

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

FORM 2

HOME ECONOMICS


TIME: 1h 30min

Name: _____

Class: _____

Answer all the Questions

1. The table below shows the nutrient content and the ingredients of a loaf of bread.

Nutritional Information		
	Typical Values	per average slice of bread (38g)
	Protein	4.8g
Ingredients Water, Wholewheat flour, Wheat Bran, Wheat germ, Yeast, Salt, Vegetable Fat, Flour Improver, Ascorbic Acid	Carbohydrates of which sugars	13.3g 1.1g
	Fat of which saturates	1.2g 0.2g
	Fibre	2.6g
	Sodium	0.3g

a. How much does a slice of bread contain of the following:

i. Protein _____

ii. Carbohydrates _____

iii. Saturated fat _____

iv. fibre content? _____

(2 marks)

b. Which nutrient has the most weight in grams?

(1 mark)

c. Which nutrient has the least weight in grams?

(1 mark)

d. What type of bread is referred to in the label?

White bread

Tick the correct box

Wholemeal bread

(1 mark)

2. Eat less sugar and sugary foods is a Cindi guideline.

a. Why do we need to follow this guideline?

We can:

suffer from constipation

develop tooth decay

Tick the correct answers

have a healthy skin

suffer from diabetes

(2 marks)

b. Name healthy foods teenagers should choose instead of the following:

eg. *Choose a fruit yoghurt instead of an ice-cream.*

Choose _____ instead of a sugar coated cereal.

Choose _____ instead of cakes and biscuits as snacks.

Choose _____ instead of sweets.

Choose _____ instead of chocolates.

Choose _____ instead of sugary / drinks.

(5 marks)

- c. Another Cindi guideline is to eat less saturated fat.
We should eat less saturated fat because we can:

become obese

have tooth decay

suffer from heart disease

have strong bones

Tick the correct answers

(2 marks)

- d. We are advised to eat more fibre rich foods. Why is this important?

(2 marks)

- e. List **five** ways how teenagers can eat more fibre rich foods.

e.g. • *Eat more peas and beans with meals.*

- _____
- _____
- _____
- _____
- _____

(5 marks)

- f. You are preparing a healthy mid-morning snack for yourself to include two slices of wholemeal bread.

(i) List the rest of the ingredients you need.

Mid-Morning Snack

- 2 slices wholemeal bread
- _____
- _____
- _____

(3 marks)

(ii) Give **one** reason for your choice of food.

(2 marks)

3. At school, John has cooked rikotta pies using Short Crust pastry.
a. Which of the following ingredients supply the nutrients in the table below.

flour ricotta eggs margarine

Nutrient	Ingredients
Calcium	
Protein	
Carbohydrates	
Fat	

(4 marks)

- b. Each nutrient has a special function to do in the body.
Match the functions to the nutrients.

	Nutrient		Function
i.	Calcium		for energy and warmth
ii.	Protein		for energy
iii.	Carbohydrates		for growth and repair
iv.	Fat		for strong bones and teeth

(4 marks)

c. i. Which foods can John serve with the ricotta pies to have a healthy snack?

chips

lettuce

tomatoes

sausages

Tick the correct answers

(1 mark)

ii. Give a reason for your choice.

(2 marks)

d. As a drink, John chose a bottle of water. Why is water good for health?

- ---
- ---
- ---

(3 marks)

e. John wants to make some sweet pies to serve as a dessert.

i. Name the pies John can make.

Sweet Pies

- ---

(½ mark)

ii. What should John serve with the pies?

- Custard sauce or fresh cream

(½ mark)

iii. Why?

(1 mark)

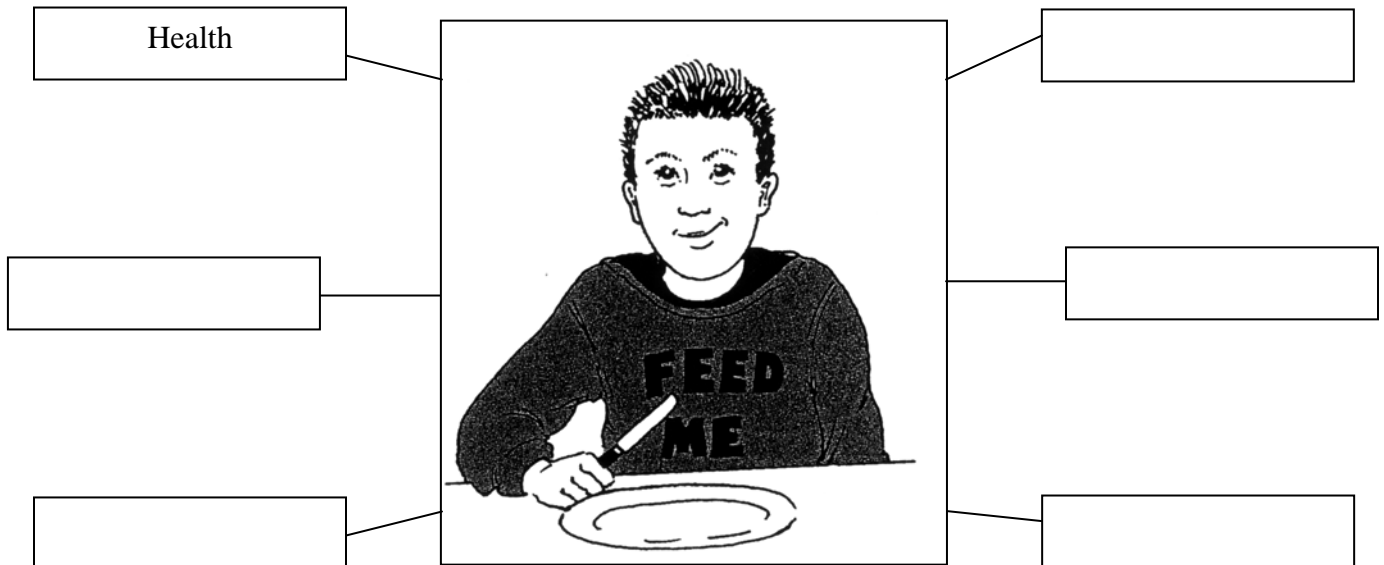
f. Which of these **five** rules John follows in preparing short crust pastry are **true** or **false**?

