

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2004
Educational Assessment Unit – Education Division

FORM 1

HOME ECONOMICS

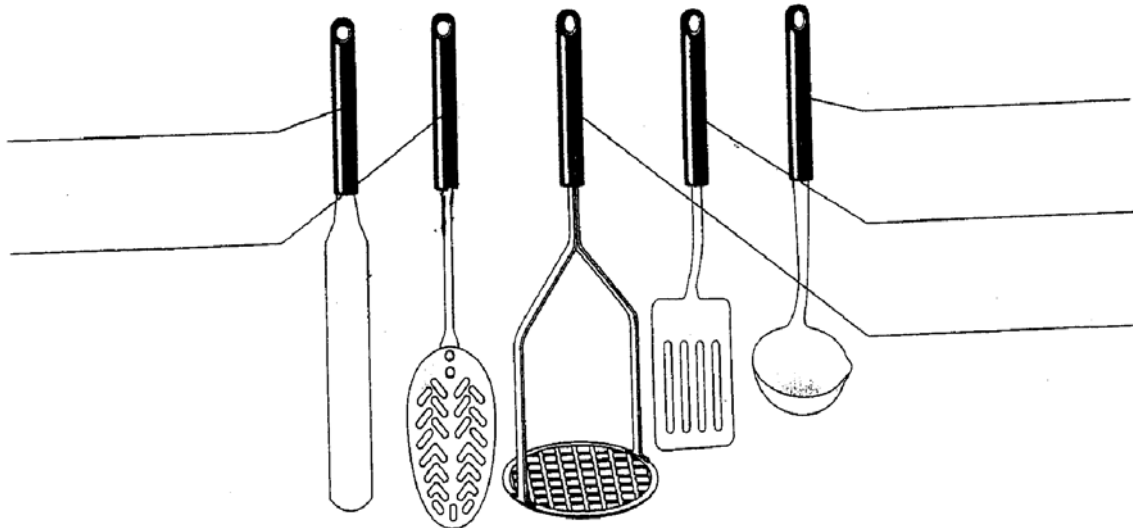
TIME: 1h 30min

Name: _____

Class: _____

Answer all the Questions.

1. The kitchen utensil set which you have at home is made up of these pieces of equipment.
- a. Write down the correct name near each piece of equipment.



(5 marks)

- b. Which utensil would you use to:
- i. lift some cooked vegetables from the saucepan: _____
 - ii. mash some strawberries for a dessert: _____
 - iii. pour soup into a plate: _____
 - iv. lift some pizza: _____
 - v. take buns out of a bun tin: _____

(5 marks)

2. a. You have offered to go shopping for an elderly neighbour. Below is a copy of the shopping list which you were given. Suggest healthier food which you could buy instead.

The first one has been done for you.

Shopping List	Healthier Shopping List
i. bag of white rice	<i>bag of brown rice</i>
ii. 200g cheddar cheese	_____
iii. 100g bacon	_____
iv. 1 carton fresh cream	_____
v. 1 tin full cream milk	_____
vi. 1 packet butter	_____
vii. loaf of white bread	_____
viii. 1 tin peaches in syrup	_____
ix. 1 can tuna in oil	_____

(8 marks)

- b. Your elderly neighbour needs to eat less fatty and sugary food. Why?

Eat Less Fat

Reasons

- i. _____
- ii. _____
- iii. _____

(3 marks)

Eat Less Sugar

Reasons

- i. _____
- ii. _____
- iii. _____

(3 marks)

- c. Plan a healthy breakfast for your elderly neighbour. Give reasons why you have chosen these dishes.

Breakfast	Reasons
• _____	• _____
• _____	• _____
• _____	• _____

(3, 3 marks)

3. Fill-in the blanks by choosing the correct word from the list.

fat water sugar starch fibre salt fruit vegetables

It is being suggested we eat more _____ and _____, eat at least five portions of _____ and _____, and eat less _____, _____ and _____.

We must also drink more _____.

