DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
Department for Curriculum Management and eLearning
Educational Assessment Unit
Annual Examinations for Secondary Schools 2013

Trac

FORM 4	HOME ECONOMICS	TIME: 1h 30min

Name _____ **Class** _____

Answer all the Questions.

Section A

1. Look carefully at the table below which gives the nutritional value of 100g of various vegetables.
   Answer the questions that follow:

	Beans (Canned in tomato sauce)	Cabbage (Green, boiled)	Carrots (Boiled)	Peas (Fresh, frozen, boiled)	Peas (Canned, processed)
Calcium	45mg	38mg	48mg	13mg	27mg
Vitamin C	3mg	23mg	6mg	15mg	0mg
Vitamin A	50ug	50ug	2000ug	50ug	67ug
Fibre	6.9g	2.4g	2.8g	4.7g	4.7g

a) i. Which vegetable has the highest Vitamin C content? _____

   ii. Which vegetable has the lowest Vitamin C content? _____

   ($\frac{1}{2} \times 2 = 1$ mark)

   iii. Why do you think there is a difference in the amount of Vitamin C present in the vegetables suggested in (i) and (ii)?

   _____

   _____

   (1 mark)

   iv. Why is Vitamin C needed by the body?

   • _____

   • _____ (2 marks)

b) i. Which vegetable has the most Vitamin A? _____   ($\frac{1}{2} \times 2 = 1$ mark)

   ii. Why is Vitamin A needed by the body?

   • _____

   • _____ (2 marks)

c) i.   Which vegetable has the highest fibre content? _____   (½ ×

    ii. Why is fibre needed by the body?

    • _____

    • _____

                                                                (2 marks)

2. a) Name the correct part of the plant which the listed vegetables belong to:

   These are the parts of the plants: **Fruits, Roots, Flowers, Bulbs, Leaves, Tubers, Seeds**

    i.   Cabbage   _____

    ii.   Potatoes   _____

    iii. Tomatoes   _____

    iv.   Peas   _____

    v.   Cauliflower _____

    vi.   Beetroot   _____

    vii. Spinach   _____

    viii. Onions   _____   (½ × 8 = 4 marks)

b) Why are we encouraged to buy vegetables that are in season?

    • _____

    • _____

                                                                (2 marks)

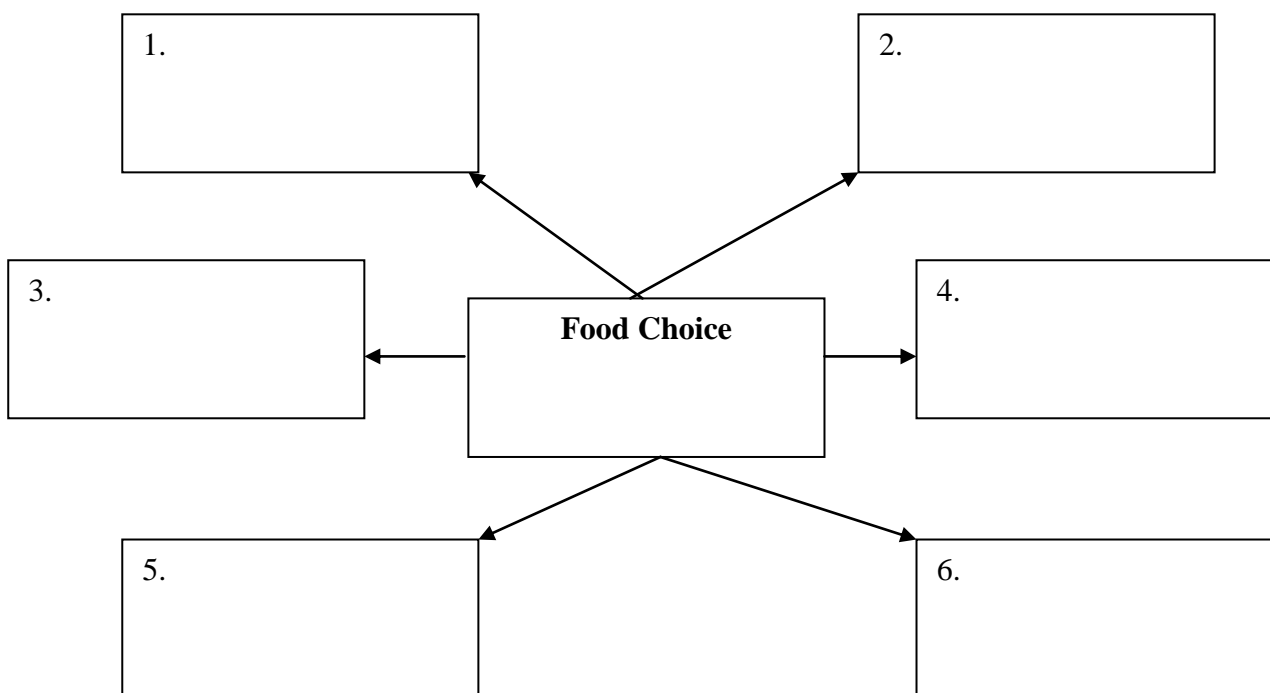c) How can we utilise vegetables bought in bulk from a vegetable market?

