

FORM 1

HOME ECONOMICS




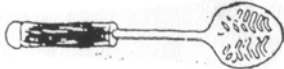


TIME: 1h 30min

Name: _____

Class: _____

Answer all questions

- 1a. Write down the correct name and use of the kitchen utensils shown below.
 (The first one has been done for you)

	Correct Name	Correct Use
	Whisk	To whisk egg whites
	• _____	• _____
	• _____	• _____
	• _____	• _____
	• _____	• _____
	• _____	• _____

(10 marks)

- b. Write down the correct number next to the kitchen utensils to show the order you would follow when doing the washing-up.
 (The first one has been done for you)

	an oven dish used to bake pasta
1	some glasses
	a saucepan used to boil pasta
	cutlery
	some plates

(4 marks)

2a. Fill-in the table below.

Cooker Part	Food / Dishes
Hob	• _____ • _____
• _____	• toast bread • _____
• _____	• _____ • bake a pie

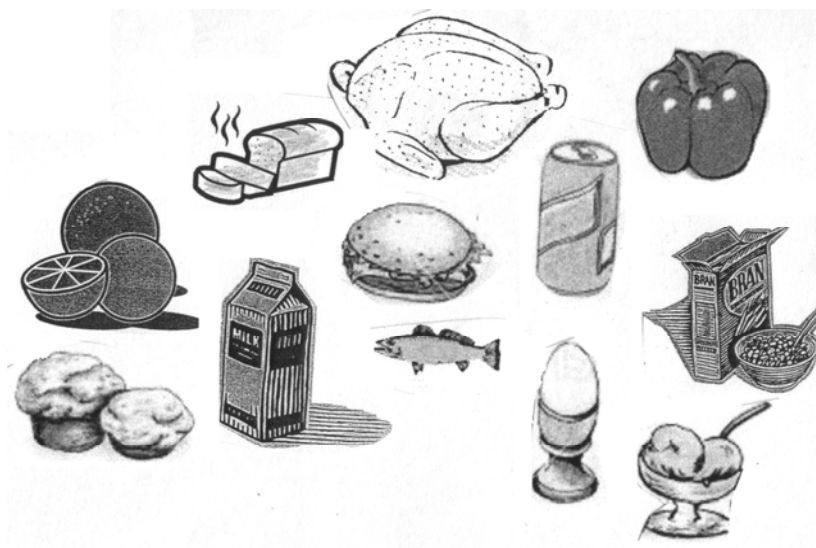
(6 marks)

b. Match Column A to Column B
(The first one has been done for you)

Column A		Column B	
i.	Be careful, as steam		away from the cooker.
ii.	Use an oven glove		then turn on gas supply.
iii.	Keep curtains		if children are around.
iv.	The flame on a gas cooker		to take food out of the oven.
v.	Use a cooker guard		must be smaller than the saucepan.
vi.	Pan handles	i	can scald you.
vii.	Always light match first		must be placed to the side.

(6 marks)

3.



a. From the foods listed above find:

i. **Four** foods we should **Eat Most**.

(2 marks)

ii. **Four** foods we should **Eat Moderately**.

_____	_____
_____	_____

(2 marks)

iii. **Four** foods we should **Eat Least**.

_____	_____
_____	_____

(2 marks)

b. Choose **four** foods you could use as a snack for yourself.

_____	_____
_____	_____

(4 marks)

c. One of the CINDI Dietary Guidelines suggests we eat less animal fats.

Write down how you can eat less animal fat.

(An example has been done for you)

Example 1: *Use a light yoghurt.*

Example 2: _____

Example 3: _____

Example 4: _____

(2, 2, 2 marks)

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

diverticulitis	wholemeal	cakes	fresh fruit
plant	brown pasta	wholegrain	pulses
nuts	constipation	dietary fibre	brown rice

N.S.P., also known as _____ is very important for the prevention of _____ and _____. N.S.P. is found only in _____ foods. To add more N.S.P. to our diet, we could replace white flour with _____ flour when preparing pastry or _____. Also when preparing pasta and rice dishes, we should use _____ and _____. The use of _____ breakfast cereals is also important in our diet. Other good sources of N.S.P. are _____, _____ and _____.

(12 marks)

- 5a. Continue the following sentences.

- Fresh fruit can help prevent constipation as it is a very good source of _____.
- Fresh fruits are important in our diet as they contain no _____.
- Fresh fruit can be added to _____ at breakfast time.
- Fresh fruit can be eaten as a _____ while watching T.V. or when _____.
- Canned fruit must be avoided as it is very rich in _____.



(6 marks)

- b. Name **four** fruits you could use to prepare a fresh fruit salad.

