she swallows (a hard object, some soup).
- can get poisoned if he /she drinks (cleaning materials, fruit juice).
- can get burnt whilst playing with (a jigsaw, matches). (4 marks)

10a. Describe **one** activity a parent and a four-year-old child can share in the home.

- _____
_____ (2 marks)

b. What can a child learn from this activity?

- _____
_____ (2 marks)

c. How can a child benefit from playing outdoors (eg; *in the playing field or garden*) with other children?

- _____
_____ (2 marks)