

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2011
 DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
 Educational Assessment Unit

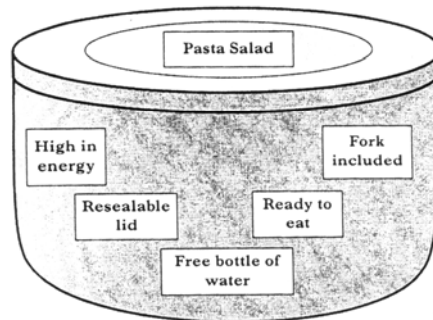
FORM 5 **HOME ECONOMICS** **TIME: 1h 45min**

Name: _____ Class: _____

Section A

Answer all the Questions

1. A fifteen year old bought a pasta salad to eat after he finishes playing football. Study the information given about the chosen snack and answer the questions that follow.



- a. List the benefits of the features given.
 (The first one has been done for you)

Features:

- free bottle of water
- _____
- _____
- _____
- _____

Benefits:

- a healthy drink is provided
- _____
- _____
- _____
- _____

(4 marks)

- b. Draw a symbol that could be found on a food container to indicate that the manufacturer cares for the environment and explain what it means.

<p>Symbol</p>	<p>Explanation: _____</p> <p>_____</p> <p>_____</p>
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(1, 2 marks)

2. A family with three young children live on a low income. One child is hyperactive and another has a nut allergy. The mother works part-time outside the home. The family want to try a new breakfast cereal.

Study the information about breakfast cereals below and answer the questions that follow:

Information about breakfast cereals		
A	B	C
<p>Preparation: Serve with hot milk</p> <p>Artificial additives: Colouring E102</p> <p>Ease of opening: Easy</p> <p>Best before: End July 2011 Free recipe booklet Resealable pack</p>	<p>Preparation: Serve with chilled milk</p> <p>Artificial additives: None</p> <p>Ease of opening: Very easy</p> <p>Best before: End March 2011 On special offer</p>	<p>Preparation: Measure. Mix with water. Simmer 8 mins.</p> <p>Artificial additives: None</p> <p>Ease of opening: Difficult</p> <p>Best before: End February 2012 May contain nut traces</p>

- a. i. Choose the most suitable breakfast cereal for the family.

Breakfast Cereal _____ (1 mark)

- ii. Give **three** reasons for your choice.

- _____

- _____

- _____

(2, 2, 2 marks)

b. Suggest **two** reasons why it is important to start the day with a good breakfast.

Reason (i) _____

Reason (ii) _____

(2, 2 marks)

c. Name **two** foods which could be added to the chosen breakfast cereal to improve its nutritive value and identify **two** nutrients for each food.

Food	Nutrients	
• _____	• _____	• _____
• _____	• _____	• _____

(½, 2, ½, 2 marks)

3a. The following nutrients can be found in a shepherd's pie.

- **Carbohydrates**
- **Proteins**
- **Sodium**
- **Iron**



Write down **one** function of each nutrient.

- **Carbohydrates** _____

- **Proteins** _____

- **Sodium** _____

- **Iron** _____

(4 marks)

- b. i. If you were to serve the shepherd's pie to a person who suffers from high blood pressure, which ingredient would you leave out?

Ingredient _____ (½ mark)

- ii. Suggest another ingredient that you would add to enhance the flavour of the pie.

Ingredient _____ (½ mark)

- c. Suggest **two** accompaniments you could serve with the shepherd's pie. List the nutrients present in each accompaniment.

Accompaniments	Nutrients Present
• _____	_____
• _____	_____

(1, 2 marks)

- 4a. i. Name **two** water soluble vitamins.

_____ (1 mark)

- ii. List **three** guidelines that should be followed when preparing vegetables in order to avoid vitamin loss.

- _____
 - _____
 - _____
- (3 marks)

- b. Explain **two** effects of cooking on vegetables.

