

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2008
DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
Educational Assessment Unit

FORM 1

HOME ECONOMICS

TIME: 1h 30min

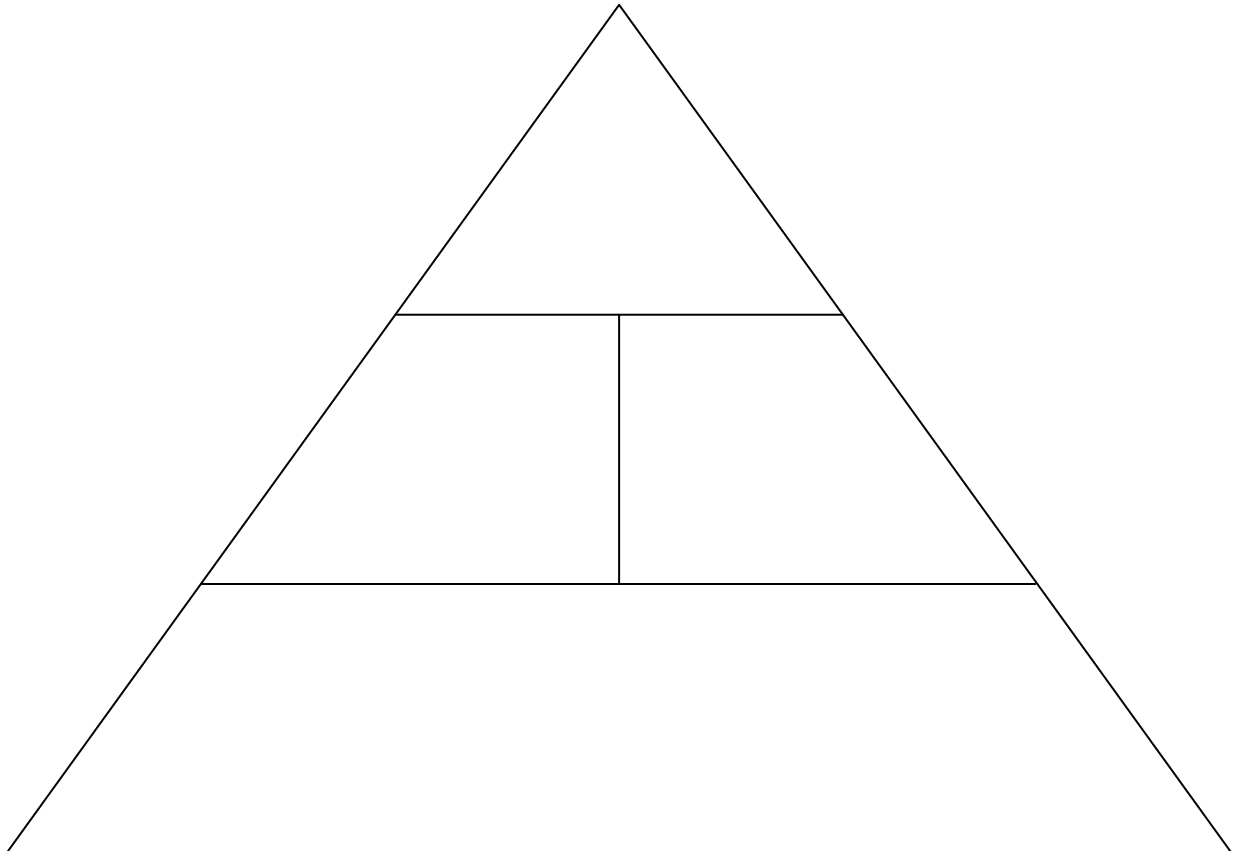
Name: _____

Class: _____

Answer all the Questions

- 1a. i. Label correctly the CINDY Food Guide Pyramid by using the headings given below.

eat most	eat moderately	eat least
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(1½ marks)

- ii. Place the following foods in their correct place on the pyramid.

wholemeal bread,	light yoghurt,	fish,	lentils,	soft drinks,
green peppers,	potatoes,	carrots,	ricotta,	ice cream,
lean meat,	brown rice,	butter,	oranges,	skimmed milk.

