

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2004

Educational Assessment Unit – Education Division

FORM 3

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all Questions

1. About 60% of the human body is made up of minerals.
Calcium is one of these important minerals.

a. Underline the correct function (*use*) of calcium in the body.

(i) for growth and repair

(ii) for warmth and energy

(iii) for strong bones and teeth

(1 mark)

b. Which Vitamin helps the body to absorb (*use*) calcium?

Underline the correct answer.

(i) Vitamin D

(ii) Vitamin C

(iii) Vitamin B

(iv) Vitamin A

(1 mark)

c. List **three** foods which are rich in calcium and **three** foods which are rich in the Vitamin mentioned in question b.

Calcium

Vitamin

- _____
- _____
- _____

- _____
- _____
- _____

(3 marks)

d. Name a non-food source of this Vitamin.

(1 mark)

e. Suggest dishes which supply these two nutrients for a:

Name of Dish

• **four-year old child**

• _____

• **a teenager who has a fractured foot**

• _____

• **an elderly person**

• _____

(3 marks)

2. One of the dietary guidelines suggests we increase our intake of fibre.

a. Explain why we need fibre-rich foods in our diet.

- _____

(1 mark)

b. Two diseases which may be prevented by eating more fibre-rich foods are:

- i) obesity ii) constipation iii) diabetes
- iv) diverticulitis v) anorexia vi) heart disease

Underline **two** correct answers. (2 marks)

c. Suggest fibre-rich dishes which could be served for:

Dishes

- **Breakfast** • _____
- **School Lunch** • _____
- **Main Meal** • _____
- **Supper** • _____ (4 marks)

d. Plan a simple two-course meal suitable for a friend who needs to add fibre to her diet.

Meal

- **Main Dish** • _____
- **Dessert** • _____ (2 marks)

e. Write down the name of **one** ingredient which is high in fibre, in each dish.

Ingredient

- **Main Dish** • _____
- **Dessert** • _____ (2 marks)

3a. Tick in the correct box to show which of these sentences are true and which are false.

	TRUE	FALSE
i) Fruits and vegetables are a good source of dietary fibre.	<input type="checkbox"/>	<input type="checkbox"/>
ii) Soya Beans provide H.B.V. protein.	<input type="checkbox"/>	<input type="checkbox"/>
iii) Elderly people do not need dietary fibre.	<input type="checkbox"/>	<input type="checkbox"/>
iv) Organic vegetables are grown without artificial fertilisers	<input type="checkbox"/>	<input type="checkbox"/>
v) Dietary Fibre is one of the five nutrients.	<input type="checkbox"/>	<input type="checkbox"/>

5 marks)

b. Your friend would like to improve his eating habits. Suggest **four** changes which he could make.

i) _____

ii) _____

iii) _____

iv) _____

(4 marks)

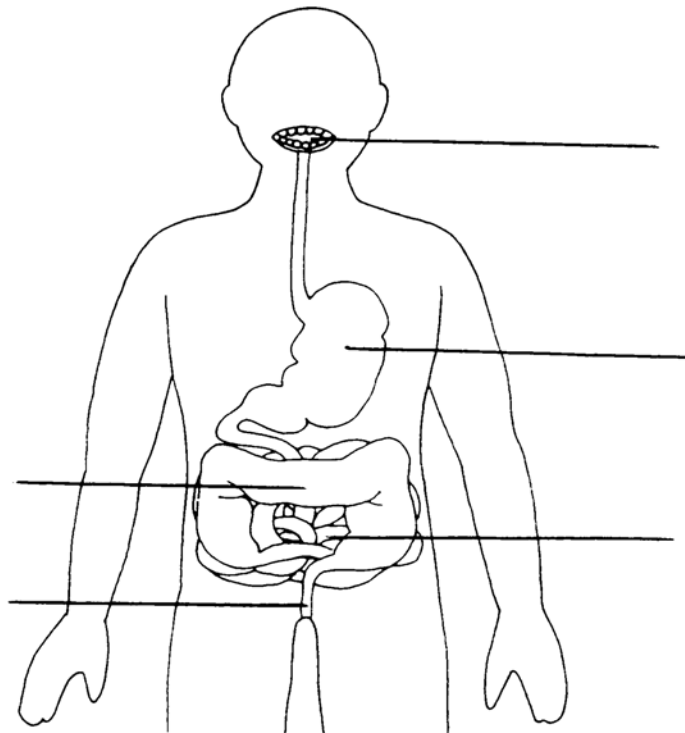
c. Write down **two** factors, other than food, which help us to lead a healthy life.
Factors

i) _____

ii) _____

(2 marks)

4a. Label the different parts of the digestive system by choosing the correct word from the list below.



small intestine	anus	mouth
large intestine		stomach

(5 marks)

b. The different stages of the digestive system are mixed up. Put them in order by placing the numbers 1 – 5 near each stage.

Food is mixed with gastric juices and turned into chyme.

