

**SECONDARY SCHOOL ANNUAL EXAMINATIONS 2004**

Educational Assessment Unit – Education Division

**Form 2**

**HOME ECONOMICS**

**TIME: 1h 30min**

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

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

1.



Martin, aged ten, enjoys eating the following meal when returning from school.

- Fried bacon and sausages.
- Chips
- Fried tomatoes
- Cola
- Ice-cream

From this meal, list **one** food that is

High in fat \_\_\_\_\_

High in sugar \_\_\_\_\_

High in N.S.P. \_\_\_\_\_

High in salt \_\_\_\_\_

(4 marks)

2. The nutrients found in food have different functions in the body.  
Match the main function to the nutrients listed below.

	Nutrient		Function
i.	Protein		for strong bones and teeth.
ii.	Carbohydrate		for protection against disease.
iii.	Fats		for growth and repair.
iv.	Vitamins		for energy and work.
v.	Calcium		For warmth and energy.

(5 marks)

3. We are encouraged to eat plenty of the foods shown in the picture.



- a. Choose the correct vitamin found in these foods.

Vitamin B

Vitamin C

**Tick the correct answer**

(1 mark)

- b. Suggest **one** type of fruit  
**one** type of vegetable  
that can be served for:

	Breakfast	School Lunch	Main Meal
<b>Fruit</b>	_____	_____	_____
<b>Vegetable</b>	_____	_____	_____

(6 marks)

- c. These foods are high in Dietary Fibre / N.S.P.  
What is the function of fibre in the body?

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

d. Name **two** diseases / conditions that can be avoided when eating foods high in fibre.

**Condition / Disease**

Diverticulitis

Heart Disease

Constipation

High Blood Pressure

**Tick the correct answers**

(2 marks)

4. Carbohydrates are divided into three types.

a. Give **two** food sources of each type of carbohydrate.

<b>Carbohydrate</b>	<b>Food Source</b>	
<b>Sugar</b>	• _____	• _____
<b>Starch</b>	• _____	• _____
<b>N.S.P. / Dietary Fibre</b>	• _____	• _____

(3 marks)

b. Name **two** conditions / diseases we can suffer from if we eat too much sugar or sugary foods.

**Condition / Disease**

Bulimia

Diabetes

High Blood Pressure

Obesity

**Tick the correct answers**

(2 marks)

c. Suggest **three** ways how you can reduce the amount of sugar in the diet.

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

(3 marks)

5. Fats can be of **animal origin** and of **plant origin**.

a. Fill in the following foods in the right column.

eggs   butter   olive oil   soya milk
---------------------------------------

**Animal Origin**

**Plant Origin**

- |         |         |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |

(4 marks)

b. Name **two** diseases / conditions we may suffer from if we use fat of animal origin when preparing meals.

**Condition / Disease**

- |               |                          |
|---------------|--------------------------|
| Hernia        | <input type="checkbox"/> |
| Heart Disease | <input type="checkbox"/> |
| Constipation  | <input type="checkbox"/> |
| Obesity       | <input type="checkbox"/> |

**Tick the correct answers**

(2 marks)

c. Suggest **five** good health practices you can follow when choosing food.

*e.g. choose yoghurt instead of fresh cream.*

- choose \_\_\_\_\_ instead of full-fat milk.
- choose \_\_\_\_\_ instead of butter.
- choose \_\_\_\_\_ instead of saturated oil.
- choose \_\_\_\_\_ instead of beef.
- choose \_\_\_\_\_ instead of lard.

(5 marks)

6. At school Rebecca has learnt how to make short crust pastry.

- a. Suggest how Rebecca could change (*modify*) the following ingredients to be in line with the dietary guidelines.

Ingredients	Modified ( <i>changed</i> )
100g plain flour	
25g margarine	
25g lard	
½ tsp. salt	
water	

(3 marks)

- b. Rebecca used this amount of pastry to make some rikotta pies.

Name **two** foods that can be added to the rikotta filling to make it healthier.

