

FORM 2

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all the questions.

1. a) Match the correct function to each nutrient.

An example has been done for you.

Nutrient		Function
i.	Carbohydrates	Maintains healthy eyes and skin
ii.	Proteins	Helps form strong bones and teeth
iii.	Vitamin C	Needed for growth and repair
iv.	Vitamin A	Keeps our body warm
v.	Fat	i Our main source of energy
vi.	Minerals	Helps prevent infections

(5 marks)

b) Suggest a possible cause for the following diet-related disorders.

i. Coronary heart disease

ii. Obesity

iii. High blood pressure

iv. Tooth decay

(4 marks)

2. As a student member of the school council, you have been asked to promote dietary fibre amongst other students in the school. Answer **all** the questions below in order to provide you with information that you can use in a leaflet to promote dietary fibre.

a) Name **THREE** foods which are high in dietary fibre.

- _____
- _____
- _____

(3 marks)

b) Give **ONE** main function of dietary fibre in the diet.

- _____

(2 marks)

c) List **THREE** possible conditions which may result if you do not eat enough dietary fibre in the diet.

- _____
- _____
- _____

(3 marks)

d) Explain why it is important to drink water when eating foods which are high in fibre.

- _____
- _____

(2 marks)

e) Identify **TWO** signs of dehydration (*lack of water intake*).

- _____
- _____

(2 marks)

- f) Design the first page of the leaflet to promote the importance of dietary fibre in the diet. The layout of the leaflet is provided below. Add a **title**, provide **information** about fibre and include a **drawing**.

Title: _____

Information:

Drawing:

Design - The Students' Council of St Peter's College

(1, 2, 1 marks)

- g) Write a slogan to promote the importance of fibre amongst students at school.

Tip: A slogan is a group of catchy words to encourage something or promote an idea.

Slogan:

(2 marks)

3. The following are the **basic** ingredients used in the recipe of short-crust pastry.

Ingredients

200g plain white flour
100g fat
4-6 tablespoons cold water

a) Jeremy has jumbled up the method for short crust pastry. Put it in order by placing the correct number near each step.

The first one has been done for you.

	Knead pastry on a floured surface.
	Make a well and add water.
	Leave pastry to rest in a cool place.
1	Sift the flour.
	Rub in fat into flour using your fingertips.
	Cut margarine into small pieces using a round bladed knife.
	Roll out pastry and use as required.
	Stir with a metal knife until mixture forms a ball.

(7 marks)

b) Suggest **TWO** modifications/ changes that you would make to the pastry recipe to bring it in line with the CINDI dietary guidelines.

Modification/Change 1:

- _____

Modification/Change 2:

- _____

(2 marks)

c) Choose **ONE** of the modifications/changes suggested and give a reason for your choice.

Modification /Change: _____



- _____
- _____

(2 marks)

d) Recommend **ONE** savoury and **ONE** sweet filling that can be used with short crust pastry.

i. **Savoury filling:** _____

ii. **Sweet filling:** _____

(1, 1 marks)

e) Name **ONE** healthy drink that could be served with the savoury filling.

- _____

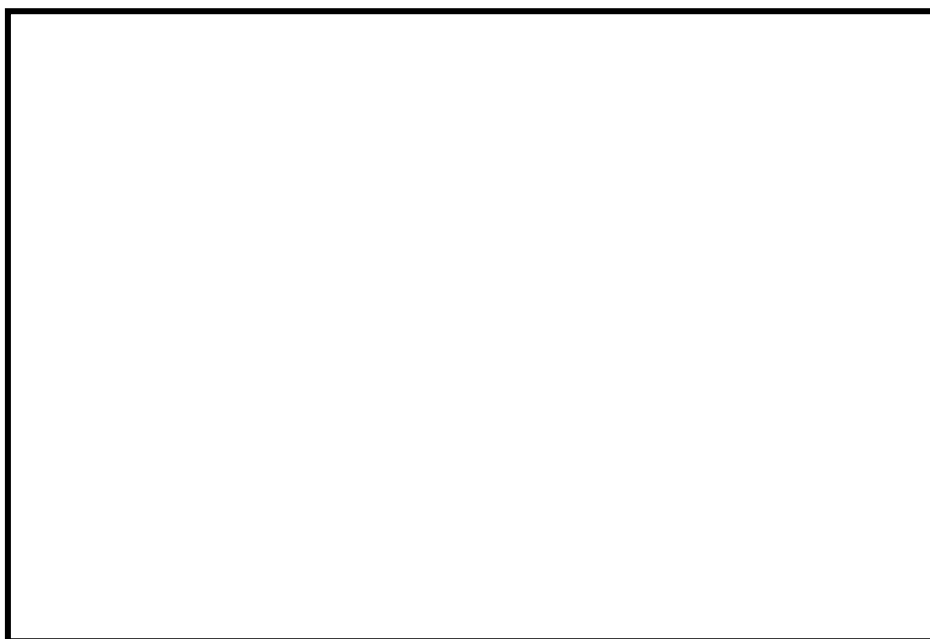
(1 mark)

