

# SECONDARY SCHOOL ANNUAL EXAMINATIONS 2009

Directorate for Quality and Standards in Education

Educational Assessment Unit

Form 3

HOME ECONOMICS

TIME : 1h 30min

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

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

Answer all the Questions

## Section A

- Write down **three** different pieces of equipment you would use to measure ingredients correctly.

Also suggest **two** ingredients you could measure with each one.

Measuring Equipment	Suggested Foods	
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____

(3, 3 marks)

2. Using the following words or phrases, write 10 sentences to explain how to ensure safety in the kitchen.

<b>wet hands</b>	<b>spills</b>	<b>toys on the floor</b>
<b>sharp knives</b>	<b>oven gloves</b>	<b>saucepan handles</b>
<b>curtains</b>	<b>matches</b>	<b>washing up liquids</b>
	<b>dustbins</b>	

- i. \_\_\_\_\_  
\_\_\_\_\_
- ii. \_\_\_\_\_  
\_\_\_\_\_
- iii. \_\_\_\_\_  
\_\_\_\_\_
- iv. \_\_\_\_\_  
\_\_\_\_\_
- v. \_\_\_\_\_  
\_\_\_\_\_
- vi. \_\_\_\_\_  
\_\_\_\_\_
- vii. \_\_\_\_\_  
\_\_\_\_\_
- viii. \_\_\_\_\_  
\_\_\_\_\_
- ix. \_\_\_\_\_  
\_\_\_\_\_
- x. \_\_\_\_\_  
\_\_\_\_\_

(10 marks)

3. Complete the table below.

Food	Main Nutrient	Use in the body
Bread	Carbohydrate	_____
Oranges	_____	helps protect against infections
_____	_____	growth and repair
Cream	_____	for warmth
_____	Vitamin A	healthy eyesight
Bacon	_____	regulates body fluids
_____	Iodine	hormone control
_____	Iron	_____

(10 marks)

4a. Classify the following foods under the correct heading by ticking ✓ in the correct column.

Food	Saturated	Monounsaturated	Polyunsaturated
Meat			
seeds			
lard			
sunflower oil			
nuts			
Soyabean oil			
olive oil			
fish			
rapeseed oil			
dairy products			

(5 marks)

- b. i. All types of fat should be eaten in moderation, however we are being advised to avoid:

saturated fat

☐

monounsaturated fat

☐

tick ☐ near the correct answer.

polyunsaturated fat

☐

(½ mark)

- ii. This type of fat is best avoided as it raises \_\_\_\_\_ levels in the blood.

(½ mark)

- iii. A high intake of fat can cause:

obesity

☐

dental caries

☐

dehydration

☐

rickets

☐

heart disease

☐

anaemia

☐

an increase in the incidence of cancers

☐

tick ☐ near the correct answer

(1½ mark)

- c. Fats carry the fat-soluble vitamins (B and C; A, D, E and K)

**Underline the correct answer**

(1 mark)

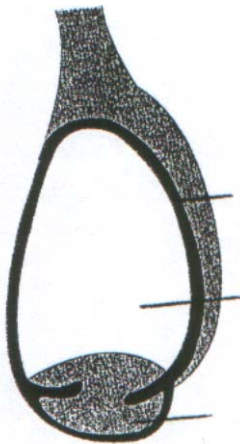
- d. Fill in the blanks with the correct word from the list below.

frying	butter	grill	ricotta	fat	light
skimmed	vegetable margarine	meals	cheddar	low-fat	

When preparing \_\_\_\_\_ it is best to reduce the amount of \_\_\_\_\_ we use. This can be done by using \_\_\_\_\_ milk; \_\_\_\_\_ yogurt and \_\_\_\_\_ spreads. Foods like \_\_\_\_\_ and \_\_\_\_\_ can be replaced with \_\_\_\_\_ and \_\_\_\_\_. We should also avoid \_\_\_\_\_ as a method of cooking and \_\_\_\_\_ food instead. (5½ marks)

## Section B

- 5a. Label correctly the wheat grain by using the correct word from the list.



**bran      germ      endosperm**

(1½ mark)

- b. i. Cereals are a very good source of (fat; carbohydrate; Vitamin B; Vitamin C). They also provide (animal; plant) protein.

**Underline the correct answers.**

(1½ mark)

- ii. Wholegrain cereals are a good source of \_\_\_\_\_. (1 mark)

- c. i. List **four** different types of cereals available on the market.  
eg. *wheat* \_\_\_\_\_  
\_\_\_\_\_  
(2 marks)

- ii. Write down the names of **six** food products where cereals are a main ingredient.  
eg. *bread* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
(3 marks)

- d. How will you store cereals before using them?  
\_\_\_\_\_  
\_\_\_\_\_  
(2 marks)

- 6a. Pulses are very important as they give the body \_\_\_\_\_ ,  
\_\_\_\_\_ and \_\_\_\_\_. (1½ marks)

- b. Write down the names of **four** pulses and give the name of a dish (*recipe*) where you may use them.

NAME OF PULSE	DISH WHERE USED
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

(2, 2 marks)

- c. Give the name of a group of people for whom pulses are very important.

\_\_\_\_\_

(1 mark)

- d. i. Before cooking with pulses, it is important:

1. to clean them very well

☐

2. to soak them for a few hours

☐

tick ☒ near the correct answer.

3. to dry them very well

☐

(1 mark)

- ii. Why is this necessary?

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

- 7 a. Your friend uses this recipe to prepare Shortcrust Pastry. Change **three** of the ingredients to make the recipe healthier.

