

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2003

Educational Assessment Unit – Education Division

FORM 1

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all the Questions

1a. Why does our body need food?

i. *for healthy hair and skin*

ii. _____

iii. _____

iv. _____

v. _____ (4 marks)

b. Place the following foods in their correct place.

soft drinks	kiwi	eggs	brown rice
nuts	butter	wholemeal bread	poultry
jam	cabbage	cheese	fried meat

EAT MOST

EAT MODERATELY

EAT LEAST

(6 marks)

c. Fill in the blanks by choosing the correct word from the list below.

constipation	diabetes	hypertension
heart disease	tooth decay	

i. Eating too many sugary foods can cause _____ and _____.

ii. _____ can be caused by using too much salt when preparing food.

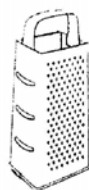
iii. Foods rich in dietary fibre (NSP) can help prevent _____.

iv. _____ can be prevented by avoiding fried and fatty foods. (5 marks)

2. These utensils were used to prepare a pasta dish.
a. Find the correct name of the utensils from the list below.



i)



ii)



iii)



iv)



v)



vi)

can opener

wooden spoon

saucepan

colander

milk pan

grater

(6 marks)

- b. How would you clean utensil (ii) after you have used it?

- _____
- _____
- _____

(3 marks)

- c. Below is a list of ingredients used to prepare the pasta dish.
Suggest healthier ingredients you could choose instead to prepare the dish.

Instead of:

Pasta

I choose

Brown pasta

Cheddar cheese

I choose

Full cream milk

I choose

Butter

I choose

Salt

I choose

White flour

I choose

(5 marks)

- d. To make the pasta dish healthy, I could add (spinach; bacon; ham).

Underline the correct answer.

(1 mark)



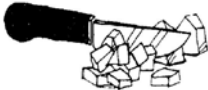



3. You are preparing a fresh fruit salad for dinner.

- a. Name **six** different types of fruit you would use.

i. _____ ii. _____ iii. _____

iv. _____ v. _____ vi. _____ (3 marks)

- b. The equipment shown below is needed to prepare the fruit salad.
Write down the name and correct use of each one.

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

(6, 6 marks)

- c. Show how you would carry out the washing-up, by placing the correct number near each step.

Wash the glassware

Rinse each utensil well

Fill the sink with warm soapy water

Wash the cutlery

Dry everything well

Sort out the utensils

(5 marks)

- d. (Fresh cream, light yoghurt, ice-cream) is a healthy ingredient which could be served with the fruit salad. (1 mark)
Underline the correct answer.

4. A healthy breakfast is the best way to start the day.

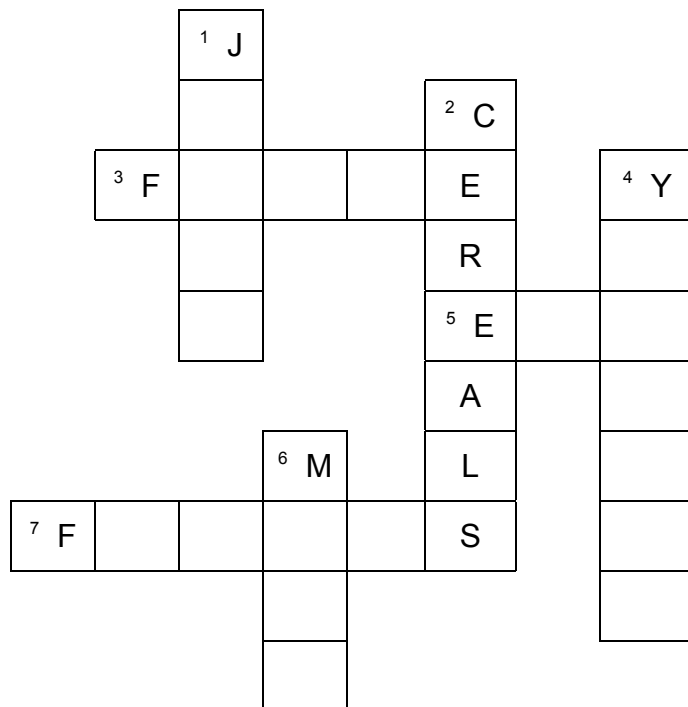
- a. Work out the Breakfast Crossword below by using the correct answer to the given clues.