    • _____

    • _____

    • _____

                                                                (3 marks)

3.   Sometimes it may be necessary to buy frozen vegetables.

Identify **four** advantages of buying frozen vegetables.

- _____

- _____

- _____

- _____

(4 marks)

4. a) Suggest **six** factors which affect our choice of food.

1.		2.

3.	**Food Choice**	4.

5.		6.

(½ × 6 = 3 marks)

b)   Select **two** of the factors identified above and explain how each affects our food choices.

- Factor 1 _____

   _____

   _____

- Factor 2 _____

   _____

   _____

(2, 2 marks)

5. a) The following pictures show different methods of cooking. Which method of coo...
       being used in the following pictures?

i.   _____   ii. _____

iii. _____   iv. _____

(½ × 4 = 2 marks)

b.   From the cooking methods identified above:

   i.   Choose the method which makes best use of energy.   _____

   ii.   Choose the method which is the least healthy.   _____

(½ × 2 = 1 mark)

   iii.   State why you should not make frequent use of the method which is the least healthy.

          •   _____

          •   _____ (2 marks)

c) i.   Which method of cooking would you choose to cook a cheap cut of meat?

                                                                   (1 mark)
          _____

    ii.   Give **two** reasons for choosing this method.

          •   _____
                _____
          •   _____
                _____

(2, 2 marks)

Section B

6. a) Many factors influence the way people choose to spend their money.

Match Column **A** with Column **B** to define the factors.

	Column A		Column B
1.	Personal factors		Not tested on animals. Can be recycled.
2.	Psychological factors		How much I can afford and ensure that I get value for my money.
3.	Economic factors		It is what I really want, need or require.
4.	Environmental factors		Celebrating a special occasion. Wanting to feel good.

(½ × 4 = 2 marks)

b) i. Jane bought a pair of boots. A week later the heel came off.

What should Jane do with the pair of boots?

_____

_____

(2 marks)

ii. Peter bought a jacket and was not given a receipt.

Why should he have asked for the receipt?

_____

_____

(2 marks)

7. a) Fill in the blanks with the words from the table below.

fats	stomach	nutrients	saliva	waste
tongue	peristalsis	absorbed	digested	anus

Food has to be _____ to allow _____ to be used by

the body. In the mouth, food mixes with _____. The

_____ helps to push it down the oesaphagus. Here food moves by a

movement known as _____. Gastric juices from the

_____ act on proteins while bile from the gall bladder acts on

_____. The small intestine breaks down the food further so it can be

_____ by the body. What the body does not need collects as

_____ in the large intestine and leaves the body through the

_____. (10 x ½ = 5 marks)

b. Underline the correct word.

    i.   In the mouth, food is broken down by: biting, chewing, swallowing.
    ii.   Saliva is an enzyme which acts on: proteins, fats, starch.
    iii.   Hydrocloric acid is released in the walls of the: duodenum, stomach, bile duct.
    iv.   Digestion converts proteins to: amino acids, fructose, glycerol.

