



FORM 3

HOME ECONOMICS

TIME: 1h 45min

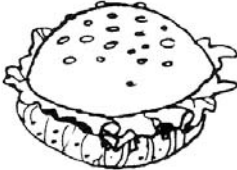
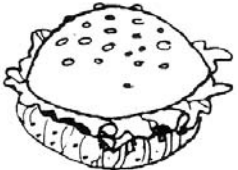
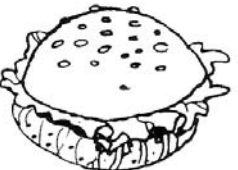
Name: _____

Class: _____

Section A

Answer all the Questions

1. Beef burgers are popular with teenagers.
 Study the table below:

		
A	B	C
21.3 g fat	18.3 g fat	23.8 g fat

- a. i. Which beef burger would you choose?

Tick ☒ near the correct answer.

A ☐

B ☐

C ☐

(½ mark)

- ii. Give **one** reason for your choice of burger.

• _____
 _____ (2 marks)

iii. Beef burgers are usually rich sources of:

Tick ☒ near the correct answer.

polyunsaturated fat ☐

monounsaturated fat ☐

saturated fat ☐

(1 mark)

iv. Why is it better to avoid this type of fat?

 _____ (2 marks)

v. Eating beef burgers frequently could contribute to:

Tick ☒ near the correct answer.

diabetes ☐

heart disease ☐

constipation ☐

(1/2 mark)

b. i. Suggest a healthy method of cooking beef burgers.

Name of cooking method: _____ (1 mark)

ii. Give **one** reason for your answer.

• _____
 _____ (2 marks)

c. i. Home made burgers could be a healthy alternative to ready made burgers. Identify **two** ingredients you could use to make burgers to improve their nutritive value.

Ingredient 1: _____ **Ingredient 2:** _____

(1/2, 1/2 mark)

ii. Explain how these ingredients contribute to the improvement.

- _____

- _____

(2, 2 marks)

2. Complete the chart below.
(The first one has been done for you).

Nutrient	Uses	Examples of Good Sources
<i>Protein</i>	<i>Needed for growth and repair of cells</i>	<ul style="list-style-type: none"> • <i>Meat</i> • <i>Nuts</i>
_____	Needed for strong bones and teeth	<ul style="list-style-type: none"> • _____ • _____
Iron	<ul style="list-style-type: none"> • _____ 	<ul style="list-style-type: none"> • Cereals • Liver
_____	Provides energy and protects internal organs	<ul style="list-style-type: none"> • _____ • Olive oil
Vitamin C	<ul style="list-style-type: none"> • _____ 	<ul style="list-style-type: none"> • _____ • _____
_____	Helps in the absorption of calcium and phosphorus	<ul style="list-style-type: none"> • Action of sunlight • Oily fish

(10 marks)

3. Dairy products are widely used in meal preparation.

a. List **four** examples of dairy products.

• _____ • _____ • _____ • _____ (2 marks)

b. Identify **one** type of milk suitable for the following groups of people.

a five year old child

a teenager who is intolerant to milk

an elderly person who has a heart condition

(3 marks)

c. Suggest ways of including dairy products when preparing:

Breakfast:

- _____
- _____
- _____

Mid-Morning Snack:

- _____
- _____
- _____

(3, 3 marks)

d. List **three** main nutrients of dairy products.

Nutrient 1: _____

Nutrient 2: _____

Nutrient 3: _____

(3 marks)

e. Why is the **USE BY** date found on dairy products useful to the consumer?

_____ (2 marks)

Section B

- 4a. i. Write down the **three** main ingredients you would need to prepare some Short Crust Pastry.

200g

100g

4tbsp.

(3 marks)

Tick ☒ near the correct answer to the questions that follow:

- ii. Which type of flour would you choose to add fibre to the pastry?

plain flour ☐

corn flour ☐

wholemeal flour ☐

(1 mark)

- iii. Which type of margarine would you choose to follow the CINDI Dietary Guidelines?

polyunsaturated margarine ☐

monounsaturated margarine ☐

saturated margarine ☐

(1 mark)

iv. When making Short Crust Pastry, we should use:

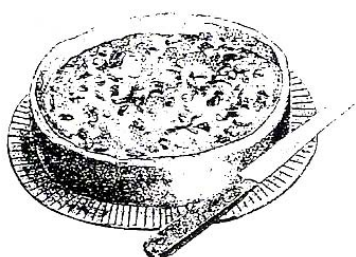
boiling water ☐

warm water ☐

cold water ☐

(1 mark)

b. Below is a list of ingredients you would need to prepare a savoury flan.



Suggest healthier ingredients you could choose instead.

Ingredients		Healthier Ingredients
100g cheddar cheese	⇒	_____
100g streaky bacon	⇒	_____
300ml milk	⇒	_____
½tsp salt	⇒	_____

(4 marks)

c. Name **three** other dishes which can be made with Short Crust Pastry.

(The first one has been done for you).

- *eg. Meat pie*
- _____
- _____
- _____

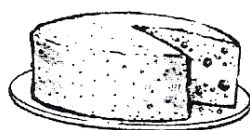
(3 marks)

- d. Match column A to column B to determine rules for making good Short Crust Pastry.