ACROSS

1. The _____ (5) of apples, oranges etc; could be used as a breakfast drink.
2. Has already been done for you.
4. A plain of fruit one is suitable for a quick breakfast food (7)
6. This is usually added to breakfast cereals; tea and coffee. (4)

DOWN

3. Most breakfast cereals are rich in dietary _____ (5)
5. A boiled, poached or scrambled _____ (3) makes a healthy breakfast dish.
7. Apples, bananas, strawberries are known as _____ (6) and can all be added to breakfast cereals.



(6 marks)

- b. Give the name of a suitable breakfast cereal for:

a five-year old child:

a teenager

a person suffering constipation:

an elderly person:

(4 marks)

- c. A school friend will be staying at your house for the weekend.
Plan a healthy breakfast which you could prepare.

first dish:

second dish:

third dish:

(3 marks)

- d. Give a reason why you have chosen this breakfast.

•

(2 marks)

- 5a. With the help of the diagrams, write out the method for making some fruit buns.
The first one has been done for you.

i.



Weigh and measure all
the ingredients.

ii.



iii.



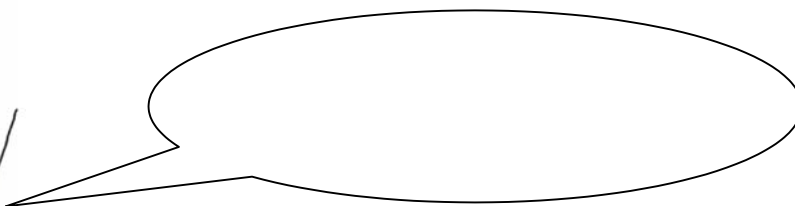
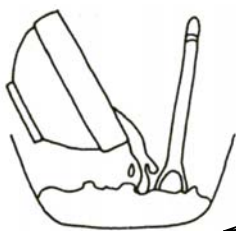
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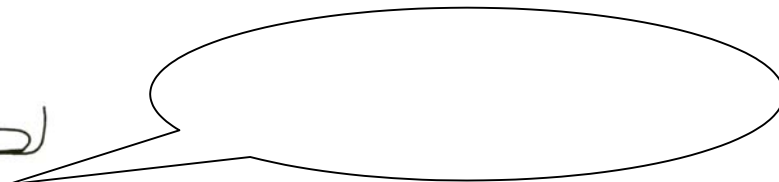
v.



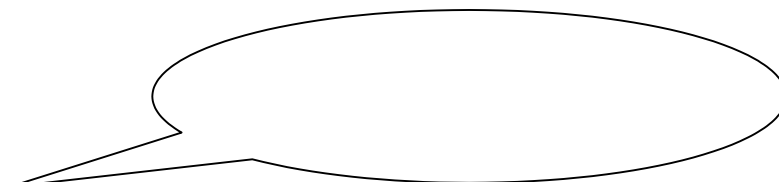
vi.



vii.



viii.



(7 marks)

- b. These buns were made by the (whisking; creaming; rubbing-in method of cake making).

Underline the correct answer.

(1 mark)

- c. Would you cook the buns in the:
grill hob oven?

Underline the correct answer.

(1 mark)

- d. Buns are baked in a (bun tin; cake tin; cooling tray) while large cakes are cooked in a (cake tin; pan; bun tin).

Underline the correct answer.

(2 marks)

- e. This cake mixture could be used to prepare other buns, other than fruit buns.
Name **four** other types

i) _____

ii) _____

iii) _____

iv) _____

(2 marks)

6. The picture shows the living room of a family with two young children.
a. Mark **x** near **eight** possible dangers.



- b. Choose **two** of the dangers you have marked and write down how you could prevent (*stop*) them from happening. (8 marks)

Danger 1 _____

Prevention: _____ (2 marks)

Danger 2 _____

Prevention: _____ (2 marks)

- c. Your class will be going for a hike.
You will be taking a first-aid box with you.
List **ten** items you might need to have in your box.

i) cotton wool ii) _____ iii) _____ iv) _____

v) _____ vi) _____ vii) _____ viii) _____

ix) _____ x) _____ xi) _____

(5 marks)

- d. Write down the number you would phone in an emergency.

(1 mark)

- e. Suggest how you could take good care of the environment while on the hike.
• *Do not throw rubbish on the ground*

- _____
- _____
- _____

(3 marks)