(7½ marks)

b. The CINDY Dietary Guidelines suggest we should reduce (eat less) the amount of sugar in our diet.

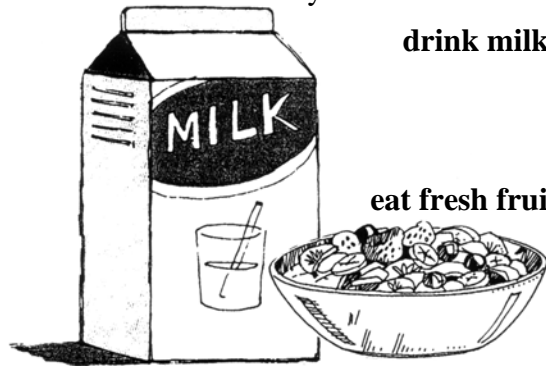
Give **two** examples how you can do this when preparing family meals.

- i. *eg; do not add sugar to tea and coffee.*
- ii. _____
- iii. _____

(2 marks)

2a. Milk and fresh fruit are popular foods with children

i. Write down a reason why we should:



drink milk • _____

(2 marks)

eat fresh fruit • _____



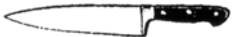

(2 marks)

ii. Write down the names of a dessert and a drink you have prepared at school where you used milk or fresh fruit.

name of dessert: _____

name of drink: _____ (2marks)

iii. Write down the correct name of the equipment shown below and also the correct use of each piece of equipment.

	Correct Name	Correct Use
	_____	_____
	_____	_____
	_____	_____
	_____	_____

(2, 4 marks)

3. Study the table which shows the nutritional content of a group of breakfast cereals, per 30g serving with 125ml skimmed milk.

Cereal	Energy	Fat	Sugar	Fibre	Sodium
	(Kcal)	(g)	(g)	(g)	(g)
Weetabix	124	2.0	1.7	4.8	0.1
Frosties	170	2.5	19	0.2	0.3
Corn Flakes	170	2.5	9	0.3	0.4
Rice Krispies	111	2.5	3	0.2	0.36
Brown Flakes	157	3	13	4.5	0.2
Fruit n'Fibre	202	5	15	4	0.3

- a. i. Which breakfast cereal has the:
highest energy value?: _____ (1 mark)
lowest energy value?: _____ (1 mark)
- ii. List **two** breakfast cereals which contain the most sugar.
 • _____ • _____
 (2 marks)
- iii. Name a breakfast cereal which has a little fat and sugar and a lot of fibre.
 _____ (2 marks)
- iv. Suggest **three** breakfast cereals you could take if you want to have more fibre for your breakfast.
 • _____ • _____ • _____
 (3 marks)

- b. i. A number of young children take Frosties for their breakfast. Do you think that this is a healthy breakfast cereal?

YES NO tick near the correct answer

(½ mark)

- ii. Give a reason for your answer.

(2 marks)

- c. We usually add fresh milk to breakfast cereals. List **four** other foods you could serve with breakfast cereals.

• _____ • _____
• _____ • _____

(2 marks)

- d. Place the equipment listed below correctly to lay the table for one person for breakfast in the space provided.

napkin	glass	cereal bowl	Plate
spoon	fork	knife	

(3½ marks)

4. Snacks are small meals which need very little preparation and cooking.
- a. i. Suggest **two** situations when you might need to take a snack.

Situations

- i. *eg; on returning from school*
- ii. _____
- iii. _____

(2 marks)

- ii. The following snacks are popular with young people.
Place them under the correct heading below.

toasted cheese sandwich	potato crisps	apple
salted peanuts	biscuits	popcorn
baked beans on toast	vegetable soup	chocolate cake
	strawberry milkshake	

Healthy Snack

Unhealthy Snack

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

(5 marks)

- iii. Choose **one** of the foods under the Healthy Snack Group and give **one** reason why you consider it to be healthy.

