

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2003

Educational Assessment Unit – Education Division

FORM 2

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all questions.

- 1a. Match the nutrients in **Column A** to their body function in **Column B**. The first one has been done for you.

| | A | | B |
|------|-----------------|---|--|
| | Nutrient | | Function |
| i. | Iron | v | provides a rich source of energy |
| ii. | Vitamin A | | helps to protect against infections |
| iii. | Calcium | | is important for strong red blood |
| iv. | Protein | | is necessary for healthy eyes |
| v. | Fat | | is needed for growth and repair |
| vi. | Vitamin C | | is necessary for the formation of strong bones |

5 marks

b.



From this picture name **one** food that contains each of the following nutrients. (name a different food for each).

| | Nutrient | Food |
|------|-----------------|-------------|
| i. | Iron | |
| ii. | Vitamin C | |
| iii. | Calcium | |
| iv. | Protein | |
| v. | Fat | |

5 marks

- c. The dietary guidelines are to be followed. Name **three** diseases we may suffer from when we do not follow these dietary guidelines.
Say what may be the cause of these. The first one has been done for you.

| | Diseases | | Caused by |
|------|---------------------|----|----------------------|
| i. | High blood pressure | i. | eating too much salt |
| ii. | | | |
| iii. | | | |
| iv. | | | |

6 marks

- d. Suggest, with reason, a healthy snack which is in line with the dietary guidelines and which is to be eaten during mid-morning break.

Snack ● _____
● _____

2 marks

Reason _____

2 marks

2. Let us help this overweight child!



Say if the following are **true** or **false**.

| | | |
|------|---|-------------|
| i. | Encourage the child to eat fruit instead of sweets. | |
| ii. | Do not eat between meals. | |
| iii. | Do not miss a good breakfast in the morning. | |
| iv. | Eat fried foods. | |
| v. | Be careful to choose the right choice of food. | |
| vi. | Exercise every day. | TRUE |
| vii. | Do not drink plenty of water. | |

6 marks

3. Both pasta and rice are rich in Carbohydrates.

a. What is the function of Carbohydrate in the body?

Function _____

2 marks

b. The rice salad is a healthy dish you can prepare for yourself. The following are some of the ingredients you can use.


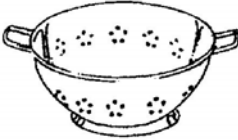

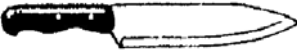

| Ingredients | |
|--------------------|------------------|
| wholegrain rice | hard boiled eggs |
| olive oil | tomatoes |
| tuna fish | lemon juice |
| corn / peas | onion |
| green peppers | mayonnaise |

Fit these ingredients in the correct columns underneath.

| Eat the most of these foods. | Eat these foods moderately. | Eat the least of these foods. |
|-------------------------------------|------------------------------------|--------------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

10 marks

- c. The following include the equipment that you need to prepare this dish. Name the equipment and say what you are going to use them for.

| | Name of Equipment | USE |
|---|-------------------|----------------|
|  | _____ | _____ _____ |
|  | _____ | _____ _____ |
|  | _____ | _____ _____ |
|  | _____ | _____ _____ |
|  | _____ | _____ _____ |

10 marks

- d. Describe how you can wash a stainless steel utensil.

_____ 2 marks

- 4a. You want to prepare 200g Short Crust pastry. Give the quantities of these **three** ingredients.

Ingredients

- i. _____ wholemeal / plain flour
 ii. _____ polyunsaturated margarine
 iii. _____ water

3 marks

b. Why is wholemeal flour used?

2 marks

c. Why is polyunsaturated margarine used?

2 marks

d. You are going to prepare a Rikotta pie to share with your friend.
Name **two** vegetables you can serve with the pie.