- Keep everything cool, ingredients and utensils
- Do not handle pastry very lightly.
- Do over rub the fat into the flour.
- Do not add too much water.
- Bake in a warm oven

(5 marks)

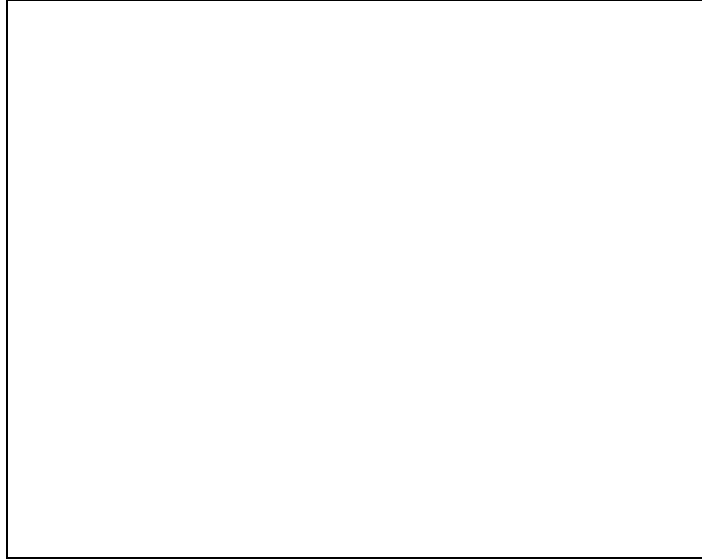
4. Several factors can influence one's choice of food.
In the space provided on the diagram, name **five** factors which can influence one's choice of food.

The first one has been done for you.



(5 marks)

5. We should all have our meals at a well set table.
- a. In the space provided, draw the place setting for a light snack consisting of a rice salad and a glass of water.



(5 marks)

- b. What type of decoration would you suggest to place on the dining table?

(1 mark)

- c. Draw the decoration.



(2 marks)

d. Give **one** reason for your choice.

(2 marks)

6. **Please don't forget.**



a. List **five** table manners which you should follow regularly.

e.g. • *Sit up straight in your chair, do not lean backward or forward.*

- _____
- _____
- _____
- _____
- _____

(5 marks)

b. Why is it important to follow table manners?

- _____

(2 marks)

7. Shopping can be done from different outlets.
 a. Name the specialised shops from where the following foods can be bought.

Items	Shopping Outlets
<i>e.g. fish</i>	<i>Fish monger / fish shop</i>
everyday bread	
fruits and vegetables	
meat	
the weekly family shopping	

(4 marks)

- b. Armchair Shopping is becoming popular.
 Give **four** examples of armchair shopping.

- _____
- _____
- _____
- _____

(2 marks)

- c. A wise shopper needs to consider certain rules before paying for goods.
 Name **five** rules that will help you be a wise shopper.

e.g. • *Look for good quality food and good value for money.*

- _____
- _____
- _____
- _____
- _____

(5 marks)

8. The law states that all food should be labelled.
 a. List **five** pieces of information listed on a food label.

e.g. • *Usage instructions*

- _____
- _____
- _____
- _____
- _____


(5 marks)

- b. Which information on the food label follows the CINDY guidelines?



- _____
- _____
- _____

(3 marks)

- c.  This symbol is found on several food products.
 Describe this symbol.

- _____
- _____

(2 marks)

- d. Name **two** products on which this symbol is usually found.

- _____
- _____

(1 mark)

9. Let's all do our **best** to care for the world and for **ourselves**.



- a. How can teenagers and young children be brought up taking care of the environment?

e.g. • *Not wasting water.*

- _____
- _____
- _____

(3 marks)

- b. Why should teenagers and young children take care of the environment?

- _____
- _____

(2 marks)

- e. The Bring-in-Sites consist of four containers: One White, One Brown, One Blue and One Black.

These have been introduced to encourage people to separate waste. Name **two** items that can be disposed of in each container.

White	Brown	Blue	Black
• _____ • _____	• _____ • _____	• _____ • _____	• _____ • _____

(4 marks)