

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2007

Educational Assessment Unit – Education Division

FORM 2

HOME ECONOMICS

TIME : 1hr 30 mins

Name: _____

Class: _____

Answer all Questions.

1. James and Sharon want to help young people to follow a healthy diet.

- a) List **five** solid and **five** liquid foods they could suggest to young people to eat and drink regularly.



Solid Food

eg potatoes

- _____
- _____
- _____
- _____
- _____

Liquid Food

eg milk shake

- _____
- _____
- _____
- _____
- _____

(5 marks)

- b) James and Sharon also wish to explain to young people what is a balanced diet.

A balanced diet is one which:

contains the
right amount
of nutrients a
person needs

or

contains
plenty of
nutrients
which provide
us with energy

Tick ✓ in the correct box

☐☐

(1 mark)

- c) Young people are encouraged to do regular physical exercise.
Mark with an **X** the benefits of doing regular physical exercise.

- Keeping a healthy body weight ☐
- To be able to eat as much as you like ☐
- Being fit and active ☐
- To be able to go out with friends ☐

(2 marks)

2. a) In the table below, fill in **one** health reason to explain the importance of each dietary rule.

CINDI Dietary Rules	Health Reason
<i>eg</i> <ul style="list-style-type: none"> • <i>Prepare food in a safe and hygienic way</i> • Replace fatty meat with beans, peas, fish and poultry • Select foods low in sugar • Choose a low salt diet • Eat a variety of vegetable and fruits daily 	<i>eg</i> <ul style="list-style-type: none"> • <i>to avoid the risk of food poisoning</i> • _____ • _____ • _____ • _____

(4 marks)

- b) John is a nine-year-old boy who likes to eat sweets.
His mother thinks that they give him too much energy.

- i. Describe the harm that John is doing to his health.

John is:

- causing harm to his teeth ☐
- getting plenty of energy ☐
- risking becoming overweight ☐

tick ✓
the correct
answers

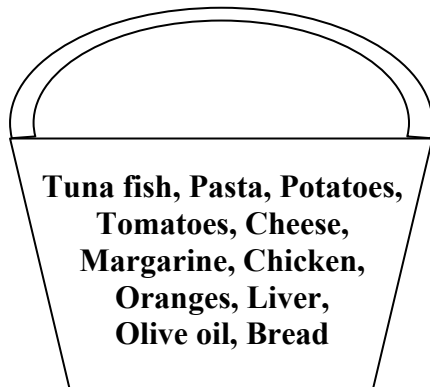
(2 marks)

- ii. Answer **yes** or **no** in the boxes.
Do you agree that John's mother should

- encourage John to eat a healthy breakfast?
- Give him money to buy the food for lunch?
- Cook him a nutritious dinner?
- encourage him to drink water instead of soft drinks?

(4 marks)

3.



These foods have been found in your mother's shopping basket.

Each of these foods is a good source of a particular nutrient.

a) Place these foods under the name of the nutrient they are rich in.

Carbohydrate	Fat	Protein
• <u>eg. potatoes</u>	• _____	• _____
• _____	• _____	• _____
• _____		

Vitamins	Minerals
• _____	• _____
• _____	• _____

(5 marks)

- b) Using numbers, match the nutrient to its function in the body in the table below.

Nutrient	Function
1. Vitamin A	<input type="text"/> for growth and repair
2. Iron	<input type="text"/> to fight infections
3. Protein	<input type="text"/> for strong bones and teeth
4. Carbohydrates	<input type="text"/> for strong red blood
5. Calcium	<input type="text"/> for energy
6. Vitamin C.	<input type="text"/> for healthy eyesight

(6 marks)

4. Young people need to eat less saturated fat if they want to grow healthy.

a) Name the other type of fat young people can include in the meals.

Type of fat _____ (1 mark)

b) List **four** foods rich in this fat.
Foods

- _____
 - _____
 - _____
 - _____
- (2 marks)

c) Give **one** reason why these foods are safe to eat in moderation.

_____ (1 mark)

d) How would you change the following foods to reduce the fat content?

- Instead of whole milk drink _____
 - Replace red meat with _____
 - Instead of fresh cream use _____
 - Instead of Cheddar cheese eat _____
- (4 marks)

5. You have been asked to modify (*change*) the ingredients used for short crust pastry to keep in line with the **CINDI Dietary Guidelines**.

Short Crust Pastry
Ingredients
200g plain flour
100g fat
1 teaspoon salt
4 tablespoons water

a) The following **three** ingredients need to be modified (*changed*).

Explain how you can carry out each change.

Modification (i)

200g plain flour changed to _____

Reason _____
_____ (1, 2 marks)

Modification (ii)

100 g fat changed to _____

Reason _____

_____ (1, 2 marks)

Modification (iii)

1 teaspoon salt changed to _____

Reason _____

_____ (1, 2 marks)

b) Name a healthy savoury dish made with short crust pastry.

Name of Dish _____ (1 mark)

c) Suggest **two** foods you would serve with this dish to make it healthier.

Foods

• _____ • _____ (1 mark)

d) Name the utensil that you need to bake the pies in.

Name of utensil _____ (1 mark)

e) Explain how you would clean this utensil.

• _____

• _____

(2 marks)

6. a) Write down **five** points you would consider when choosing from where to buy your food.

The first one has been done for you.