- _____
 - _____
- (2 marks)

- c. Suggest **two** cooking methods and explain how they help prevent Vitamin loss.

Cooking method (1) _____

Explanation _____

(1/2, 1 mark)

Cooking method (2) _____

Explanation _____

(1/2, 1 mark)

Section B

Answer all the Questions

- 5a. The CINDI Dietary Guidelines suggest that babies should be breastfed during the first year of life.

Write down **three** advantages of breastfeeding a baby.

(an example has been done for you)

Advantages:

i. *Breastmilk is always at the correct temperature.*

ii. _____

iii. _____

iv. _____

(3 marks)

- b. i. It has been found that children who are obese (very overweight) usually lack exercise and do not eat healthy food.

List **two** CINDI Dietary Guidelines which can help prevent obesity.

Guideline i) _____

Guideline ii) _____

(2 marks)

- ii. Choose **one** guideline from b) i) and suggest how it can be put into practice when preparing family meals.

Guideline: _____

Suggestions:

- _____

- _____

- _____

(2, 2, 2 marks)

- iii. Suggest **two** types of exercise that would be suitable for an obese six year old schoolchild.

- _____
- _____

(1 mark)

- 6a. Below is a list of ingredients found in a convenience food. Identify the diet related disease which can be caused by each food by matching Column A with Column B.

	A		B
i.	cheddar cheese		high blood pressure
ii.	bacon		heart disease
iii.	cane sugar		high blood cholesterol
iv.	red meat		Diabetes

(2 marks)

- b. Convenience food have become very popular in meal preparation. List **two** advantages and **two** disadvantages of using convenience food.

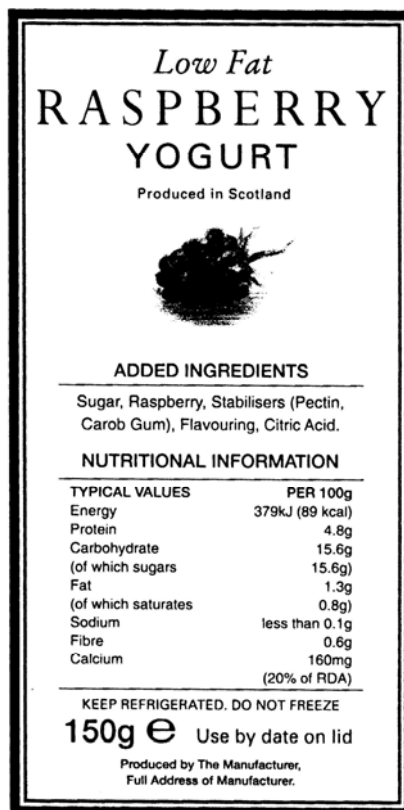
Advantages

Disadvantages

- | | |
|--------------------|--------------------|
| i. _____
_____ | i. _____
_____ |
| ii. _____
_____ | ii. _____
_____ |

(2, 2 marks)

- c. Look carefully at the label and list **four** important pieces of information. Also identify why each piece of information is important.



Information

Importance for Consumer

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

(2, 4 marks)

- d. i. Name **three** different types of packaging materials used in the food industry and give an example of a food packed in it.

Packaging Material	Use
• _____	• _____
• _____	• _____
• _____	• _____

(1½, 1½ marks)

- ii. As a green consumer, what must you keep in mind when choosing packaging materials to make sure that they cause the least harm to the environment?

- _____
- _____

(2 marks)

7. Freezing is a method of storing food for a long time.

- a. Name **six** foods / dishes which freeze well.

- | | | |
|-----------|-----------|------------|
| i. _____ | ii. _____ | iii. _____ |
| iv. _____ | v. _____ | vi. _____ |

(3 marks)

- b. Write down **two** rules you would follow when freezing food at home.

