

## SECONDARY SCHOOL ANNUAL EXAMINATIONS 2009

Directorate for Quality and Standards in Education  
Educational Assessment Unit

Form 1

HOME ECONOMICS





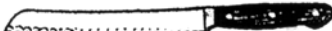


TIME : 1h 30min

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

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

### Answer all the Questions

1. Different equipment is used to cut and shred food into smaller pieces.
  - a. Give the correct name of the equipment shown below and match each one with its correct use.  
(The first one has been done for you)

|   |      | Name               |    | Correct Use                          |
|---|------|--------------------|----|--------------------------------------|
|   | i.   | <i>table knife</i> |    | <i>to bind ingredients</i>           |
|  | ii.  | _____              |    | <i>to remove fat from meat</i>       |
|  | iii. | _____              |    | <i>to peel fruit and vegetables.</i> |
|  | iv.  | _____              |    | <i>to chop large pieces of food.</i> |
|  | v.   | _____              |    | <i>to grate cheese and carrots.</i>  |
|  | vi.  | _____              | i. | <i>used when eating</i>              |
|  | vii. | _____              |    | <i>to slice bread and cakes.</i>     |

(6, 3 marks)

- b. Match column A to column B.

|      | A                   |  | B                                     |
|------|---------------------|--|---------------------------------------|
| i.   | washing-up liquid   |  | used to dry dishes with               |
| ii.  | hot water           |  | remove food which has stuck to dishes |
| iii. | dish cloth / sponge |  | helps remove food and grease          |
| iv.  | tea towel           |  | helps washing-up liquid work better   |
| v.   | scourers            |  | used to clean dishes with             |

(2½ marks)

- c. Fill-in the blanks with the correct word from the given list.

|                    |                      |                          |                  |
|--------------------|----------------------|--------------------------|------------------|
| <b>tea towel</b>   | <b>cutlery</b>       | <b>washing-up liquid</b> | <b>plates</b>    |
| <b>oven dishes</b> | <b>glasses</b>       | <b>knives</b>            | <b>remove</b>    |
| <b>utensils</b>    | <b>sink</b>          | <b>rinse</b>             | <b>store</b>     |
| <b>five</b>        | <b>pots and pans</b> | <b>dry</b>               | <b>hot water</b> |

- i. \_\_\_\_\_ all food scraps.
- ii. Sort \_\_\_\_\_ into \_\_\_\_\_ groups.
- iii. Fill the sink with \_\_\_\_\_ and add some  
\_\_\_\_\_.
- iv. Wash the \_\_\_\_\_ first.
- v. Wash the \_\_\_\_\_ being careful when cleaning  
\_\_\_\_\_.
- vi. Next wash the \_\_\_\_\_, \_\_\_\_\_ and  
\_\_\_\_\_.
- vii. \_\_\_\_\_ all the dishes well.
- viii. \_\_\_\_\_ all the utensils carefully with a clean  
\_\_\_\_\_.
- ix. \_\_\_\_\_ everything in its place.
- x. Lastly clean the \_\_\_\_\_.