	A		B
i.	Weigh all ingredients		as little as possible.
ii.	All the ingredients		before using it.
iii.	Sift the flour		in a pre-heated oven.
iv.	Handle the pastry		carefully.
v.	Leave the pastry to rest		to add air to the pastry.
vi.	Roll out pastry with		must be cool.
vii.	Always bake		light, even strokes.

(6 marks)

- 5a. i. Write down the name of a cake or some buns you have prepared in class.



Name of cake or buns: _____ (1 mark)

- ii. To prepare the cake or buns you have used the:

(Tick ☒ near the correct answer).

rubbing-in method of cake-making ☐

all-in-one method of cake-making ☐

whisking method of cake-making ☐

(1 mark)

- b. In brief, write down the steps you would follow to prepare the cake or buns.
(The first step has been done for you).

i. Weigh and measure all the ingredients.

ii. _____

iii. _____

iv. _____

v. _____

vi. _____

(5 marks)

- c. i. At what oven temperature would you bake the cake or buns?

Gas Mark _____ or _____ °C

(1 mark)

- ii. To check if the cake or buns are cooked we use a:

(Tick ☐ near the correct answer).

Fork ☐

Palette Knife ☐

Scewer ☐

(1 mark)

- d. To store cakes for future use, we should store in:

(Tick ☐ near the correct answer).

the freezer ☐

an air-tight cake tin ☐

the food cupboard ☐

(1 mark)

6a. Choose the correct family type from the given list.

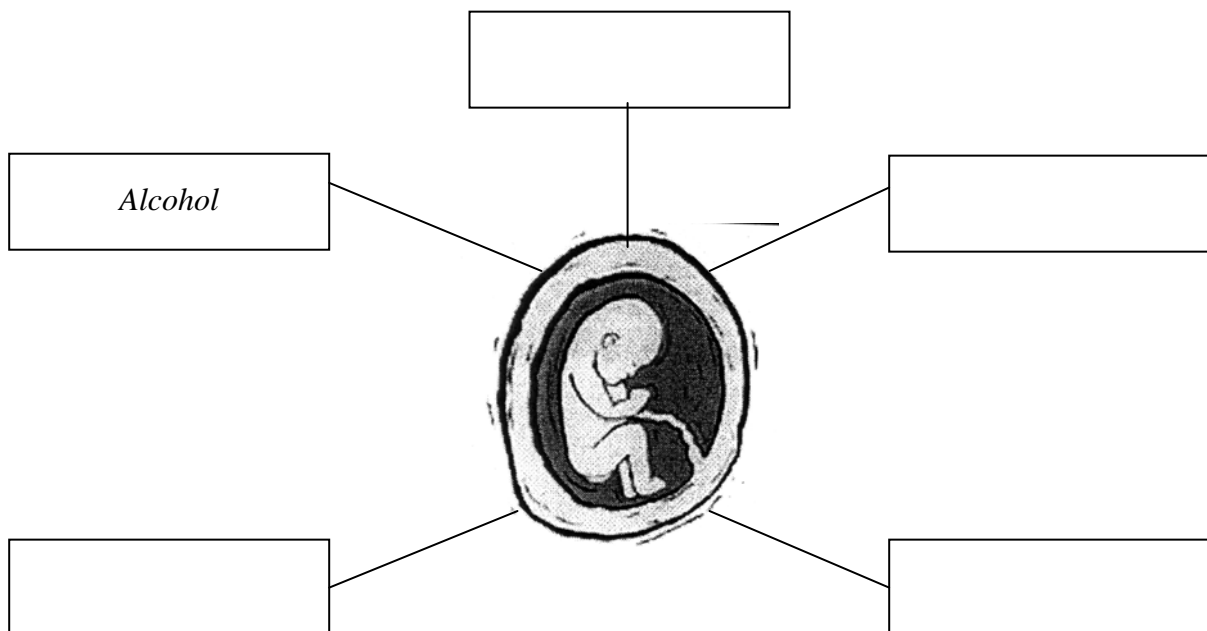
single-parent	adoptive	nuclear
extended	foster	

i.	family	⇒	Children living with both parents.
ii.	family	⇒	Children, parents and grandparents living together.
iii.	family	⇒	Children living with one parent.
iv.	family	⇒	Children living in a family for a short while until a family problem is sorted out.
v.	family	⇒	Children are not born into this family but still have the same surname.

(5 marks)

b. Name **four** factors which can harm the unborn child.

(The first one has been done for you).



(4 marks)

- c. Suggest **two** examples how parents can help children to develop:
(Examples have been done for you).

Socially:

- *Allow them to visit other children.*
- _____
- _____ (2, 2 marks)

Physically:

- *Allow them to exercise regularly.*
- _____
- _____ (2, 2 marks)

- 7a. i. Look carefully at the picture and mark with an **X** **six** kitchen hygiene rules which are not being followed.



(3 marks)

- ii. Write down **three** kitchen hygiene rules you would follow when preparing family meals.

(The first one has been done for you).

- *Wash hands before you touch food.*
- _____
- _____
- _____ (3 marks)

- b. Write down **two** hygiene rules you should follow when shopping for food:
(Examples have been done for you).

Buying the food:

- *Make sure the packets are not damaged.*
- _____
- _____ (2, 2 marks)

Storing the food:

- *Wipe all tins before placing in food cupboard.*
- _____
- _____ (2, 2 marks)