f) Give **ONE** reason for your choice of drink.

- _____
- _____

(2 marks)

g) Draw the table layout for **ONE** person. Include the basic cutlery for the savoury item and drink. Add a simple table decoration.



(4 marks)

h) Table manners are the rules followed when eating.

i. List **TWO** table manners that should be observed at the table.

- _____
- _____

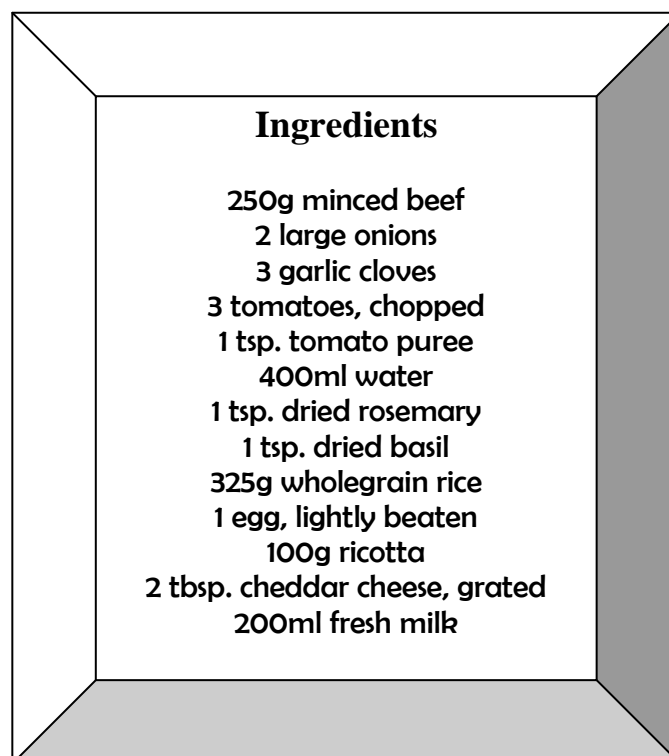
(2 marks)

ii. List **TWO** unacceptable behaviours that should be avoided at the table.

- _____
- _____

(2 marks)

4. Look carefully at the following list of ingredients.



a) Name the dish that is prepared using these ingredients.

(1 mark)

- b) Name **SIX** pieces of equipment that you need to prepare this dish. Identify the use for each piece of equipment in the recipe above.

Name of Equipment	Use

(3, 3 marks)

- c) Which food in the ingredient list is a rich source of starch?

(1/2 mark)

- d) Name **ONE** food which is a rich source of plant protein that can added to the ingredient list.

(1/2 mark)

- e) Identify **THREE** sources of animal protein in the ingredient list.

(1 1/2 marks)

- f) Which food in the list would contribute towards water intake in the diet?

(1/2 mark)

- g) There are food items in this recipe which are high in saturated fats. Identify **TWO** such foods and for each one suggest healthier low fat alternatives.

Food item high in saturated fats	Healthier alternatives

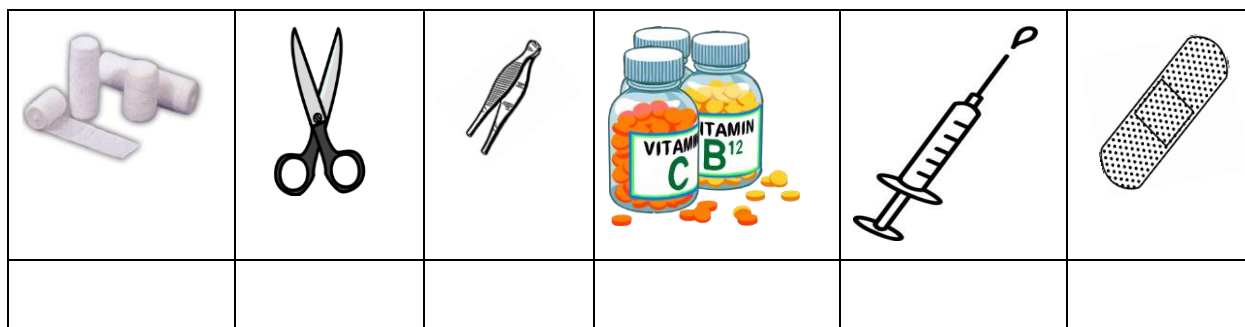
(1/2, 1, 1/2, 1 marks)

h) State **TWO** harmful effects of a high fat intake in the diet.

