

FORM 2

Home Economics

TIME: 1h 30min





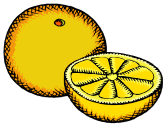

Name: _____

Class: _____

Answer all the questions.

1. (a) Fill-in the table below with the correct answer from the given list.

Vitamin C	provides energy and warmth
Protein	healthy red blood cells
Iron	protects us from disease
Vitamin D	growth and repair of cells
Carbohydrates	healthy eyesight
Vitamin A	strong bones and teeth

Source	Main Nutrient	Function in the body
		
		
		
		
		
		

(6, 6 marks)

- (b) Match Column **A** with Column **B** to identify the **CINDI Dietary Guideline** that help prevent the diet related diseases listed below.
(The first one has been done for you.)

	A: Diet Related Disease		B: CINDI Dietary Guideline
i	Coronary Heart Disease		Reduce intake of sugar.
ii	Diabetes		Keep to a healthy weight.
iii	Hypertension		Increase intake of N.S.P. (dietary fibre)
iv	Obesity		Reduce intake of carbohydrates.
v	Dental Caries	i	Reduce intake of saturated fat.
vi	Constipation/Diverticulitis		Reduce intake of salt.

(5 marks)

- (c) Your Home Economics class is going to produce a set of refrigerator magnets with advice to encourage healthy eating.

Fill-in each of the **TWO** blank magnets with a different message promoting healthy eating. Near each magnet explain **ONE** way you could change your diet to meet the advice given.

(An example has been worked out for you.)

Example



Magnet 1

I could change my diet by:

Adding some fresh fruit to my breakfast cereal.



Magnet 2

I could change my diet by:

(2, 3 marks)



I could change my diet by:

(2, 3 marks)

2. (a) Underline **EIGHT** foods which are very good sources of N.S.P. (dietary fibre)

lentils	cabbage	liver	split peas
milk	oats	cheese	bran flakes
fish	brown rice	oranges	ricotta
muesli	beans	butter	ham

(4 marks)

- (b) Why does the body need N.S.P.?
(Underline the correct answer.)

i) To help the body to use nutrients well.

ii) To give energy to the body.

iii) To help the body to get rid of waste products in a short time.

(1 mark)

- (c) Name **TWO** diseases that may be prevented by a high-fibre diet.

(1 mark)

- (d) Suggest ways of adding N.S.P. when preparing:
(An example has been done for you.)

Breakfast: Use a wholegrain breakfast cereal.

A sandwich: _____

A stew: _____

A ricotta pie: _____

A vegetable soup: _____

(4 marks)

3. (a) This evening, some friends will be coming to your house to watch a DVD.

- i) Give the name of a savoury and a sweet pastry dish you could serve during the evening.

Savoury Dish: _____

Sweet Dish: _____



(2 marks)

- ii) Name the pastry you would use to prepare the pastry dish.

(1 mark)

(iii) If you were using 300g of flour to make the pastry, how much fat would you use?
(*Underline the correct answer.*)

- a) 200g b) 150g c) 50g

(1 mark)

(iv) Write down **TWO** rules you would follow to make good pastry.
(*The first one has been done for you.*)

- Weigh and measure the ingredients well.

- _____

- _____

(4 marks)

(v) Suggest a type of flour and fat you would use to make the pastry healthy.
Give reasons for your answer.

Type of Flour: _____

(½ mark)

Reason for choice: _____

_____ (2 marks)

Type of Fat: _____

(½ mark)

Reason for choice: _____

_____ (2 marks)

(b) Suggest a healthy salad and drink you could serve with the pastry dishes you have chosen.

Salad: _____

Drink: _____

(2 marks)

4. (a) Name a different packaging material you could use to pack the foods listed below, without placing them in the refrigerator/freezer.

Food for Storing	Packaging Material
Fresh meat for freezing	
Left-over pea soup	
Sandwich for packed lunch	
Fresh fish to be cooked for lunch	
Ricotta	

(5 marks)

- (b) What should you keep in mind when choosing packaging materials for the refrigerator/freezer.

(2 marks)

- (c) List **THREE** rules that one should follow when storing food in the refrigerator/freezer. (The first one has been done for you.)

- Pack food well before placing it in the refrigerator/freezer.
- _____
- _____
- _____