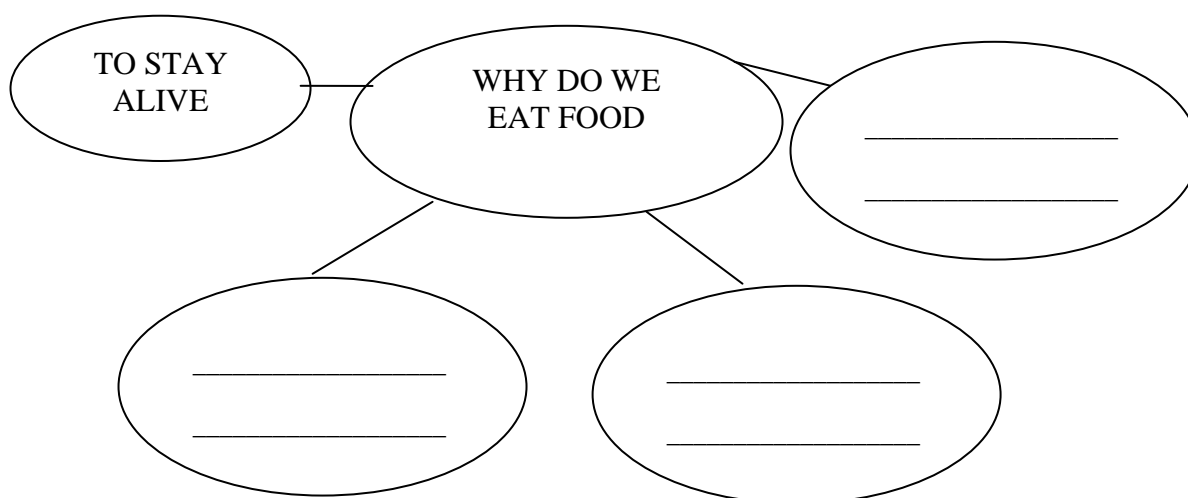
(8 marks)

- 2a. Write down **two** factors which contribute to good health.  
*The first one has been done for you.*

|                             |   |       |   |       |   |                        |
|-----------------------------|---|-------|---|-------|---|------------------------|
| <b>REGULAR<br/>EXERCISE</b> | + | _____ | + | _____ | = | <b>GOOD<br/>HEALTH</b> |
|-----------------------------|---|-------|---|-------|---|------------------------|

(2 marks)

- b. Fill in the Web Diagram below



(3 marks)

- 3a. Place the following foods under the correct heading.

|                    |                  |                   |                        |
|--------------------|------------------|-------------------|------------------------|
| <b>soft drinks</b> | <b>yoghurt</b>   | <b>brown rice</b> | <b>wholemeal bread</b> |
| <b>fish</b>        | <b>doughnuts</b> | <b>chicken</b>    | <b>cabbages</b>        |
| <b>ice-cream</b>   | <b>eggs</b>      | <b>pulses</b>     | <b>jam</b>             |

| <b>EAT MOST</b> | <b>EAT MODERATELY</b> | <b>EAT LEAST</b> |
|-----------------|-----------------------|------------------|
| • _____         | • _____               | • _____          |
| • _____         | • _____               | • _____          |
| • _____         | • _____               | • _____          |
| • _____         | • _____               | • _____          |

(6 marks)

- b. Fill in the blanks with the correct word from the given list.

|                    |                   |                 |                        |
|--------------------|-------------------|-----------------|------------------------|
| <b>sugar</b>       | <b>variety</b>    | <b>fruit</b>    | <b>polyunsaturated</b> |
| <b>soft drinks</b> | <b>vegetables</b> | <b>pulses</b>   | <b>red</b>             |
| <b>weight</b>      | <b>fat</b>        | <b>potatoes</b> | <b>balanced</b>        |
| <b>salt</b>        | <b>cereals</b>    | <b>bread</b>    | <b>white</b>           |

The CINDI Dietary Guidelines suggest we:

- i. Eat a \_\_\_\_\_ diet based on a \_\_\_\_\_ of food.
- ii. Eat at least 400g of fresh \_\_\_\_\_ and \_\_\_\_\_ everyday.
- iii. Eat \_\_\_\_\_, grains, \_\_\_\_\_, \_\_\_\_\_ and pasta many times a day.
- iv. Control fat intake and instead of saturated fats use \_\_\_\_\_ vegetable oils or margarine.
- v. Replace \_\_\_\_\_ meat with \_\_\_\_\_ meat, \_\_\_\_\_ and fish.
- vi. Choose milk products which are low in \_\_\_\_\_.
- vii. Eat less \_\_\_\_\_ and drink less \_\_\_\_\_.
- viii. Should also reduce the amount of \_\_\_\_\_ we take in as it can cause high blood pressure.
- ix. Exercise daily to keep a healthy \_\_\_\_\_.

