

**FORM 3**

**HOME ECONOMICS**

**TIME: 1h 30min**

**Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Answer all the questions.**

**SECTION A**

**1.** Nuts and pulses are important foods.

*(Figures shown are per 100g)*

**a)** Look carefully at the table below and answer the questions that follow:

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?

- \_\_\_\_\_
- \_\_\_\_\_

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.?

( $\frac{1}{2}$ ,  $\frac{1}{2}$ , 2, 1, 1,  $\frac{1}{2}$ ,  $\frac{1}{2}$  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,  $\frac{1}{2}$ , 1,  $\frac{1}{2}$  marks)

c) Fill in the web diagram below.



(5 marks)


- d) Suggest dishes where different pulses are used as an ingredient. Also indicate food is used in each dish.

Suggested Dishes	Pulse Food Used
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

(4, 2 marks)

2. Breakfast cereals are important food items.

- a) i) List **three** important points you would need to consider when choosing breakfast cereals.



\_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

(3 marks)

- 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)

- b) List **four** healthy ingredients that can be added to breakfast cereals to improve their nutritional value.

\_\_\_\_\_

(2 marks)

- c) Plan a healthy breakfast you could serve to a friend who is sleeping over at the weekend. Give reasons for your choice of dishes.

**Chosen Dishes**

**Reasons for Choice**

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

(3, 6 marks)

## SECTION B

3. You will be using the rubbing-in method of cake making to prepare some muffins for teatime.

- a) Name the ingredient/s which is/are:

- Sieved: \_\_\_\_\_
- Rubbed-in: \_\_\_\_\_
- Used to bind ingredients: \_\_\_\_\_
- Used to add flavour: \_\_\_\_\_
- Used to add NSP: \_\_\_\_\_
- Used to keep the muffins moist: \_\_\_\_\_

(5 marks)

- b) Name **two** cakes/muffins which can be prepared by the rubbing-in method.

\_\_\_\_\_

(1 mark)

- c) Suggest a type of margarine you could use to be in line with the CINDI Dietary Guidelines.

Also write down the corresponding dietary guideline.

**Suggested Type of Margarine:** \_\_\_\_\_

(½ mark)

**Dietary Guideline:** \_\_\_\_\_

(1 mark)

- d) The method for making muffins using the rubbing-in method is jumbled up. Number the correct order to be followed.

	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 \_\_\_\_ / \_\_\_\_ °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.

eggs	dried fruit	lentils	meat	milk
jacket potatoes	wholemeal flour	cheese	butter	peas

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 fibre)?

- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

c) Match Column A to Column B.

	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)

- d) Suggest **two** dishes suitable for a person who needs to increase the N.S.P. intake:

**Breakfast:** \_\_\_\_\_

**Packed Lunch:** \_\_\_\_\_

**Main Dish:** \_\_\_\_\_

**Dessert:** \_\_\_\_\_

(4 marks)

5. a) Fill-in the blanks with the correct word from the given list.

hazards	pesticides	curious	supervised	home
surroundings	medicines	locks	garage	stairs

A baby is naturally \_\_\_\_\_ and this may put him in danger. Therefore it is important that we keep his \_\_\_\_\_ free from \_\_\_\_\_ both inside and outside the \_\_\_\_\_. All \_\_\_\_\_ should be locked away. It is wise to use a safety gate on the \_\_\_\_\_. Windows should have safety \_\_\_\_\_. All garden tools and \_\_\_\_\_ should be locked away. Children should never be allowed to play in a \_\_\_\_\_ and should be \_\_\_\_\_ at all times.

(5 marks)

- b) Which items from the first-aid box would you need to:

i. Treat a sprained ankle: \_\_\_\_\_

ii. Cleanse a wound: \_\_\_\_\_

iii. Cover a cut: \_\_\_\_\_

iv. Protect hands from blood: \_\_\_\_\_

v. Secure a bandage in place: \_\_\_\_\_

vii. Remove a piece of glass: \_\_\_\_\_

(3 marks)

c) Why should we:

Take a first aid box when on a picnic?

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Always keep the first-aid box clean?

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Keep a list of important telephone numbers inside the box?

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(3 marks)

6. a) Match the family types from the given list to their correct meaning.

nuclear family	residential care	single parent family
step family	extended family	foster family

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

(6 marks)



- b) The Ellul family is a nuclear family.

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.

Suggest **three** ways how they can integrate within the new community.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(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.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)