Food is mixed with saliva and is swallowed.

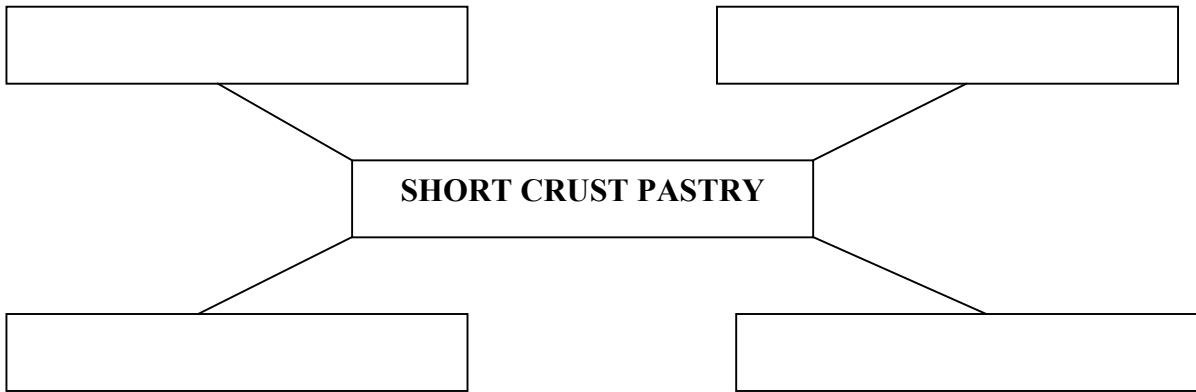
Solid waste leaves the body.

Food is broken-down and nutrients are absorbed by the blood stream.

Food remains which are not used by the body pass from here.

(5 marks)

5a. Write down the ingredients and quantities you would use to prepare 200 g short crust pastry.



(4 marks)

b. Name an ingredient you could use to add dietary fibre to your pastry.

Ingredient: _____

(1 mark)

c. Which type of margarine would you use when preparing pastry?

Type of margarine: _____

Reason: _____ (1, 1 mark)

d. In your own words, write down the method for making Short Crust Pastry, use the correct keywords from the list below.

weigh sieve rub add leave

i) _____

ii) _____

iii) _____

iv) _____

v) _____

(5 marks)

e. At which oven temperature would you bake a pastry dish?

Gas Mark 3/125°C

Gas Mark 6/200°C

Gas Mark 7/250°C

Underline the correct answer.

(1 mark)

f. You will be preparing a Quiche Lorraine for supper.

Below is a list of the ingredients you will be using.

Make changes to **five** ingredients to make it a healthier dish.

Ingredients

Changes

2 eggs

•

125 ml milk

•

50g streaky bacon

•

75g cheddar cheese

•

25g canned peas

•

100ml fresh cream

•

salt and pepper

•

(5 marks)

g. Suggest a suitable pastry dish you would use as:

a packed lunch:

a sweet dish for teatime:

a main dish:

a dessert:

(4 marks)

6. You are helping to prepare a celebration meal for your grandparents' anniversary. Your task is to prepare a cake to be served for dessert.

a. Name the cake you would prepare.

Name of cake: _____

(1 mark)

b. Underline the method of cakemaking you would use to prepare it.

rubbing-in creaming whisking all-in-one

(1 mark)

c. In your own words, write down the method you would follow.

- _____
- _____
- _____
- _____
- _____

(5 marks)

d. How would you check if your cake is cooked?

- _____

(1 mark)

e. You will be using healthy ingredients to decorate your cake.

List **three** ingredients you could use.

i) _____

ii) _____

iii) _____

(3 marks)

f. Give a reason for your choice of ingredients.

Reason: _____ (1 mark)

g. A piece of cake is left over after the celebration.
How would you store it?

- _____
- _____

(2 marks)

7. You are buying some new clothes for yourself.

a. List **three** factors which could influence your choice of clothes.

(The first one has been done for you.)

Factors:

i) *The time of year, whether it is summer or winter.*

ii) _____

iii) _____

iv) _____

(3 marks)

b. You have bought a new top, but, after the first wash, the colour has faded.

What action will you take?

- _____
- _____
- _____

(3 marks)

c. If you are not satisfied, what would be the next step?

- _____

(2 marks)

8. Smoking is very harmful to health.

a. Write down **three** harmful effects of smoking.

- _____
- _____
- _____

(3 marks)

b. What is passive smoking?

(2 marks)

c. Some children start to smoke at a very young age.

Give **three** possible reasons for this.

- _____
- _____
- _____

(3 marks)

d. Suggest persons who could help prevent (*stop*) children falling into this habit of smoking.

i) _____ ii) _____ iii) _____

(3 marks)

e. Choose **two** of the persons suggested in (d) and say how they can help.

Person 1 _____

Help: _____

(2 marks)

Person 2 _____

Help: _____

(2 marks)