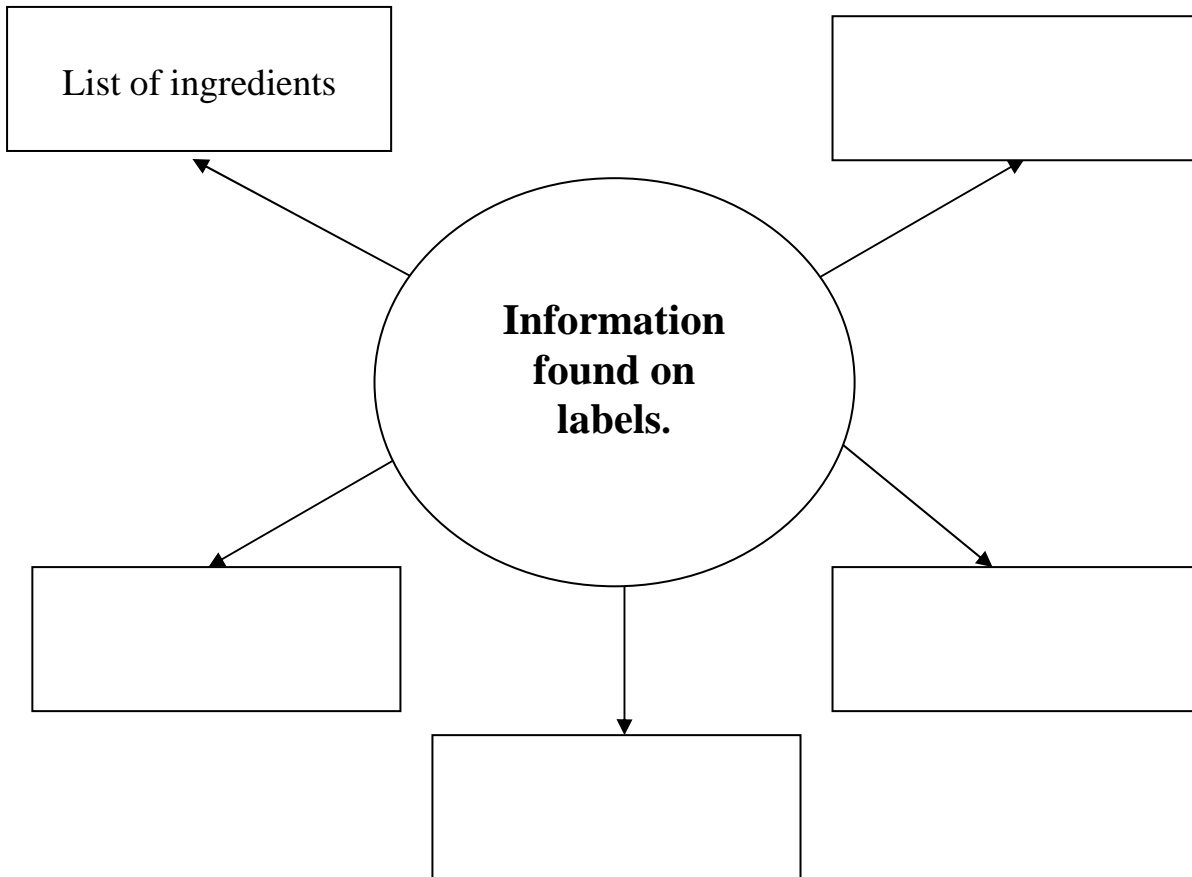
(3 marks)

5. (a) Match Column A with Column B.

	A: Shopping Facility		B: Description of Shopping Outlet
i	Open market		Shopping from the comfort of one's home.
ii	Specialist shop		A very wide variety of foods available in one shop.
iii	Armchair shopping		Cheap prices as sellers do not have too many expenses.
iv	Supermarket		Seller knocks on customer's door to sell products.
v	Door-to-door seller		Selling one type of product only e.g., bread

(5 marks)

- (b) Fill-in the web diagram below to give down **FOUR** important pieces of information found on a food label.
(The first one has been done for you.)



(4 marks)

6. (a) List **THREE** basic manners that must be followed at table.
(The first one has been done for you.)

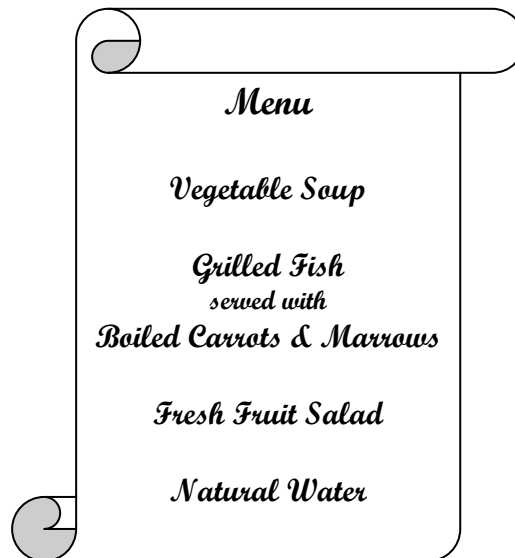
- Never talk with food in your mouth.
- _____
- _____
- _____
- _____

(6 marks)

- (b) Give a reason why table manners are so important.

(2 marks)

- (c) In the space provided, draw and label a place setting for the meal shown in the menu below.



(4 marks)

7. (a) A local family needs to dispose (get rid) of the following items.
Underline **SIX** items which should be placed in the grey/green bag for recycling.

toothpaste tube	egg shells	clean tuna can	newspapers
potato peel	milk carton	shoe box	battery
envelope	plastic bottle	wooden clothes hanger	



(3 marks)

- (b) Give practical examples how household waste can be reduced, re-used and recycled.
(Examples have been done for you.)

Reduced: *Do not buy items which have a lot of packaging.*

- _____

- _____

Re-used: *Use empty margarine tubs to store food in.*

- _____

- _____

Recycled: *Use clean food cans to make pen holders.*

- _____

- _____

(6 marks)

- (c) As young teenagers, how can you and your friends show that you care for the environment:

i) **When working on a practical Home Economics assignment?**

- _____
- _____

(4 marks)

ii) **When working on a school project?**

- _____
- _____

(4 marks)