(4 marks)

8. a) Tonina has retired from work. She wants to feel useful and wants to spend her time well.

Suggest **two** ways how Tonina can make good use of her free time.

● _____

● _____

(2 marks)

b) Alfred and his wife Mary are grandparents to three-year old twins. Their daughter and her husband both work.
Suggest **two** ways how Alfred and Mary can help this family.

● _____

● _____

(2 marks)

c)   Frans has recently gone to live in a residential home for the elderly.

     Give **two** advantages of living in a residential home.

     • _____

     • _____
                                                                      (2 marks)

d)   Homes for the elderly need to be safe.

     State why:

     1.   Mats can be unsafe

          _____

          _____

     2.   Some toilets should have a raised toilet seat.

          _____

          _____
                                                                   (2, 2 marks)

e)   What benefits are obtained from making use of each of the following?

     i.   Kartanzjan.

           _____

     ii.   The Home Care Help Service.

           _____

     iii. M.M.D.N.A.

           _____
                                                                      (3 marks)

9. a) We are being encouraged to recycle our waste. Bags with recycled waste are being collected
      from our doorstep.
      Name **two** items that can be put in the bags for recycling and **two** items that should not be put
      in the bags.

      In Recycle Bag   **Not in Recycle Bag**

      _____   _____

      _____   _____
                                                            ($\frac{1}{2} \times 4 = 2$ marks)

b) Give **one** advantage of recycling household waste.

_____

_____ (1 mark)

c) The easiest way to address the problem of waste is to follow the 5R's .

Give **one** example for each.

Reuse _____

Reduce _____

Recycle _____

Return _____

Refill _____

(5 marks)

d) Why is it important to:

i. water plants with a watering can?

_____

ii. put curtains on windows?

_____

iii. make more frequent use of a microwave?

_____

iv. fill the kettle with the amount of water required only?

_____

(4 marks)

e) Natural resources can be used to produce energy. Explain how these sources can save energy.

The sun

_____

_____

The wind

_____

_____

(4 marks)

10. a)   Pauline has bought the following items.

magazine	a kilo of apples	bag of sweets	loaf of bread
birthday card	bottle of shampoo	pair of socks	lipstick

Place each item in the correct column:

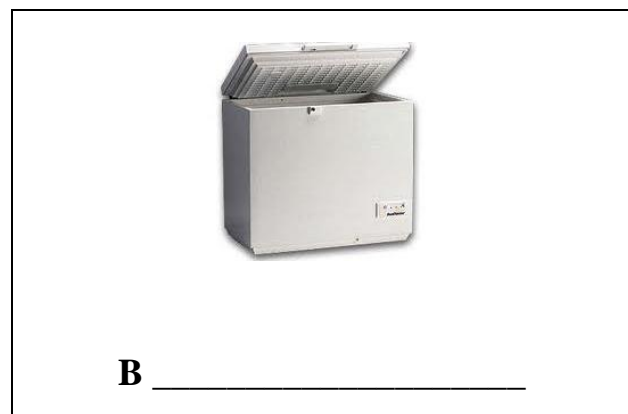| Wants	Needs

(½ × 8 = 4 marks)

b)   Pauline has also spent €135 to purchase a microwave oven.

List **four** different methods of payment that she can use:

_____   _____   _____   _____

(½ × 4 = 2 marks)

11. a)   Name each type of freezer

A _____

B _____

(1 mark)

b)   Anna and her husband who live on a big farm need to buy a freezer.

Which freezer would you recommend for them. Explain why?

Type of freezer _____

_____

_____

(1, 2 marks)

c)   Anna and her husband also need to buy a freezer thermometer.

i.   Why should there be a thermometer inside the freezer?

_____

ii.   What should the temperature inside a freezer read?

_____

(2, 1 marks)

d)   Anna has decided to freeze the following foods:

a meat pie, carrots, vegetable soup, parsley, pastry, fresh fish.

How would she need to pack the food to ensure good keeping qualities?

Meat pie   _____

Carrots   _____

Vegetable soup   _____

Parsley   _____

One kilo of pastry   _____

Fresh fish   _____

(½ × 6 = 3 marks)