

FORM 1

HOME ECONOMICS





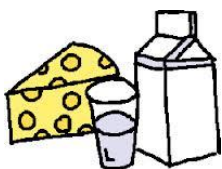
TIME: 1h 30min

Name: _____

Class: _____

Answer all the questions.

1. a) Tick (✓) **THREE** foods that help keep you healthy.

(3 marks)

- b) Food is essential to life. Fill in the boxes below.

Why does our body need food?

(3 marks)

2. The following are the food and drinks that Paul, a thirteen-year-old boy, had for breakfast on two different days of the week.

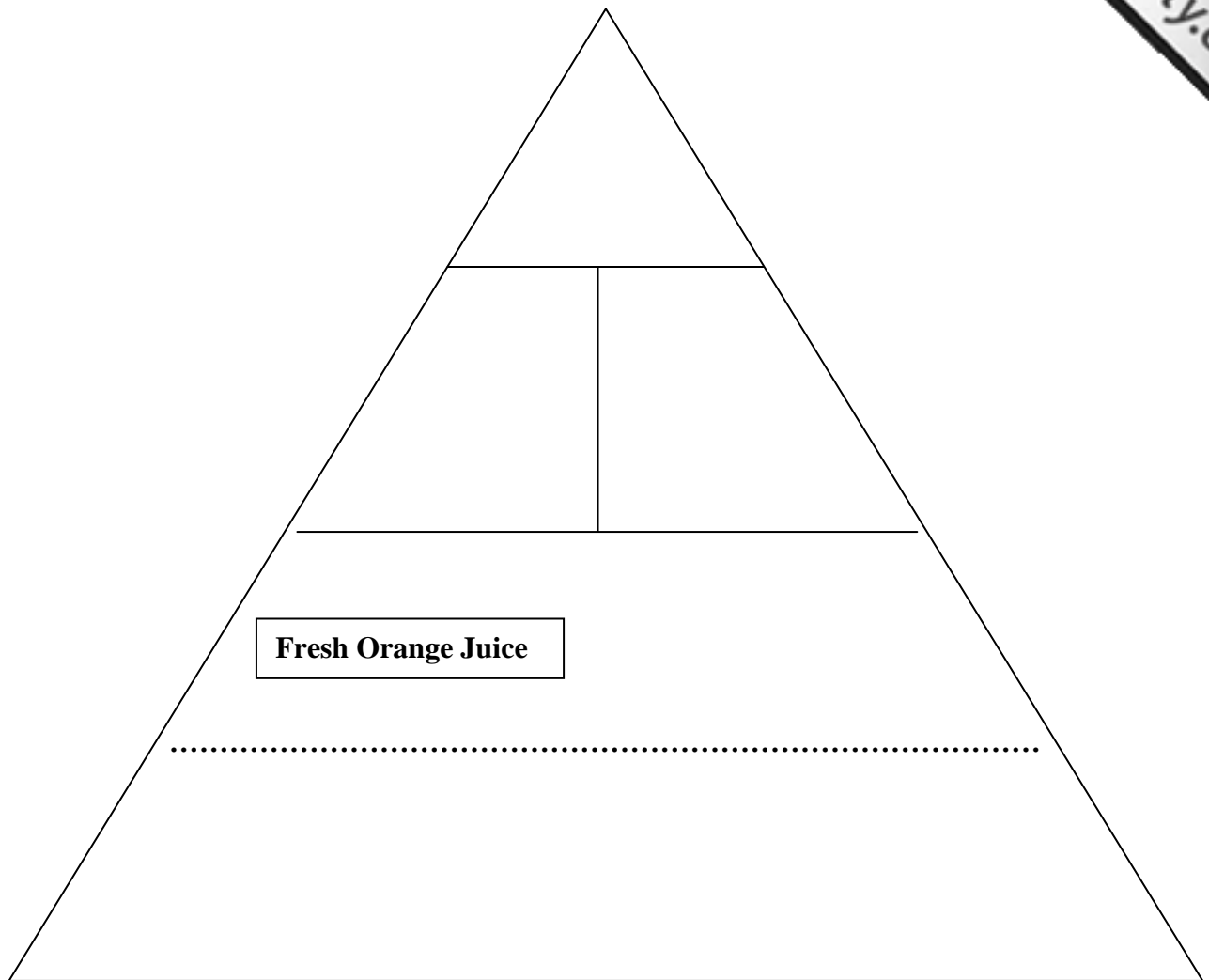
<p>Breakfast 1- Monday</p> <p>Fresh orange juice 1 cup chocolate sugar-coated cereal 1 cup fresh milk Kiwi Nuts</p>
<p>Breakfast 2- Wednesday</p> <p>1 slice wholemeal bread Bacon Baked beans Tomato Doughnut Peach nectar</p>

- a) List **FOUR** healthy food items that Paul had for breakfast.

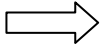
- _____
- _____
- _____
- _____

(2 marks)

- b) Place the food and drink items that Paul had for both breakfasts in the appropriate section **in the Food Pyramid**. *An example has been done for you.*



(5 marks)

- c) Mark with an arrow () the part of the Food Pyramid which we should **eat least** from.

(1 mark)

- d) Why is **Breakfast** an important meal?

- _____
- _____
- _____

(3 marks)

- e) List **TWO** important points to consider when choosing a breakfast cereal.

- _____
- _____

(2 marks)

- f) Suggest **ONE** modification/change that Paul could make to **Breakfast 1** and **TV Dinner** that he could make to the **Breakfast 2** in order to improve his eating habits and follow the CINDI Dietary Guidelines.

i. **Breakfast 1:**

Suggested change:

- _____

(1 mark)

Breakfast 2:

Suggested changes:

- _____
- _____

(2 marks)

- ii. Choose **ONE** of the changes that you have suggested and give **ONE** reason for your answer.

