

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 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 given 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? _____

(1 mark)

ii. Why is Vitamin A needed by the body?

- _____
- _____

(2 marks)

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

ii. Why is fibre needed by the body?

- _____
 - _____
- (2 marks)

2a) Name the correct part of the plant 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 _____

($\frac{1}{2} \times 8 = 4$ 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)

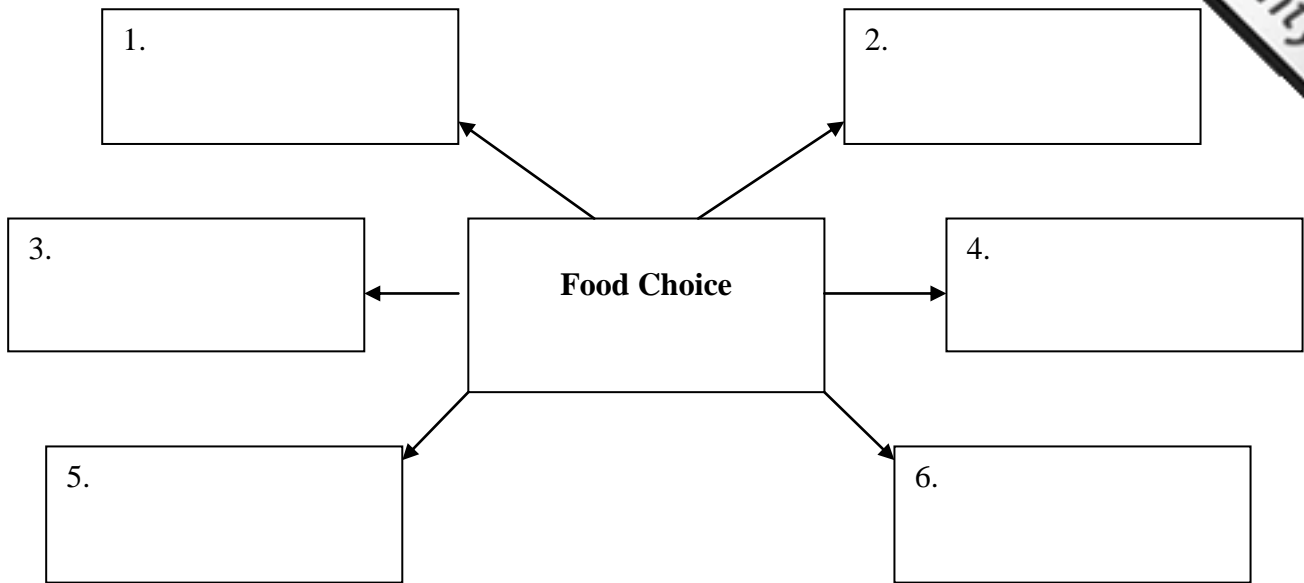
3. Sometimes it may be necessary to buy frozen vegetables.

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

- _____
- _____
- _____
- _____

(4 marks)

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



($\frac{1}{2} \times 6 = 3$ 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 cooking is being used in each picture?



i. _____



ii. _____



iii. _____



(iv) _____

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

5. b) From the cooking methods identified above:

i. Choose the cooking method which consumes the least energy. _____

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

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

iii State why you should not make frequent use of the method you identified as the least healthy

- _____
- _____

(2 marks)

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

(1 mark)

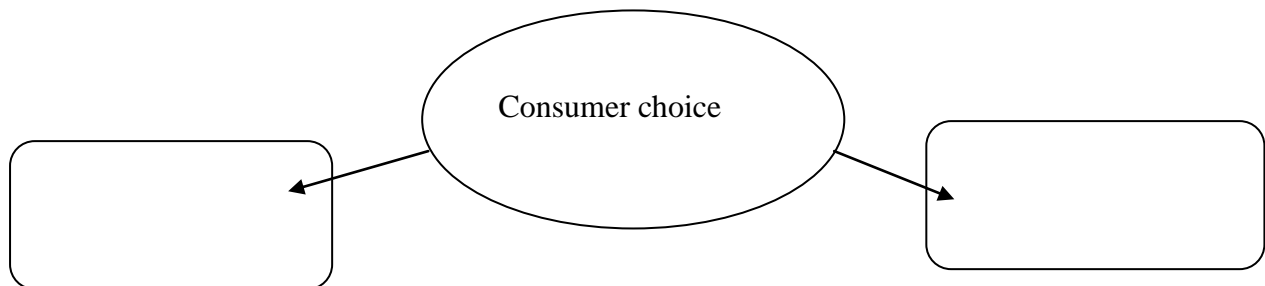
ii. Give **two** reasons for choosing this method.

- _____
- _____

(2, 2 marks)

Section B

6. a) Many factors can influence consumer choice. Identify **two** of them.



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

b) Give a practical example of each.