**Foods**

Peas

Bacon

Spinach

**Tick the correct answers**

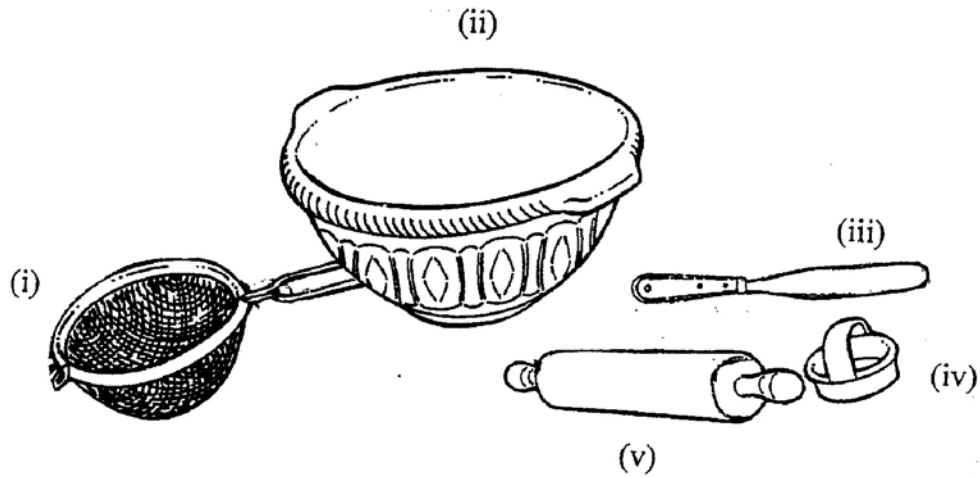
(2 marks)

- c. Rebecca has jumbled up the method for short crust pastry. Put it in order by placing the correct number near each step. *The first one has been done for you.*

1	Sift flour.
	Make a well and add water
	Leave pastry to rest in a cool place.
	Knead pastry on a floured surface.
	Rub fat into flour using your fingertips.
	Cut margarine into small pieces using a round bladed knife.
	Roll out pastry and use as required.
	Stir with a metal knife until mixture forms a ball.

(7 marks)

- d. The following utensils have been used to prepare the rikotta pies.  
Name the numbered utensils in the picture and give the use of each one.



	Name of utensil	Use
i.		
ii.		
iii.		
iv.		
v.		

(5 marks)

- e. Write down how to clean a bun tin.

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

(2 marks)

7. List **three** important points you should keep in mind before you go shopping for food.

**Points**

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

(3 marks)

b. What would you look for when deciding from where to shop for food?

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

(2 marks)

c. Name **two** important pieces of information that you would check on a food label.

**Information**

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

(2 marks)

d. The following is a list of food which you have just bought.  
Where would you store them?

Food	Storage
a carton of milk	
fresh tomatoes	
eggs	
rikotta cheese	
a can of baked beans	
fresh oranges	
a packet of Weetabix	
a jar of jam	
frozen chicken breast	
fresh fish to be cooked on the same day	

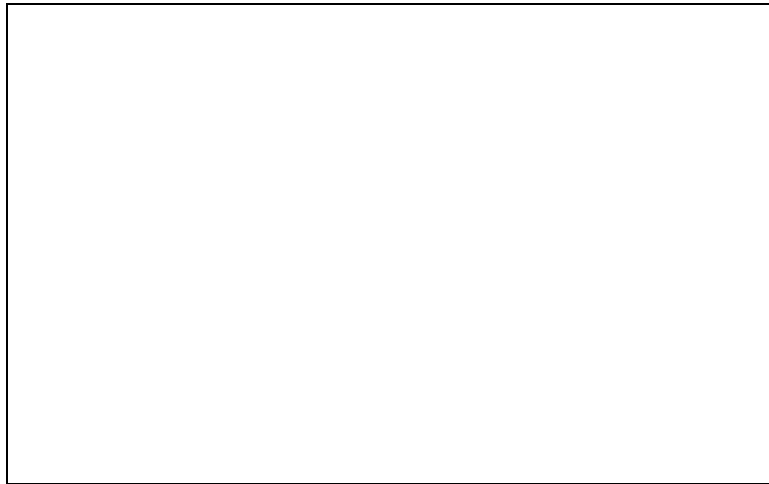
(10 marks)

8. a. Suggest **five** ways how families can help reduce the amount of waste.

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

(5 marks)

- b. Draw a poster to be used near a school tuck shop to encourage school children to keep the environment clean and healthy.



(5 marks)

9. a. A family with two very young children needs advice on how to protect their children from possible accidents.  
How can they prevent (*stop*) accidents from happening in the:

**Precautions**

**Kitchen**

•

\_\_\_\_\_

•

\_\_\_\_\_

**Bathroom**

•

\_\_\_\_\_

•

\_\_\_\_\_

**Garden**

•

\_\_\_\_\_

•

\_\_\_\_\_

**Garage**

•

\_\_\_\_\_

•

\_\_\_\_\_

(8 marks)

- b. How can the parents help to make the family happy?

•

\_\_\_\_\_

\_\_\_\_\_

•

\_\_\_\_\_

\_\_\_\_\_

(4 marks)

- c. Suggest how this young family can spend their free time (*leisure time*) together.

•

\_\_\_\_\_

•

\_\_\_\_\_

•

\_\_\_\_\_

(3 marks)