DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION

Name:Answer all the questions		Class:
FORM 3	HOME ECONOMICS	TIME: 1h 30min
Department for Curriculus Educational Assessment U	UALITY AND STANDARDS IN EDUCATION m Management and eLearning Jnit r Secondary Schools 2013	
		Stiller

SECTION A

- 1. Nuts and pulses are important foods. (Figures shown are per 100g)
- Look carefully at the table below and answer the questions that follow: **a**)

Type of Food	Kcal	Protein	NSP	Fat
Almonds	612 kcal	21.1g	12.9g	55.8g
Hazelnuts	650 kcal	14.1g	8.9g	63.5g
Cashews	573 kcal	17.7g	7.4g	48.2g
Walnuts	688 kcal	14.7g	5.9g	68.5g
Split peas	88.4 kcal	8.5g	6.1g	0.5g
Chick peas	65.8 kcal	8.4g	5.1g	2.1g
Lentils (red)	100 kcal	7.6g	3.3g	0.4g
Butter Beans	74 kcal	5.9g	5.6g	0.5g

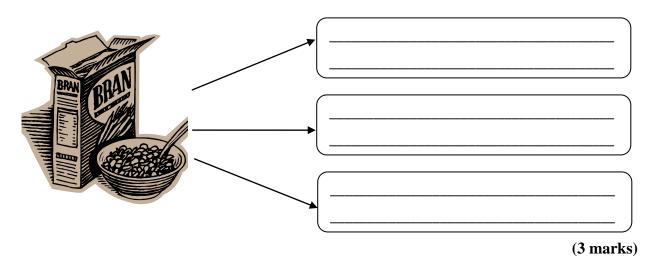
i.	Which food has the highest protein content?	
ii.	Which food has the lowest protein content?	
iii.	Why is protein important in the diet?	
	•	

		Which type of protein is provided by nuts and pulses? What must we do to make the best use of this type of protein in our diet?
	iv.	Which type of protein is provided by nuts and pulses?
	v.	What must we do to make the best use of this type of protein in our diet?
	vi.	Name a pulse food which is not listed in the table used to make T.V.P.
	vii.	Who makes most use of T.V.P.? (1/2, 1/2, 2, 1, 1, 1/2, 1/2 marks)
b)	i.	Which food has the highest fat content and which food has the lowest fat content? Highest Lowest
	ii.	What is the difference in their fat content?
	iii.	Why is there such a difference between these two foods?
	iv.	Which type of fat is provided by nuts and pulses? (1, ½, 1, ½ marks)
c)	Fill	in the web diagram below. Different uses of nuts in meal preparation
		(5 marks)

Suggest dishes where different pulses are use food is used in each dish.	ed as an ingredient. Also indicate Pulse Food Used	
Suggested Dishes	Pulse Food Used	4.00
•	•	13
•	•	
•	•	
•	•	

(4, 2 marks)

- 2. Breakfast cereals are important food items.
- List three important points you would need to consider when choosing breakfast a) i) cereals.



ii) Name three nutrients that are present in breakfast cereals. Write down why each nutrient is important in the diet.

Nutrient	Importance in the Diet
1	•
2	•
3	•

(3, 3 marks)

		could serve to a friend who is sleeping over at the weekend.
	easons for your choice	
	n Dishes	Reasons for Choice
•		•
•		•
•		•
		(3, 6 m
TION F	.	
)	
Von w	ill be using the rubbin	g_in method of cake making to prepare some muffins for tea
	_	
Name t	the ingredient/s which	is/are:
Name t	the ingredient/s which	is/are:
Name (the ingredient/s which Sieved: Rubbed-in:	is/are:
Name to S	the ingredient/s which Sieved: Rubbed-in: Jsed to bind ingredien	
Name to S F U	the ingredient/s which Sieved: Rubbed-in: Jsed to bind ingredien Jsed to add flavour:	is/are:
Name to S	the ingredient/s which Sieved: Rubbed-in: Jsed to bind ingredien Jsed to add flavour: Jsed to add NSP:	is/are:
Name to S	the ingredient/s which Sieved: Rubbed-in: Jsed to bind ingredien Jsed to add flavour: Jsed to add NSP:	is/are: its: ins moist:
Name to S	the ingredient/s which Sieved: Rubbed-in: Jsed to bind ingredien Jsed to add flavour: Jsed to add NSP: Jsed to keep the muffi	is/are: tis: (5 ma
Name to S	the ingredient/s which sieved: Rubbed-in: Jsed to bind ingredient Jsed to add flavour: Jsed to add NSP: Jsed to keep the muffi	is/are: its: ins moist:

d) The method for making muffins using the rubbing-in method is jumbled up.