- _____
- _____

(2 marks)

5. a) Tick (✓) **FOUR** items that you would find in a first aid box?



(2 marks)

b) Fill in the blanks using words from the box below.

gate	plug	cover	medicines	bandage	plaster	cleaning	bath mat	tweezers	cloth
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- i. Keep all _____ liquids locked and out of children's reach.
- ii. _____ should be stored in a cabinet where children do not easily reach them.
- iii. There should never be a _____ fitted in a bathroom.
- iv. A _____ prevents you from slipping. Never leave young children alone in the bath.
- v. A safety _____ keeps away serious safety hazards from young children.
- vi. Make sure all sockets are fitted with a safety _____.
- vii. A _____ is used to cover a small cut.
- viii. The _____ is used to remove an insect sting.
- ix. A _____ is used to support an arm or leg.
- x. Ice should always be wrapped in a _____ when treating an accident.



(5 marks)

c) Explain what first aid treatment should be given in each of the following:

i. **Burns**

- _____
- _____

ii. Cuts

- _____

(2, 2 marks)

6. Look carefully at the following picture. From the picture, list **FIVE** dangers for a young child and state how each of these can be prevented.



- **Danger 1:** _____
Prevention 1: _____
- **Danger 2:** _____
Prevention 2: _____
- **Danger 3:** _____
Prevention 3: _____
- **Danger 4:** _____
Prevention 4: _____
- **Danger 5:** _____
Prevention 5: _____

(5, 5 marks)

7. a) Circle the **THREE** recycling symbols.



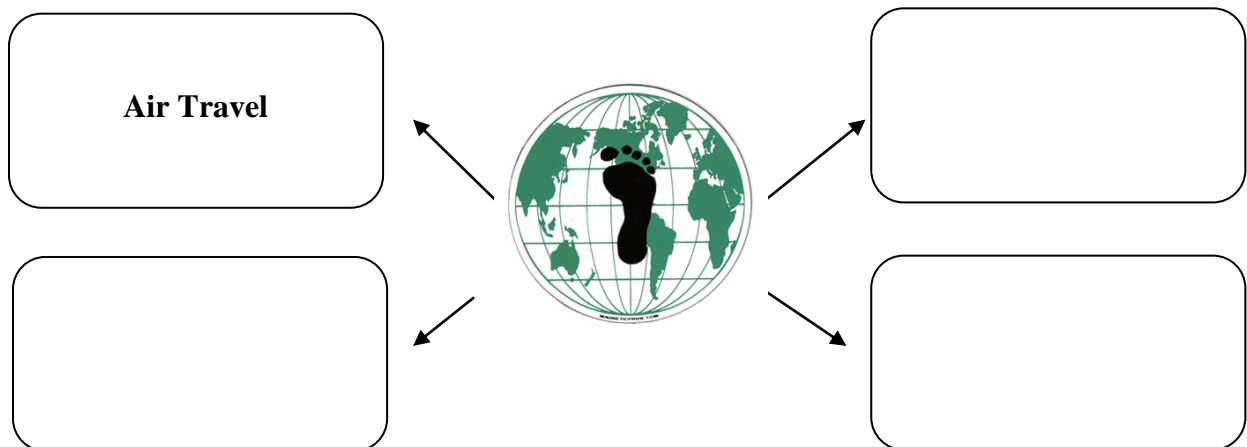
(3 marks)

b) Explain what you understand by the ‘Recycle Tuesday Scheme’.

(2 marks)

c) The **Carbon Footprint** is directly related to the amount of natural resources consumed.
Each of our everyday actions consumes energy.

List **THREE** activities that affect the carbon footprint of individuals.
An example has been done for you.



(3 marks)

d) List **FIVE** things to help reduce your carbon footprint to protect the environment during food planning and preparation.

- _____
- _____
- _____
- _____
- _____

(5 marks)