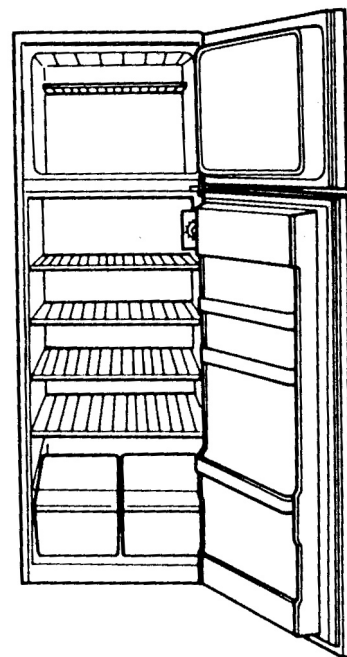
(5 marks)

- b) You have just bought the foods from the shopping list below.

Shopping List

- sliced ham
- fresh tomatoes
- lettuce
- carton of fresh milk
- eggs
- a packet of frozen peas

Mark where you would place these foods in the refrigerator / freezer



(3 marks)

c) List **four** points to remember when storing food in the refrigerator/freezer.

e.g. ● Always wrap all food.

- _____
- _____
- _____
- _____

(4 marks)

d) Mark the correct temperature of the refrigerator and the freezer.

The Refrigerator

The Freezer

9°C

-18°C

6°C

-12°C

3°C

-10°C

(1 mark)

7. Your baker is going to introduce a new sliced loaf for sale.

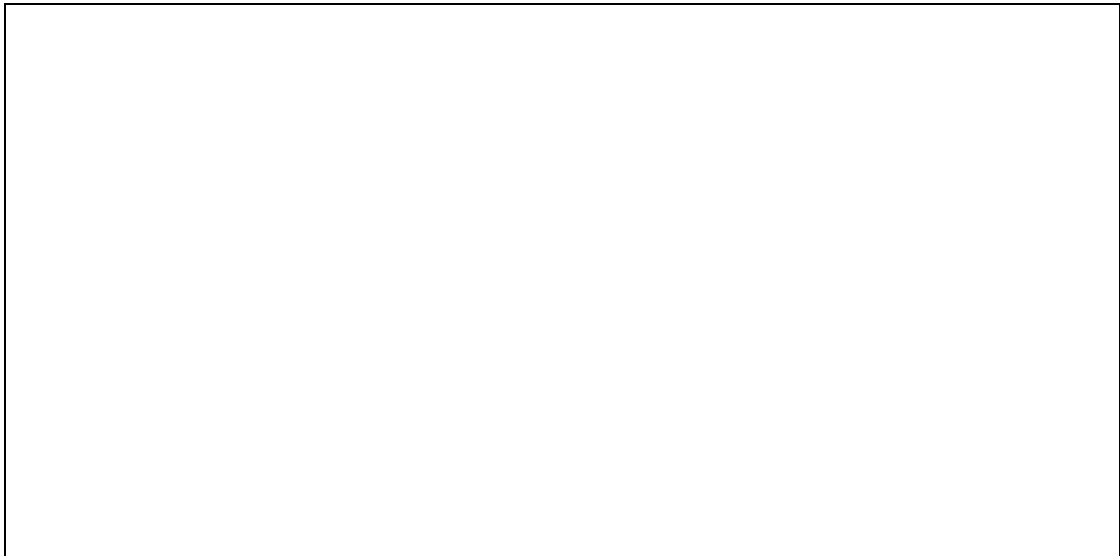
a) List **five** details (*pieces of information*) you would expect to find on the wrapper of the loaf.

e.g. ● the ingredients

- _____
- _____
- _____
- _____
- _____

(5 marks)

- b) Using the information in question 7(a), design (draw) the wrapper of the loaf to make it appealing to a health conscious consumer.



(3 marks)

- c) Suggest an appropriate name for this loaf and explain why you have chosen this name.

Name _____

Why? _____

(1, 2 marks)

8.

Help us grow in a Healthy Environment

- a) Write **two** sentences to describe the above slogan.

- _____
- _____

(2 marks)

- b) Explain what you can do at home to follow this slogan when:

- i) disposing of (*getting rid of*) rubbish
e.g. plastic bags can be washed and reused.

- _____
- _____

- ii) using electricity
e.g. switch off fans when not using a room.

- _____
- _____

- iii) using water
e.g. make sure that taps are well closed.

- _____
- _____

- iv) using detergents
e.g. use the concentrated form of detergent.

- _____
- _____

(8 marks)

9. Most accidents in the home can be avoided if only we follow the necessary safety rules.
- a. Explain **two** safety rules to prevent accidents from happening to young children in the:

Bedroom
Safety Rule

e.g. Cover electrical wall sockets.

- _____
- _____

Bathroom
Safety Rule

e.g. Use only wall hung heaters.

- _____
- _____

**Garage
Safety Rule**

e.g. All tools should be locked securely.

- _____
- _____

**Garden
Safety Rule**

e.g. Make sure that ponds are well guarded.

- _____
- _____

(8 marks)

b. Describe **two** activities you can share with two young children during your free time.

Activity i _____

Activity ii _____

(4 marks)

10. In the family, parents provide for the needs of their children.
Describe **three** ways how teenagers can help in the home.

e.g. can look after younger brothers or sisters.

- _____

- _____

- _____

(3 marks)