

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2010

Directorate for Quality and Standards in Education
Educational Assessment Unit

FORM 4 **HOME ECONOMICS** **TIME: 1h 30min**

Name: _____ Class: _____

Section A

Answer all the Questions

1. Study the following information about spreads.

Information about Spreads						
Nutritional value per 100g						
	<i>Energy</i> (kJ)	<i>Protein</i> (g)	<i>Carbohydrates</i> (g) (Sugar)	<i>Total fat</i> (g)	<i>Saturated fat</i> (g)	<i>Sodium</i> (g)
A	1590	0.25	1.2	39.0	13.0	0.6
B	3000	0.1	1.1	80.6	15.3	0.8
C	2775	nil	nil	75.0	27.0	1.0
D	1510	0.1	1.0	38.0	9.3	0.6

a. Choose the most suitable spread for:

- **an officer worker** Spread
 - **a builder**
- (1 mark)

b. Give a reason to justify your choice.

- **Office Worker**
Reason _____
_____ (1 mark)
- **Builder**
Reason _____
_____ (1 mark)

c. Which **two** spreads contain the least amount of protein and carbohydrates?

- **Spread**
 - **Spread**
- (1 mark)

d. Which role do the following nutrients play in the diet?

• **Protein** _____

• **Carbohydrates** _____

(2 marks)

e. Other than spreads, give **two** food sources for the following:

Saturated fat

Food Source

• _____ • _____

(1 mark)

Unsaturated fat

Food Source

• _____ • _____

(1 mark)

f. Besides following a healthy diet, state **two** lifestyle changes a person could make to improve health.

Lifestyle change

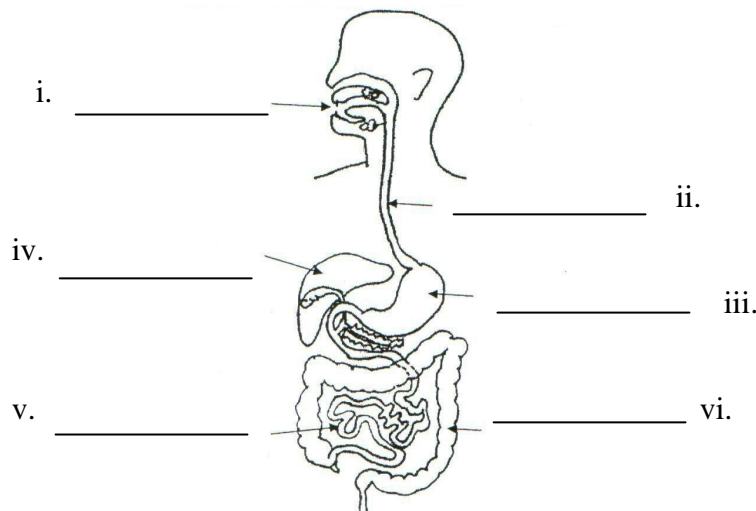
i. _____

Lifestyle change

ii _____

(1 mark, 1 mark)

2a. Label the parts of the human digestive system marked with an arrow.



(3 marks)

b. During digestion food is broken down mechanically by:

- chewing
- chopping
- slicing

Tick the correct answer

(1 mark)

c. This takes place in the:

- pancreas
- stomach
- mouth

Tick the correct answer

(1 mark)

d. Chewed food is pushed down into the:

- kidneys
- intestines
- oesophagus

Tick the correct answer

(1 mark)

e. The acid present in the stomach helps to:

- release energy
- break down the food
- protect the stomach

Tick the correct answer

(1 mark)

f. The absorption of the nutrients takes place in the:

- pancreas
- bloodstream
- small intestines

Tick the correct answer

(1 mark)

g. In the large intestines, undigested food absorbs:

- blood
- water
- nutrients

Tick the correct answer

(1 mark)

3a. List **three** dietary guidelines that should be considered when planning meals for a person with coronary heart disease.

Dietary Guidelines

- _____
- _____
- _____

(3 marks)

b. Explain how a person's food choices may be affected by.

- **Dietary needs**

(2 marks)

- **Economic factor**

(2 marks)

4. Vegetarians need to choose their food carefully.

a. Look at the list below and tick (✓) **two** foods a lacto-vegetarian should avoid.

beef sausages		broccoli	
milk		ham	
oranges		peas	

(1 mark)

b. Explain why vegetarian meals should be planned well.

- _____
- _____

(2 marks)

c. What factors should be considered when planning meals for vegetarians?

- _____
- _____
- _____

(3 marks)

5. Maria wants to prepare a sponge cake for her son's birthday.

a. Name the cake-making method Maria would use to make the sponge.

