

**FORM 4**

**HOME ECONOMICS**

**TIME: 1h 30min**

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

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

**Answer all the questions.**

**Section A.**

1. Meat is an important food item in many households.  
Carefully study the chart below which shows the nutritional values of 100 grams of mince meat and then answer the questions that follow.

Type of Mince meat	Energy (kcal)	Fat (g)	Protein (g)	Iron (mg)
Beef mince (raw)	225	16.2	19.7	1.4
Beef mince (extra lean-raw)	174	9.6	21.9	1.5
Pork mince (raw)	164	9.7	19.2	0.9
Lamb mince (raw)	196	13.3	19.1	1.6
Chicken mince (raw)	106	1.1	24	0.5
Turkey mince (raw)	105	1.6	22.6	0.6

- (a) i) Which meat has the highest energy value? \_\_\_\_\_ (½ mark)
- ii) Which meat has the lowest energy value? \_\_\_\_\_ (½ mark)
- iii) Give a reason for the difference in energy value between the meat you have chosen in i) and ii).

**Reason:** \_\_\_\_\_

- \_\_\_\_\_ (2 marks)
- iv) Why is energy needed by the body?

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

- (b) i) Why is protein needed by the body?

\_\_\_\_\_

\_\_\_\_\_ (2 marks)

- ii) Which mince has the highest protein content? \_\_\_\_\_ (½ mark)

iii) Suggest a person for whom this type of mince would be suitable?

\_\_\_\_\_ (1 mark)

(c) i) Give the names of **three** dishes you could prepare with the mince chosen in the previous answer.

\_\_\_\_\_ (1½ marks)

ii) Name the **two** types of mince which have the highest iron content.

\_\_\_\_\_ (1 mark)

iii) Why is iron important in the diet?

\_\_\_\_\_  
\_\_\_\_\_  
(2 marks)

iv) Suggest a person who needs a high intake of iron.  
Give a reason for your answer.

**Suggested person:** \_\_\_\_\_ (1 mark)

**Reason:** \_\_\_\_\_

\_\_\_\_\_  
(2 marks)

2. Match column **A** with column **B**.  
(An example has been given)

	<b>FOOD RELATED DISORDER A</b>		<b>POSSIBLE CAUSE B</b>
a	Coeliac Disease		Low calcium intake in childhood.
b	Obesity		Eating too many sugary foods/drinks.
c	Coronary heart disease		Restricted intake of food.
d	Osteoporosis		Iron deficiency.
e	Constipation		High blood cholesterol.
f	Anorexia Nervosa		Eating too little fruit and vegetables.
g	Diabetes	a	Intolerance to gluten in protein.
h	Hypertension		Too many sugary/fatty foods in the diet.
i	Anaemia		Too little NSP (dietary fibre) in the diet.
j	Dental Caries		Too much glucose in the blood.
k	Cancer		High sodium intake.

(5 marks)

3. Fill-in the blanks with the correct word/s from the given list.

large intestine	oesophagus	time	breakdown	nutrients	saliva
intestinal walls	small intestines	anus	mouth	stomach	chime
gastric juices	absorption	water	carbohydrate	bacteria	chewed

The digestion process starts in the \_\_\_\_\_, the food is cut into small pieces and \_\_\_\_\_. \_\_\_\_\_ moistens the food and softens it. The digestion of \_\_\_\_\_ foods starts here. Next, the food moves into the \_\_\_\_\_ which pushes it into the \_\_\_\_\_. \_\_\_\_\_ present further break down the food until it becomes a thick liquid called \_\_\_\_\_. Different foods stay in the stomach for different lengths of \_\_\_\_\_. Fatty foods take much longer to \_\_\_\_\_. The food now passes into the \_\_\_\_\_. Most of the digestion and \_\_\_\_\_ takes place as the food travels along this organ, \_\_\_\_\_ enter the blood through the \_\_\_\_\_. The final stages of digestion take place in the \_\_\_\_\_ where unwanted materials such as fibre, \_\_\_\_\_ and \_\_\_\_\_ are processed. These are eliminated from the \_\_\_\_\_. (9 marks)

4. A number of students in your class do not enjoy eating fruit and vegetables.

(a) List **four** advantages of eating fresh fruit and vegetables daily.

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

(4 marks)

(b) Suggest interesting ways of introducing fresh fruit/vegetables in daily meals.

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

(4 marks)

- (c) Today on the local market we find fruit/vegetables labeled:

***ORGANICALLY GROWN***

What do you understand by organically grown fruit/vegetables?

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(2 marks)

### Section B.

5. A couple of friends will be coming to your house for an evening meal after a session at the gym.

- (a) Write down points that you would need to keep in mind when planning the evening meal.

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



(4 marks)

- (b) i) Plan the meal using fresh local produce and keep in mind the CINDI Dietary Guidelines.

**Chosen Dishes:**

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

(3 marks)

- ii) Give reasons for your choice of dishes.

**Reasons:**

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

(3 marks)



6. The electric cooker you have at home is not functioning well and your family has decided to purchase a new one.

(a) Identify a type of cooker you would suggest, giving reasons for your suggestion.

**Type of cooker chosen:** \_\_\_\_\_ (1 mark)

**Reasons:**

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

(4 marks)

(b) Identify a special feature you would consider when choosing the:

**Hob:** \_\_\_\_\_

**Oven:** \_\_\_\_\_

**Grill:** \_\_\_\_\_

(3 marks)

(c) Give **three** rules you would follow to use the new cooker safely.

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

(6 marks)

(d) How would you dispose of the old cooker wisely?

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

(2 marks)

- (e) After using the new cooker for a couple of weeks it develops a fault.  
Write down the course of action you would take to have the fault seen to.

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(4 marks)

7.

*Some elderly persons find it difficult to keep on living in their own homes.*

- (a) Suggest reasons for the above statement.

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(4 marks)

- (b) i) List **four** advantages of an elderly person living in residential accommodation.

**Advantages:**

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

(4 marks)

ii) Identify **four** difficulties an elderly person might encounter in a residential home.

**Difficulties:**

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

(4 marks)

8. A young couple will be getting married in a few months' time. They are asking for advice on how they could reduce their consumption of water and electricity in their new home.

(a) Help the couple by suggesting practical measures they could take to:

**Save Water:**

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

(4 marks)

ii) **Save Electricity:**

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (4 marks)

- (b) Identify an alternative source of energy they could install in their new home to help them reduce their energy consumption.  
Explain how this will save energy/water.

**Alternative Source of Energy:** \_\_\_\_\_ (1 mark)

This alternative source of energy will help by:

- \_\_\_\_\_
  - \_\_\_\_\_
- (4 marks)

- (c) Suggest a provision they can take to reduce their water consumption.  
Explain how this provision can benefit the family.

**Water Saving Provision:** \_\_\_\_\_ (1 mark)

Benefits:

- \_\_\_\_\_
  - \_\_\_\_\_
- (4 marks)