Ingredients	Healthier Ingredients
200g plain flour	
50g lard	
50g saturated margarine	
1 teaspoon salt	
6-8 tablespoon water	

(1½ marks)

- b. Match column A to column B to write the method for making Shortcrust Pastry.

Column A		Column B
i. Measure		the margarine into the flour
ii. Sift		the dough lightly
iii. Rub		enough water to make a soft dough
iv. Add		all the ingredients well
v. Knead		the dough to rest before using
vi. Leave		the flour

(3 marks)

- c. List **six** pieces of equipment your friend would need to prepare the pastry, also write down why she would need them.

Equipment	Correct Use
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

(3, 6 marks)



- d. Name **two** healthy sweet and **two** healthy savoury dishes that your friend can prepare with short crust pastry.

**Sweet:** • \_\_\_\_\_ • \_\_\_\_\_

**Savoury:** • \_\_\_\_\_ • \_\_\_\_\_ (2 marks)

- 8a. Fill in the blanks with the correct word/s from the list below.

table manners	milk drinks	waiting	meals	diet
table	water	sweets	enjoyable	chocolates
family members	example	fresh fruit	soft drinks	

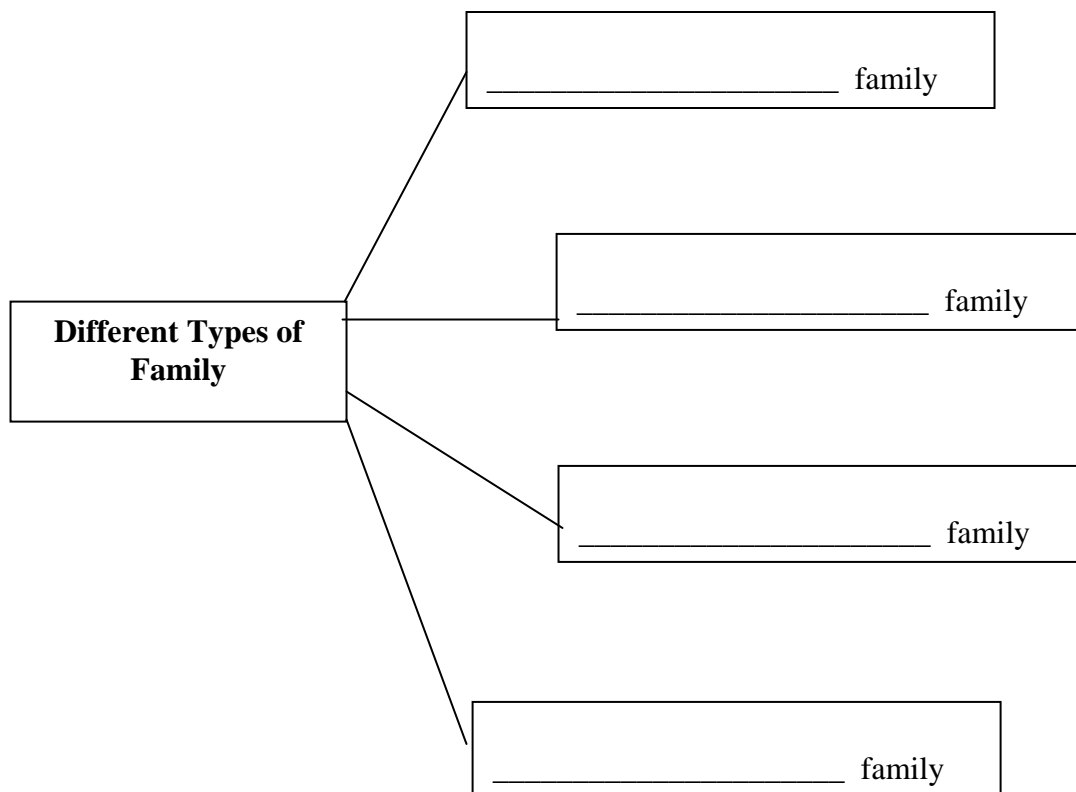
- i. Try not to keep children \_\_\_\_\_ for their meals.
- ii. Provide a well balanced \_\_\_\_\_ .
- iii. Parents and carers must set a good \_\_\_\_\_ by eating healthy meals themselves.
- iv. Give \_\_\_\_\_ instead of \_\_\_\_\_ and \_\_\_\_\_ as snacks.
- v. Provide children with \_\_\_\_\_ and \_\_\_\_\_ instead of \_\_\_\_\_ when they get thirsty.
- vi. Introduce good \_\_\_\_\_ as early as possible.
- vii. Meal times should be \_\_\_\_\_ and offer an opportunity for \_\_\_\_\_ to meet together.
- viii. Encourage young children to sit at the \_\_\_\_\_ with the family for their \_\_\_\_\_ . (7 marks)

- b. Pregnant mothers must be very careful not to harm (*hurt*) their unborn babies. Write down **three** factors (*things*) which can harm the unborn baby.

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

(3 marks)

- 9a. Complete the diagram:



(4 marks)

- b. The family must provide for the different needs of its members.  
Write down **six** needs which family members have.  
*The first one has been done for you.*

**Needs**

- i. eg: the need for love and affection
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_
- vii. \_\_\_\_\_
- vii. \_\_\_\_\_

(6 marks)

- c. A family, with two teenage children, have gone to live in a new house. Suggest how they can make new friends.

**The parents:**

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

(2 marks)

**The teenage children:**

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

(2 marks)