(an example has been done for you)

RULES

- i. *Make sure food to be frozen is really fresh.*

- ii. _____

- iii. _____

(2, 2 marks)

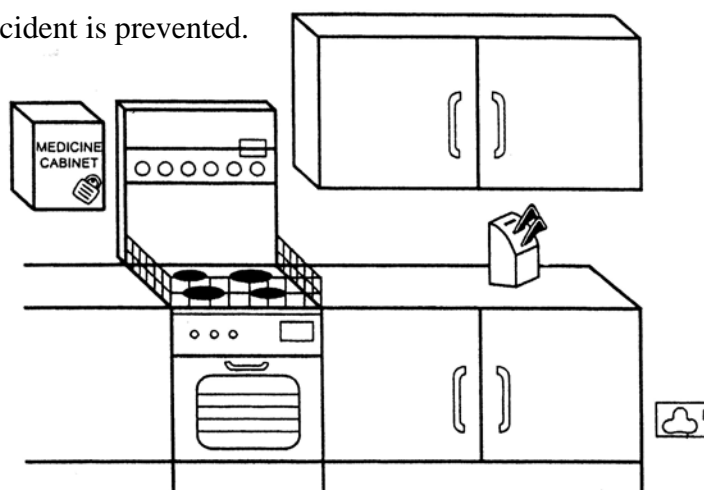
c. The foods listed below do not freeze well. What happens when they are frozen?

Unsuitable for freezing	What happens when frozen.
Bananas	•
Whole Eggs	•
Mayonnaise	•
Whole Tomatoes	•

(4 marks)

8a. Below is the kitchen of a family with young children. Find **three** safety features which ensure that young children do not have accidents.

Also write down how the accident is prevented.



Safety Feature	How Accident is Prevented
• _____	• _____
• _____	• _____
• _____	• _____

(3, 3 marks)

- b. Hygiene is very important in the kitchen.
List **two** kitchen hygiene rules and explain why each rule is important.

Hygiene Rule 1: _____

Importance: _____

(1, 2 marks)

Hygiene Rule 2: _____

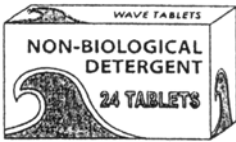
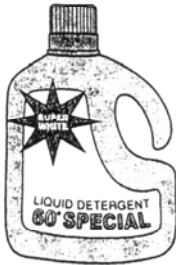
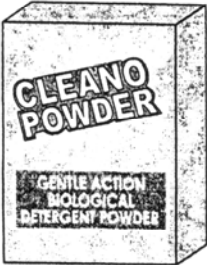
Importance: _____

(1, 2 marks)

- 9a. A parent needs to buy a detergent for washing the baby's clothes. The detergent must be:

- easy to measure
- suitable for sensitive skin
- suitable for washing at low temperatures
- leaves clothes soft

Look at the information below.

Information about detergents		
A	B	C
 <p>WAVE TABLETS NON-BIOLOGICAL DETERGENT 24 TABLETS</p> <ul style="list-style-type: none"> • Tablets • Non-biological • Fragrance free • Built in softener • Use from 30°C–90°C 	 <p>SUPER WHITE LIQUID DETERGENT 60'S SPECIAL</p> <ul style="list-style-type: none"> • Liquid detergent • Biological • Forest fragrance • Built in softener • Best results from 60°C 	 <p>CLEANO POWDER GENTLE ACTION BIOLOGICAL DETERGENT POWDER</p> <ul style="list-style-type: none"> • Powder detergent • Biological • Ocean fragrance • Co-ordinating softener available • Use from 40°C–90°C

- i. Which detergent do you think is the best choice?

Detergent

(1 mark)




- ii. Give **two** reasons for your choice of detergent.

Reason 1

Reason 2

(2, 2 marks)

- b. The following symbols were found on a care label. What does each symbol mean?

A	B	C
		

Symbol A

Meaning:

Symbol B

Meaning:

Symbol C

Meaning:

(1, 1, 1 marks)