Chosen Healthy Snack Food: _____

Reason: _____

_____ (2 marks)

- b. i. Plan a healthy snack meal you could prepare for your teenage brother when he returns home from school.

Healthy Snack Meal

- _____
- _____ (2marks)

- ii. List **six** healthy ingredients you would need to prepare the healthy snack meal.

- _____
 - _____
 - _____
 - _____
 - _____
 - _____
- (3 marks)

- 5.a. i. Name **three** different pieces of equipment you could use to measure flour.

- _____
 - _____
 - _____
- (3 marks)

- ii. Draw a measuring jug and on it mark clearly 250 ml.

(2, 1 marks)

- iii. When using a measuring jug, to measure accurately (well), hold the measuring jug in your hand \ place measuring jug on a flat surface.

Underline the correct answer.

(1 mark)

b. Name **two** different pieces of equipment you could use to:

mash potatoes • _____ • _____

bake cakes • _____ • _____

mix ingredients • _____ • _____

(3 marks)

c. Write down how you would clean a grater after using it to grate cheese.

i. _____

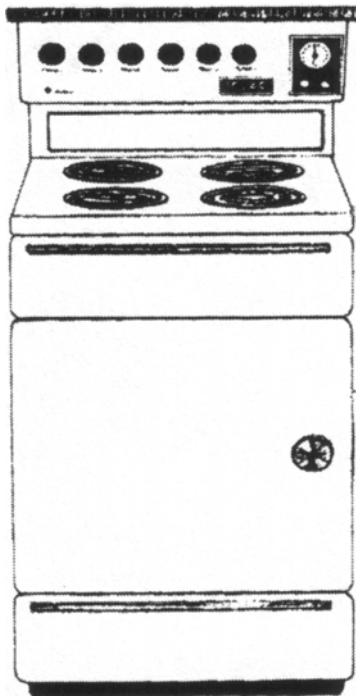
ii. _____

iii. _____

(3 marks)

6a. Label correctly the following parts of the cooker.

hob	oven	grill	control knobs
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(2 marks)

- b. Place the dishes/food listed below under the correct heading to show which part of the cooker is used to cook them.

pasta to brown	lentil soup	toast
ricotta pie	fruit cake	tomato soup

Hob

Grill

Oven

- _____ • _____ • _____
 • _____ • _____ • _____

(3 marks)

- c. Match column A with column B to write down rules for the correct and safe use of cookers.

	Column A		Column B
i.	Do not place tea towels		to take hot food out of the oven
ii.	When lighting a gas cooker		before you clean an electric cooker
iii.	The flame on a gas cooker		must not be left out over the cooker edge
iv.	Use oven gloves		first light the match
v.	Pan handles		on the cooker hob
vi.	Switch off the electric current		must be smaller than the saucepan

(6 marks)

- d. How would you clean the hob of your cooker after you have used it to prepare some fish for dinner?

- i. _____
 ii. _____
 iii. _____

(3 marks)

7a. Fill-in the blanks by choosing the correct word from the list below.

clean	cough	overall	cuts	spoon	nail polish
wash	jewellery	sneeze	pets	hair	

- i. Tie back _____ and cover your clothes with a clean _____ before you start to cook.
- ii. _____ your hands well after using the toilet.
- iii. Do not _____ or _____ over food.
- iv. Always cover _____ with a plaster.
- v. Make sure all equipment is _____ before you use it.
- vi. Remove _____ and _____ before cooking.
- vii. Use a clean _____ to taste food.
- viii. Keep _____ out of the kitchen. (11 marks)

b. Write down **four** common dangers in the kitchen and explain how you could prevent them.

Common Dangers	Prevention
i. <i>eg: sharp knives</i>	• <i>handle knives with care</i>
ii. _____	• _____
iii. _____	• _____
iv. _____	• _____
v. _____	• _____

(4, 4 marks)