(8 marks)

4. Milk is a very important food and is used to prepare healthy dishes.

- a. Suggest dishes where milk or milk products are used as a main ingredient and which could be served:

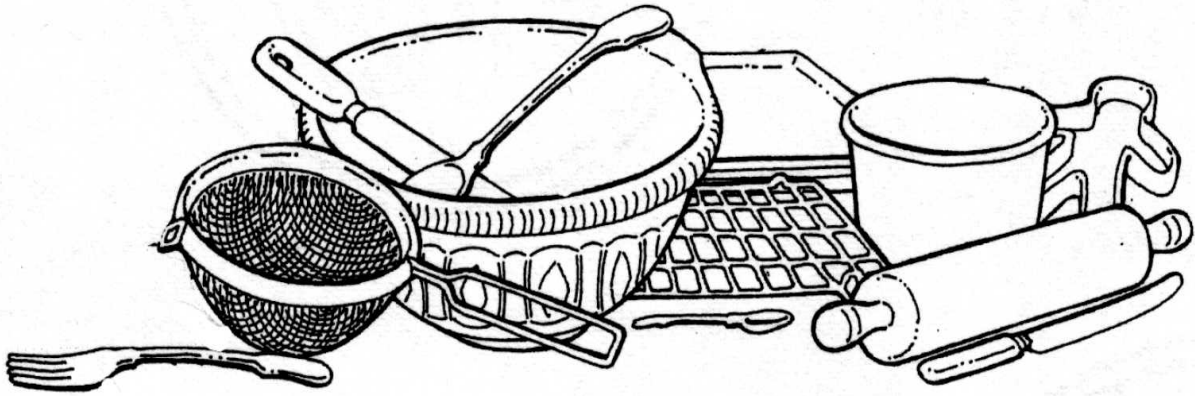
for Breakfast:	i. _____	ii. _____	
as Main Dishes:	i. _____	ii. _____	
as Desserts:	i. _____	ii. _____	
as Drinks:	i. _____	ii. _____	(8 marks)

- b. List **three** milk products.

- i. _____
- ii. _____
- iii. _____

(3 marks)

5.



a. The equipment shown above, was used to prepare some biscuits.

Fill-in the table below:

NAME	CORRECT USE	NAME	CORRECT USE
•	• to mix ingredients in	•	• to measure flavouring
• rolling pin	•	• biscuit cutters	•
•	• to sift flour	•	• to cool buns on it
• small bowl	•	• table knife	•
• fork	•	•	• to bind ingredients together

(10 marks)

b. Choose **one** piece of equipment from the picture and write down how you would clean it after use.

Name of Equipment: _____

Care after use:

- _____
- _____
- _____

(3 marks)

6. The pictures show different steps used to prepare some buns.

a. Choose the correct word from the list below to describe what is being done in each picture.

grating	rubbing-in	greasing
measuring	sifting	mixing



i. _____



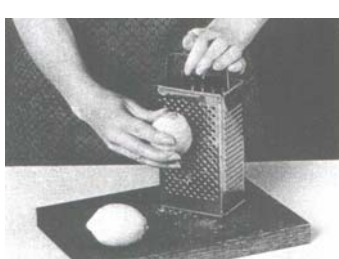
ii. _____



iii. _____



iv. _____



v. _____



vi. _____

(6 marks)

b. i. Which piece of equipment would you use to check if the buns are cooked?

Name of equipment: _____ (1 mark)

ii. How would you use it?