- _____
- _____

(2 marks)

c) Define the term 'consumer'

(2 marks)

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

ingestion	large intestine	peristalsis	egested	broken down
absorbed	proteins	anus	mouth	fibre

Digestion is the process by which food is _____, nutrients are released and _____ into the bloodstream. Digestion starts in the _____. This is known as _____.

When food enters the oesophagus it moves by a process known as _____. Food then enters the stomach. The nutrient _____ starts to be digested here. Undigested food including _____ goes to the _____ from where it is _____. Digestion ends in the _____. (½ × 10 = 5 marks)

b) What is the function of each of the following in the digestion process?

- i. Gastric juice _____
- ii. Bile duct _____
- iii. Insulin _____
- iv. Villi _____

(4 marks)

8. a) John is a healthy sixty two year old. He has just retired and is finding it difficult to adjust to his new way of life.

Suggest **three** ways how John can make good use of his time.

- _____
 - _____
 - _____
- (3 marks)

- b) Gemma is presently living with her married daughter and her husband who both work. They have two young children.

Suggest **three** ways how she can contribute to the family needs.

- _____
 - _____
 - _____
- (3 marks)

- c) Frans feels it is time for him to move in a residential home as he is finding it difficult to cope on his own. However, he is finding it difficult to leave the town he has lived in for over seventy years.

List **three** advantages of having residential homes for the elderly in one's own town/village.

- _____
 - _____
 - _____
- (3 marks)

- d) The elderly are prone to certain accidents. Suggest **one** safety rule which they should follow in order to prevent each of the following:

i. Scalds _____

ii. Burns _____

iii. Falls _____

iv. Poisoning _____

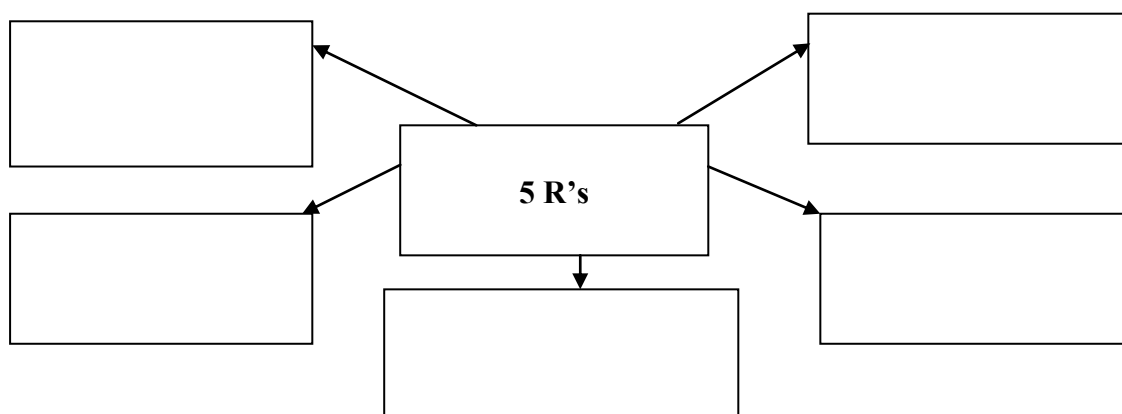
(4 marks)

9. a) List the following items into organic waste, inorganic waste and hazardous waste.

leaves	glass	kitchen foil	batteries	newspapers	used neon tubes
Organic		Inorganic		Hazardous	

($\frac{1}{2} \times 6 = 3$ marks)

- b) The easiest way to tackle the problem of waste is to follow the 5 R's. Name them.



(5 marks)

- c) Give **one** example of how each can be put into practice.

5 R's

Practical Example

(5 marks)

- d) Explain why it is necessary to:

i. Fix dripping taps immediately.

ii. Buy detergents which are effective at low temperatures.

iii. Choose the right-sized pot to fit the burner.

iv. Have a well in a new home.

v. Invest in a solar water heater.

vi. Buy items which have been produced locally.

(6 marks)

10. a) It is important to distinguish between a need and a want.

Fill in the table given with **four** examples of *needs* and **four** examples of *wants*.

Needs	Wants
•	•
•	•
•	•
•	•

(4 marks)

b) There are several ways of paying for goods. Name **one method** and state its advantage in use.

- _____
- _____

(½, 1½ marks)

11. a) The advantage of having a freezer is that it is a popular method of preserving food.

State in which way:

- i. It saves time _____
- ii. It saves money _____
- iii. It saves energy _____

(3 marks)

b) Which type of freezer would you recommend for the following:

- i. A married couple with a three year old boy who both work and live in a modest apartment.

- _____

Give a reason for your choice.

- _____

(½, 2 marks)

- ii. A married couple who live in a spacious converted farmhouse with three teenage children The husband is self-employed and the wife works part-time in the family business.

- _____

Give a reason for your choice.

- _____

(½, 2 marks)