(8 marks)

- c. Give **three** examples to show how you can reduce (*use less*) fat when preparing snacks for yourself.  
(*The first one has been done for you*).

- *Remove all fat from meat.*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

- d. i. Underline **six** foods which have a lot of salt.

|              |                    |                      |                     |
|--------------|--------------------|----------------------|---------------------|
| <b>bacon</b> | <b>potatoes</b>    | <b>banana</b>        | <b>soup powders</b> |
| <b>rice</b>  | <b>ham</b>         | <b>strawberries</b>  | <b>salami</b>       |
|              | <b>stock cubes</b> | <b>snack packets</b> |                     |

(3 marks)

- ii. Suggest **two** ways how we can use less salt when preparing meals.

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

(2 marks)

4. A friend will be preparing some sandwiches.

- a. The ingredients listed below were chosen.  
Suggest ingredients which are healthier.

| <b>Ingredients</b>      |   | <b>Healthier Ingredients</b> |
|-------------------------|---|------------------------------|
| 8 slices white bread    | → | _____                        |
| some butter             | → | _____                        |
| 4 slices cheddar cheese | → | _____                        |
| 4 slices salami         | → | _____                        |
| some mayonnaise         | → | _____                        |

(5 marks)

- b. i. Name **three** situations when sandwiches may be used as a snack.

- eg; *for supper*
- \_\_\_\_\_
  - \_\_\_\_\_

(3 marks)

- ii. Your friend will be having sandwiches for supper; list **two** healthy desserts and **two** healthy drinks she could choose to have with the sandwiches.

**Desserts:** i. \_\_\_\_\_ ii. \_\_\_\_\_

**Drinks:** i. \_\_\_\_\_ ii. \_\_\_\_\_

(4 marks)

- c. Write down three rules for personal hygiene (*cleanliness*) that your friend must follow to make sure the sandwiches are safe to eat.  
(The first one has been done for you)

- Cover cuts with a plaster.
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (3 marks)

5. You will be preparing some buns for teatime.

- a. Match the list of equipment you will be using with the correct use of each one.

|       | Correct Use                     |  | Name of Equipment |
|-------|---------------------------------|--|-------------------|
| i.    | to sift flour                   |  | mixing bowl       |
| ii.   | to measure flour and sugar      |  | bun tin           |
| iii.  | to prepare the mixture in       |  | cooling rack      |
| iv.   | to check if the buns are cooked |  | Sieve             |
| v.    | to bake the buns in             |  | table spoon       |
| vi.   | to cool the buns on             |  | kitchen scales    |
| vii.  | to beat the eggs with           |  | Skewer            |
| viii. | to measure the milk with        |  | Fork              |

(4 marks)

- b. i. List **two** ingredients you would use to add N.S.P. (*Dietary Fibre*) to the buns.

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

- ii. To make sure the buns are healthy you should use (saturated / polyunsaturated) fat.

**Underline the correct answer.** (1 mark)


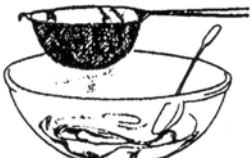





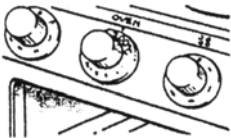
- c. i. The (whisking / rubbing-in / creaming) method of cakemaking was used to prepare buns at school.