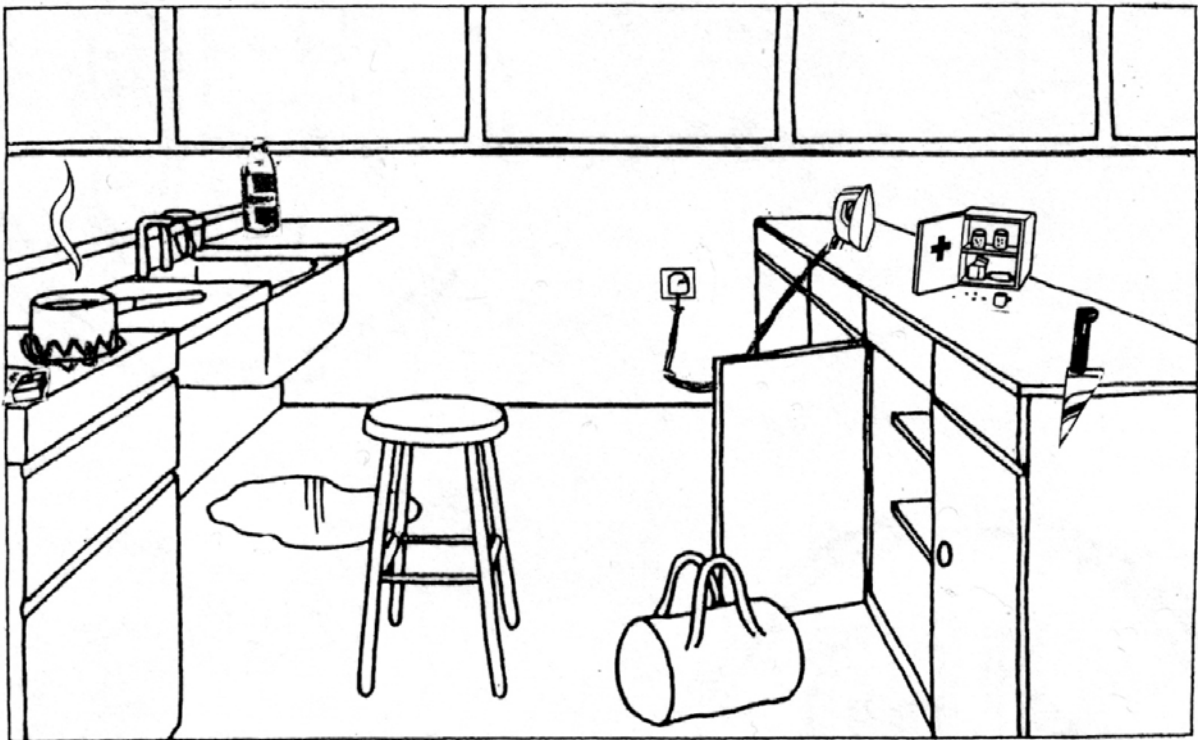
• _____ (1 mark)

7. Match column A with column B.

A			B	
i.	Socks and underwear	<input type="text"/>		after using a tissue.
ii.	Visit the dentist	<input type="text"/>		when washing your hair.
iii.	Combs and brushes	<input type="text"/>		after taking a shower.
iv.	Hands must be washed	<input type="text"/>		at least once every six months.
v.	Use a good conditioner	<input type="text"/>		should never be lent or borrowed.
vi.	It is better to use	<input type="text"/>		according to your hair type.
vii.	Dry yourself well	<input type="text"/>		should be changed everyday.
viii.	Brush teeth well	<input type="text"/>		a deodorant than an antiperspirant.
ix.	Choose a shampoo	<input type="text"/>		regularly.
x.	Nails must be filed	<input type="text"/>		after every meal.

(10 marks)

8. The picture shows possible dangers in a kitchen unit of a Home Economics Room.



a. Mark with an **x** **eight** possible dangers. (8 marks)

b. Choose **two** possible dangers, and write down how you could prevent (*stop*) them from happening.

Danger 1 _____

Prevention • _____ (2 marks)

Danger 2 _____

Prevention • _____ (2 marks)

c. During the lesson, your friend cuts a finger.

How would you help her?

- i. _____
- ii. _____
- iii. _____ (3 marks)

d. You burn your hand while mixing some hot custard.

What would you do?

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

e. List **six** items which you think should be found in the first-aid box at school.

The first one has been done for you.

- i. *cotton wool*
- ii. _____
- iii. _____
- iv. _____
- v. _____
- vi. _____
- vii. _____ (3 marks)