● _____

● _____

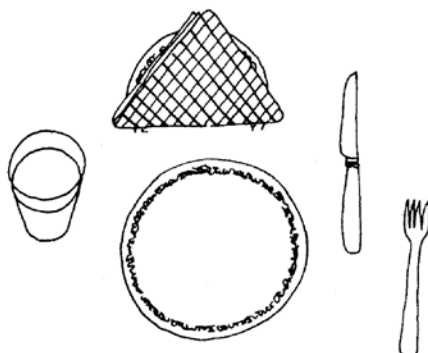
2 marks

e. Suggest a drink you can serve with this pie.

Drink _____

1 mark

f. The following are required to lay the table for this meal.

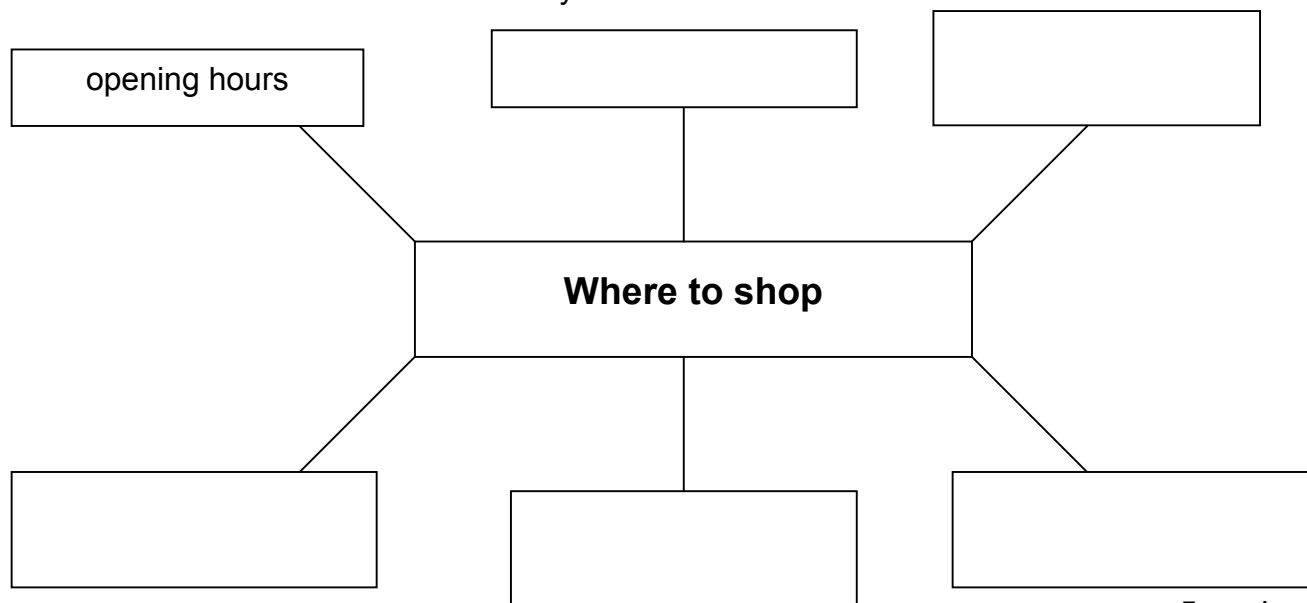


Draw the correct layout of each.



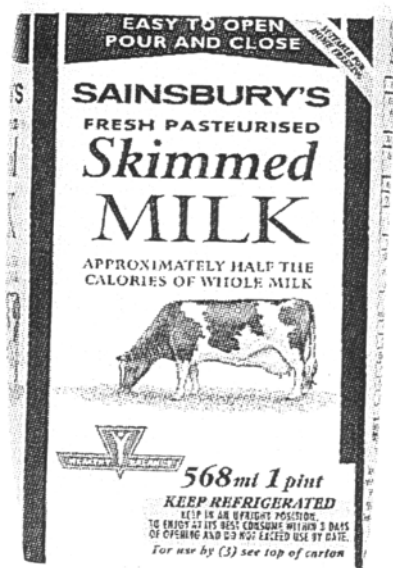
5 marks

5. What do you look for when choosing where to shop?
- a. Continue this web diagram.
The first one has been done for you.