Number the correct order to be followed.

Oven. Grease the tin.

Light the oven. Grease the tin.
Beat the eggs, chop the nuts.
Rub the margarine into the flour using the fingertips.
Spoon the mixture into the prepared tin. Bake.
Sift the flour, baking powder and cinnamon together.
Add the sugar, chopped nuts and dried fruit. Mix well.
Weigh all the ingredients accurately. Collect all the utensils.
Add the eggs a little at a time, beating well after each addition.

(4 marks)

e) At what oven temperature would you bake the muffins?

Gas Mark	 /	$^{\circ}C$

(1 mark)

f) Name the equipment you would use to:

Task	Equipment Needed
Measure the dry ingredients	•
Grease the tin	•
Mix the ingredients in	•
Beat the eggs with	•
Sift the flour	•
Chop the nuts with	•
Bake the muffins in	•
Test if the muffins are cooked	•
Cool the cooked muffins on	•

(4½ marks)

4. a) Place the following foods under the correct heading.

the following foods	under the correct headi	ng.	3	Audent Bo
eggs	dried fruit	lentils	meat	milk
jacket potatoes	wholemeal flour	cheese	butter	peas
High in N.S	S.P. (Fibre)	Low in	n N.S.P. (Fibr	re)

High in N.S.P. (Fibre)	Low in N.S.P. (Fibre)

(5 marks)

b) Why is it important that we increase our intake of N.S.P. (dietary the
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•			

•	

(4 marks)

Match Column A to Column B. c)

	Condition (Column A)	Cause (Column B)
1	Constipation	Too much salt.
2	Anaemia	Too little Vitamin D in the diet.
3	Rickets	A lack of fibre in the diet.
4	Night blindness	Too much food is eaten.
5	Scurvy	A lack of Vitamin A in the diet.
6	High blood pressure	Too many sugary foods are eaten.
7	Tooth decay	A lack of iron-rich food.
8	Obesity	Not enough Vitamin C is taken in.

(4 marks)

	ggest two dishe	s suitable for a pe		o increase the N.S.P.	intake:
Pac	eked Lunch:				
Ma	in Dish:				
Des	ssert:				_
					(4 marks)
a) Fill	-in the blanks v	with the correct w	ord from the give	en list.	
ha	nzards	pesticides	curious	supervised	home
su	ırroundings	medicines	locks	garage	stairs
			•	dren should never be	
					(5 n
Wh	ich items from	the first-aid box	would you need to	o:	
i.	Treat a sprai	ned ankle:			
ii.	Cleanse a we	ound: _			
iii.	Cover a cut:	_			
iv.	Protect hand	ls from blood: _			
v.	Secure a ban	ndage in place: _			
vii	. Remove a p	iece of glass: _			

(3 marks)

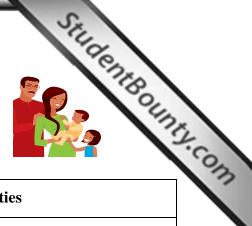
			StudentBount
c)	Why should we:		17/1/2
	Take a first aid box when on a	picnic?	Olling
	Always keep the first-aid box of	elean?	
	Keep a list of important telepho	one numbers inside the box?	
			(3 marks)
6. a)	Match the family types from the	e given list to their correct mean	ning.
	nuclear family	residential care	single parent family
	step family	extended family	foster family

Meaning	Family Type
Children who live in an institution.	
Cared for by parents who are not their own for some time.	
Parents and children who live together.	
Children are brought up by one parent only.	
Parents, children and other family members live together.	
The child is related to one parent only.	

(6 marks)

b)	The	Ellul	family	is	a	nuclear	family	J
v	,	THC	Lillui	rammy	13	а	nucicai	rammy	٠.

List **one** responsibility of the different family members.



Family Members	Responsibilities		
The young child			
The adolescent			
The parent			
	(3 marks		

c)	The family	has just	moved to	a new	locality.
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Suggest three ways how they can integrate within the new community.

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(3 marks)

d) A few months ago, Mr and Mrs Borg had a baby.

> Suggest three ways how they can organise themselves to make it easier for the mother to return to work.

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(3 marks)