• _____ • _____ • _____ • _____

(2 marks)

- c. Write the names of **two** fresh fruit drinks and **two** fresh fruit desserts.

Fresh Fruit Drinks		Fresh Fruit Desserts	
<ul style="list-style-type: none"> _____ _____ 		<ul style="list-style-type: none"> _____ _____ 	

(2, 2 marks)

6. You will be preparing some muffins (buns) for teatime.

- a. Name the equipment you would use to:



- i. weigh the sugar: _____
- ii. sift the flour in: _____
- iii. mix the ingredients in: _____
- iv. beat the egg with: _____
- v. bake the muffins in: _____
- vi. check if muffins are cooked: _____
- vii. cool muffins after baking: _____

(7 marks)

- bi. To prepare muffins at school you used the:

Rubbing-in method

☐

Creaming method

☐

Tick

X

near the correct answer

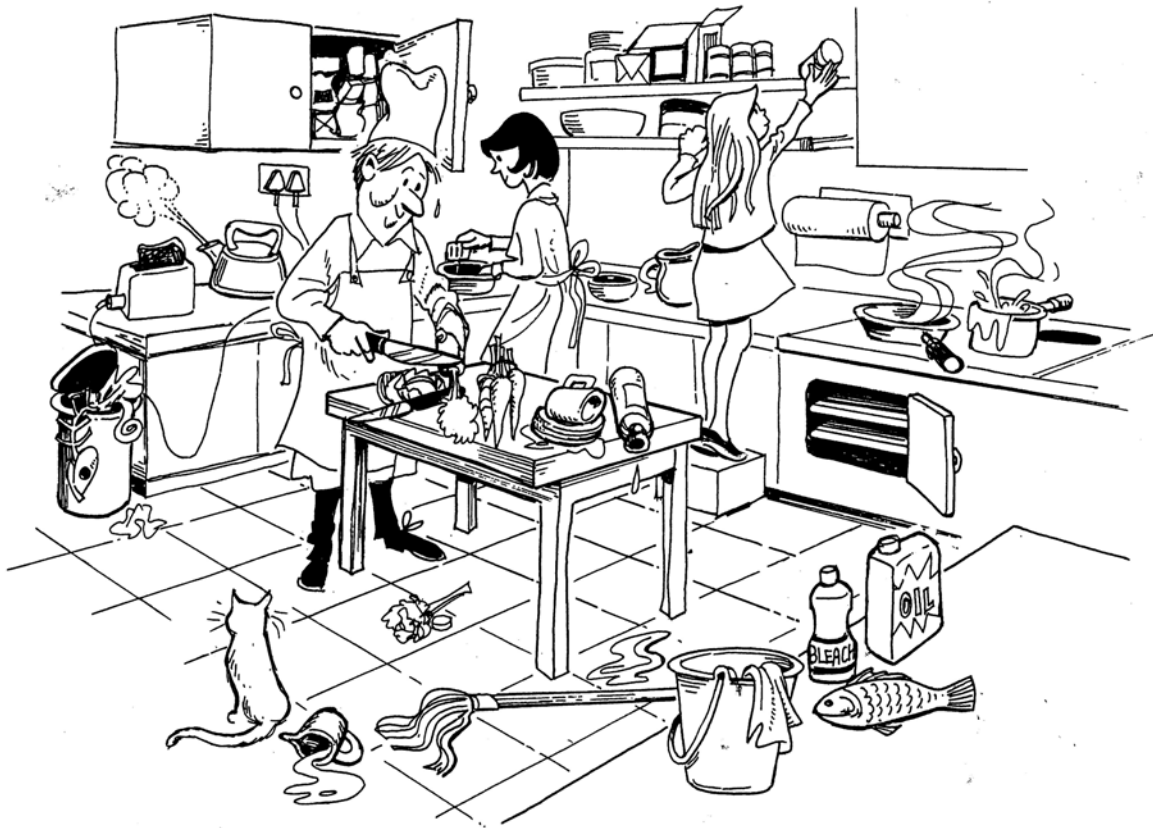
Whisking method

☐

(1 mark)

7. The family in the picture below do not follow safety and hygiene rules.

a. Mark with an **X** ten rules which are being broken.



(5 marks)

bi. Find **four** possible accidents which may happen in this kitchen.
(an example has been done for you)

Possible Accidents

- Someone may fall over the mop.

- _____
- _____
- _____

(2, 2, 2 marks)

- ii. Choose **one** of the possible accidents you have listed in question bi) and suggest how it can be prevented.

Possible Accident: _____

Prevention: _____

(2 marks)