5 marks

- b. Food labels provide consumers with information. Name **three** important pieces of information found on this label.



- _____
- _____
- _____

3 marks

- c. When shopping, which of the following practices are environment-friendly?
Tick the correct answers.

- i. Use your own shopping bag.

☐

- ii. Buy foods which contain a lot of packaging material.

☐

- iii. Choose plastic containers which can be recycled.

☐

2 marks

- d. At home, waste should be separated into **Organic** and **Inorganic** waste. Separate the following items under the correct headings.

| | | |
|----------------------|------------------|--------------|
| orange peel | jablo | plastic bags |
| newspaper | glass | tin cans |
| empty packet of milk | remains of bread | |

| Organic | Inorganic |
|---------|-----------|
| | |
| | |
| | |
| | |

4 marks

- e. How can the public be encouraged to follow this good practice?
Tick the correct answers.

- i. Local councils can provide different coloured bags.
- ii. Give a reward for those who do not co-operate.
- iii. Organise different days when to take out the rubbish.

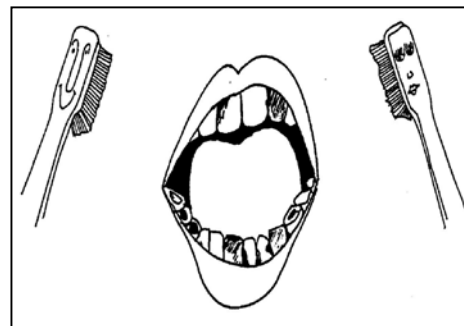
☐
☐
☐

2 marks

6. The picture shows the teeth of a five-year old child.

- a. Say what has happened to the child's teeth.

2 marks



- b. Suggest **three** ways how a parent can help to look after her children's teeth.

- _____
- _____
- _____

3 marks

- c. Name **six** foods that help a young child to have strong teeth.

Foods

- _____
- _____
- _____
- _____
- _____
- _____

3 marks

d. Choose **two** nutrients that help with the formation of strong healthy teeth.

Carbohydrates

☐

Calcium

☐

Iron

☐

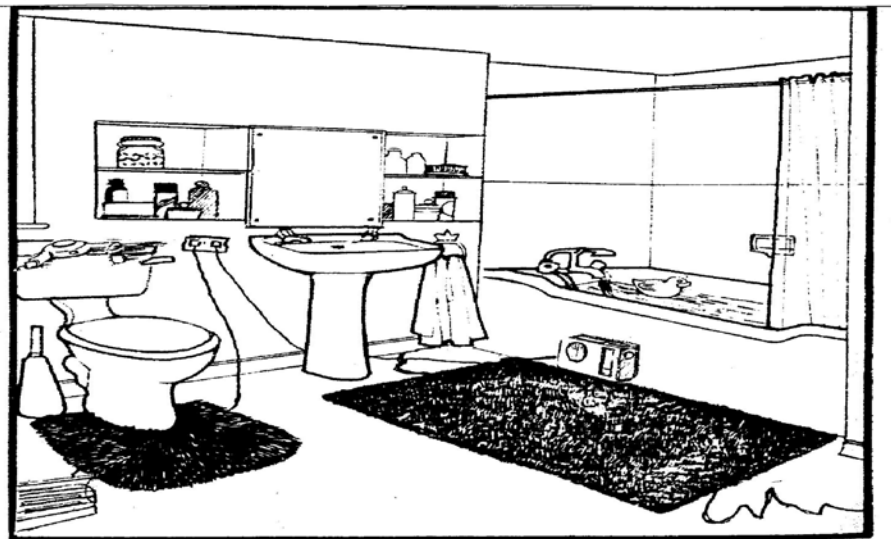
Vitamin D.

☐

Tick the correct nutrients

2 marks

7. This picture shows dangerous situations in a bathroom.



Identify (name) **three** accidents that can happen in this bathroom. Explain how each accident can be prevented.

Accident i.

Prevention

Accident ii.

Prevention

Accident iii.

Prevention

3, 6 marks