



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, $\frac{1}{2}$, $\frac{1}{2}$ mark)

- 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?

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

- iv. Which type of fat is provided by nuts and pulses?

(1/2 mark)

- c) Fill-in the web diagram below.



(5 marks)

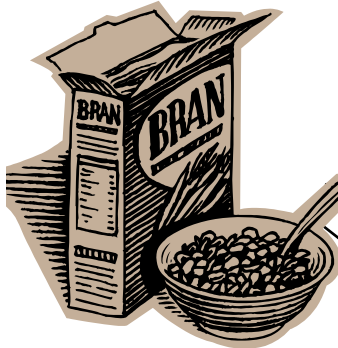
- d) Suggest dishes where different pulses are used as an ingredient. Also indicate which pulse food is used in each dish.

| Suggested Dishes | Pulse Food Used |
|------------------|-----------------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |

(4, 2 marks)

2a) Breakfast cereals are an important food

- 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. Explain why each nutrient is important in the diet.

| Nutrient | Importance in the Diet |
|----------|------------------------|
| 1. _____ | • _____ |
| 2. _____ | • _____ |
| 3. _____ | • _____ |

(3, 3marks)

- b) List **four** healthy ingredients that can be added to breakfast cereals to improve their nutritive 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. a) Name the method of cake making that:

- i. Uses half fat to flour _____
- ii. Uses no fat _____
- iii. Uses equal quantities of fat to flour _____

(3 marks)

b) Why are each of the following ingredients useful in cake making?

- Fat _____
- Eggs _____

(2 marks)

c) State why, for successful cake making:

- i. Eggs used should be at room temperature.

- ii. Flour is sieved.

- iii. Oven is pre-heated and set to the correct temperature

- iv. Cake tins are greased and preferably lined

(4 marks)

d) List **two** ingredients that can be added to a plain cake to improve its flavour.

(1 mark)

- e) List the equipment required to prepare some rock cakes by the rubbing-in method. Write how each equipment is used to prepare the cakes.

| Equipment | Use |
|-----------|-------|
| • _____ | _____ |
| • _____ | _____ |
| • _____ | _____ |
| • _____ | _____ |
| • _____ | _____ |
| • _____ | _____ |

(3, 6 marks)

4. a) Name **five** foods which are high in N.S.P. and **five** foods which are low in N.S.P.

| High in N.S.P. | Low in N.S.P. |
|----------------|---------------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |

(5 marks)

b) Explain why it is important that we increase our intake of fibre- rich foods.

- _____
- _____

(4 marks)

c) The following deficiencies are associated with a low intake of certain nutrients. Name the nutrient that is lacking in each of the following deficiencies and give **two** good sources of each nutrient.

| Deficiency | Nutrient | Good sources of |
|-----------------|----------|-----------------|
| Beri-beri | _____ | _____ |
| Rickets | _____ | _____ |
| Scurvy | _____ | _____ |
| Night blindness | _____ | _____ |

(4, 4 marks)

5. a) State why:

- i. A first-aid box should be portable

- ii. A first-aid box should be well-stocked

- iii. Contents past their expiry date should be thrown away

- iv. Contents are clearly marked

- v. Important telephone numbers are placed inside the box

(5 marks)

b) Which item 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 _____
- vi. Remove a splinter _____

(3 marks)

6. a) Give a practical example of each of the following family types listed below.

| Family Types | Example |
|------------------------|---------|
| Nuclear family | _____ |
| Residential care homes | _____ |
| Single parents | _____ |
| Step family | _____ |
| Extended family | _____ |
| Foster family | _____ |

(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 parents | _____ _____ _____ |

(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) Mr and Mrs Borg have a new baby. Mrs Borg earns more money than her husband and is also awaiting a promotion. Who do you suggest should stay at home to look after the baby?
Give a reason for your answer.

_____ Reason _____

(2 marks)

- e) Mr and Mrs Grech both work long hours and have three young children. How can they meet the demands of working and caring for a young family?

- _____
- _____

(2 marks)