Name of cake making _____ (½ mark)

b. Name the labour-saving equipment that could be used to make the sponge.

Labour-saving equipment _____ (½ mark)

c. List the basic steps to make a sponge.

- _____
- _____
- _____
- _____
- _____
- _____

(3 marks)

d. Suggest **four** healthy ingredients that could be used to decorate the sponge cake.

Healthy ingredients

- _____
- _____
- _____
- _____

(2 marks)

e. Explain the following term that is used in making the sponge cake.

Ribbon texture _____

(2 marks)

Section B

6a. From the dishes mentioned below, underline **three** healthy dishes to serve as a main course to a sixteen-year old teenager keeping in mind the **CINDI Dietary Guidelines**.

Chicken Risotto
Fried Burger with chips
Stuffed chicken breast served with mixed vegetables
Fried fish and chips
Baked macaroni and a salad

(3 marks)

b. Name **three CINDI Dietary Guidelines** which are met when choosing the above dishes.

CINDI Dietary Guidelines	
•	
•	
•	

(3 marks)

c. Identify **four** factors which can influence a teenager's choice of food.

Factors

- eg *peer pressure* _____
- _____
- _____
- _____
- _____

(2 marks)

7a. Name **two** types of meat and their animal source.

Healthy Ingredients	Animal Source
eg <i>chicken breast</i>	eg <i>poultry</i>
• _____	• _____
• _____	• _____

(2 marks)

b. Write if these statements are **True** or **False**?

	Statements	True or False
i.	Red Meat is rich in calcium	
ii.	Chicken breast is high in fat	
iii.	Liver is rich in iron	
iv.	Pork is rich in vitamin B	

(4 marks)

c. Which type of meat would you buy for a person with high cholesterol level?

- Liver
- Red Meat
- Chicken breast

Tick the correct answer

(1 mark)

Give a reason to justify your choice.

Reason _____

(2 marks)

d. Which of these cooking methods help to reduce the amount of fat in meat?

- Deep Frying
- Grilling
- Stewing
- Dry frying

Tick the correct answer

(2 marks)

e. How should meat be stored safely at home?

(2 marks)

8. A young couple is planning to buy a cooker for their new kitchen.
a. What type of cooker would you suggest for them to buy:
An electric or a gas cooker?

_____ (1 mark)

Give **one** reason to justify your choice.

Reason _____

(2 marks)

- b. The following models are available on the market:

- Free-standing
- Built-in

Which **one** would you suggest?

_____ (1 mark)

Give **one** reason to justify your choice.

Reason _____

(2 marks)

- c. The following features can be included in cookers.

- Self-ignition
- Bulb in the oven
- Timer
- Self clean panels in the oven

Give **one** reason to explain the importance of **two** the above features.

Feature i _____

Feature ii _____

(2 marks)

- d. Suggest **four** ways how this couple could save on fuel when using the cooker.

- _____
- _____
- _____
- _____

(4 marks)

9a. Which shopping facility will you choose for a:
• family with three children where both parents work and have a car?

supermarket

online shopping

a small grocery shop

Tick the correct answer

(1 mark)

b. Give **two** advantages and **two** disadvantages of the shopping facility chosen.

Advantages: • _____
• _____

Disadvantages: • _____
• _____

(4 marks)

c. Consumers can be influenced by different marketing schemes.
Name **three** types of these marketing schemes.

eg. *Money Vouchers*

- _____
- _____
- _____

(3 marks)

d. List **four** rules that help consumers shop wisely.

Rules

eg. *buy only what is really needed.*

- _____
- _____
- _____
- _____

(4 marks)

10. Every citizen should try to safeguard the environment by practising the **FIVE R'S**.

a. Name **two** of these **R'S**.

eg. Reduce • _____ • _____

(1 mark)

b. Suggest **two** ways how one can start **Going Green** when:

Washing Clothes

eg. *use cold water detergent.*

- _____
- _____

Heating the house

eg. *have curtains with thermal lining.*

- _____
- _____

Using the bathroom

eg. *install solar water heating system.*

- _____
- _____

(2marks, 2marks, 2 marks)

11. A couple both in their early eighties, live in their own home. The wife has just had a knee replacement operation.

a. Suggest **three** ways how their home can be adapted to suit the needs of this elderly person.

eg. *Make space to use a walking frame.*

- _____
- _____
- _____

(3 marks)

b. Identify **three** support services available for the elderly that could be of help to this couple.

Support Services

eg. *Community nurse.*

- _____
- _____
- _____

(3 marks)

c. Give advice on the safe precautions this couple should take when making use of the: **Bathroom**

eg. *Grab rails should be installed in the shower.*

- _____
- _____

(2 marks)