Suggested change: _____

Reason: _____

(2 marks)

3. Choose **ONE** of the CINDI dietary guidelines and write a **clear message** in the space below to help people follow this guideline.

Dietary Guideline: _____

(2 marks)

Clear Message:

(3 marks)

4. a) A **snack** is a small meal which involves little preparation.

List **THREE** different situations when snacks are usually taken.

- i. _____
- ii. _____
- iii. _____

(3 marks)

b) Complete the tables below by listing **TWO** examples of the following:

- i. **Healthy snacks**
- ii. **Less healthy snacks**
- iii. **Traditional healthy desserts using milk and fruit.**

Give **ONE** reason for each of your choices.

i.

Healthy Snacks	Reason
1.	
2.	

ii.

Less healthy Snacks	Reason
1.	
2.	

iii.

Traditional Healthy Desserts	Reason
1.	
2.	

(3, 6 marks)

- c) Write down the **name** and **use** of **THREE** basic kitchen equipment that you would use to prepare **ONE** of the healthy snacks that you have suggested in (b).

Name of healthy snack: _____

i. Name of equipment: _____

Use: _____

ii. Name of equipment: _____

Use: _____



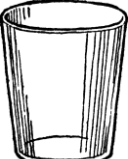

iii. Name of equipment: _____

Use: _____

(6 marks)

- d) Petra used the following equipment when preparing a snack at school. Name the following equipment. Number them according to how you would sort them out for washing up. Start with the one you would wash first.

An example has been done for you.

			
3			
		<i>Glass</i>	

(6 marks)

5. You have been asked to give a talk about personal hygiene during food preparation.
- Describe **FOUR** important personal hygiene points that you would include in your talk.
 - Give **ONE** reason why each point is important.

Personal Hygiene Points	Reason why it is important
i.	
ii.	
iii.	
iv.	

(4, 8 marks)

6. The following is the modified recipe used to make Rock Buns using the rubbing-in method.
- TWO** ingredients are missing in the recipe. Fill in the box below to complete the recipe.

Modified Recipe - Rock Buns
100g wholemeal flour, 100g self-raising flour
1 egg
75g _____
50g sugar
75g _____
1-2 tablespoons milk

(2 marks)

- b) Fill-in the flow chart below and list the **SEVEN** main steps that you have followed to prepare the cakes using the rubbing-in method during your practical session at school.

Flow Chart: Preparing Cakes using the rubbing-in method

i.

Remove all _____ and wash your _____.

Put on _____ and _____.

Take out all _____ and _____.



ii.

(3 marks)

Step 1:

Step 2: _____

Step 3: _____

Step 4: _____

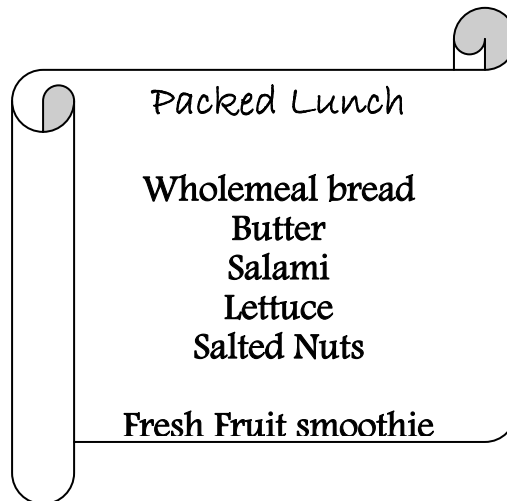
Step 5: _____

Step 6: _____

Step 7: _____

(7 marks)

7. The following is the packed lunch that eleven-year old Mia, prepared to take to school

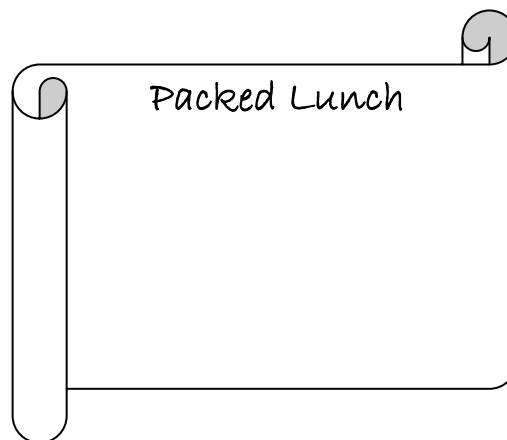


a) Put the food and drink that Mia had in her packed lunch in the correct column

Healthy food and drink	Less healthy food and drink

(3 marks)

b) Plan a healthy packed lunch (different from the above) that Mia could take with her to school.



(1, 1 marks)

c) Give **TWO** reasons for your choice of packed lunch.

- _____
- _____

(2, 2 marks)

d) List **TWO** important points that Mia should consider when preparing a packed snack to take with her to school.

- _____
- _____

(2 marks)

8. Many accidents in the kitchen/Food Lab can be avoided if hazards/dangers are identified and the necessary precautions taken.

a) List **TWO** hazards/dangers in the following picture.



Hazard/Danger 1:

Hazard/Danger 2:

(1, 1 marks)

b) Choose **ONE** of the hazards/dangers listed in (a) and suggest **ONE** safety precaution that can be taken in order to avoid a possible accident.

Hazard/Danger: _____

Safety Precaution: _____

(2 marks)

c) Suggest **THREE** safety rules that should be followed in the Food Lab.

i. _____

ii. _____

iii. _____

(3 marks)

d) Explain the correct order which you should follow when making an emergency call.

- _____
- _____
- _____
- _____
- _____

(5 marks)