**Underline the correct answer.** (1 mark)

- ii. Name **three** different buns / cakes you could prepare with this method.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (1½ marks)

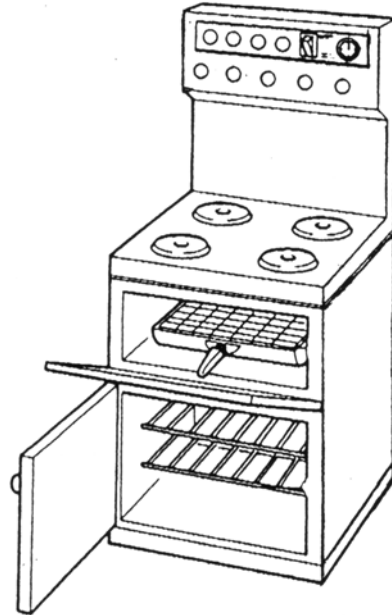
d. With the help of the pictures, write down the method for making some buns.

|       |   |  |
|-------|---|--|
| i.    |    |  |
| ii.   |    |  |
| iii.  |    |  |
| iv.   |   |  |
| v.    |  |  |
| vi.   |  |  |
| vii.  |  |  |
| viii. |  |  |

(8 marks)

6a Look carefully at the cooker below and on it mark clearly the:

|            |             |              |                      |
|------------|-------------|--------------|----------------------|
| <b>hob</b> | <b>oven</b> | <b>grill</b> | <b>control knobs</b> |
|------------|-------------|--------------|----------------------|



(2 marks)

b. On which part of the cooker would you:

- i. boil some vegetables: \_\_\_\_\_
- ii. toast some bread: \_\_\_\_\_
- iii. bake a pie: \_\_\_\_\_
- iv. steam some fish: \_\_\_\_\_
- v. fry an onion: \_\_\_\_\_
- vi. brown a pasta dish: \_\_\_\_\_
- vii. roast some potatoes: \_\_\_\_\_
- viii. cook some tomato sauce: \_\_\_\_\_

(4 marks)

c. Write down a rule you would follow to use the cooker safely.

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

(2 marks)



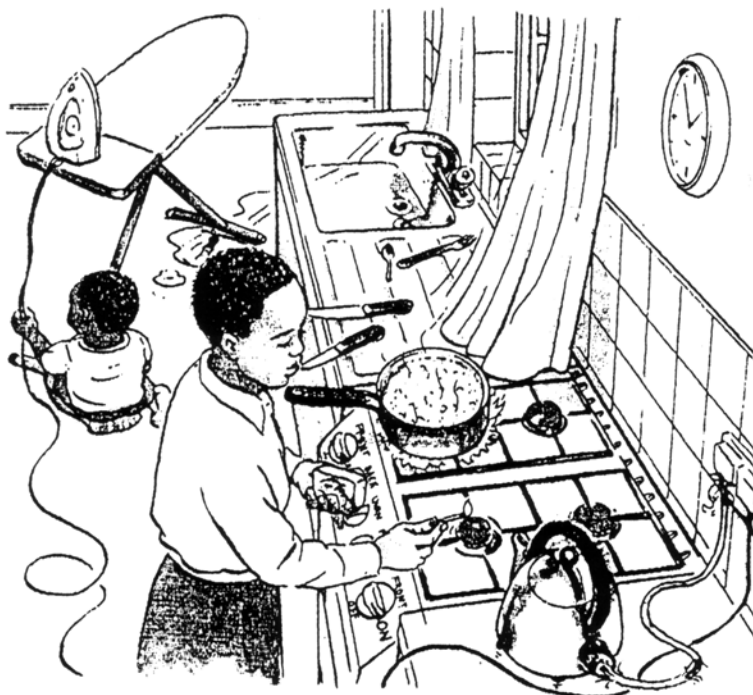
d. How would you clean the hob of your cooker after cooking some tomato sauce?

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

(3 marks)

7. Study carefully the kitchen below.

a. Mark with an X **five** possible accidents.



(5 marks)

b. Write down safety rules to be followed in order to prevent each of the possible accidents you have marked from happening.

- i. Do not \_\_\_\_\_
- ii. Do not \_\_\_\_\_
- iii. Do not \_\_\_\_\_
- iv. Do not \_\_\_\_\_
- v. Do not \_\_\_\_\_

(5 marks)