

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2008
Educational Assessment Unit – Education Division

Form 5

HOME ECONOMICS

TIME : 1hr 45 mins

Name: _____

Class: _____

1. Alison and Peter would like to borrow money from a local bank to buy their first home.

a. What is this type of loan called?

_____ (1 mark)

b. In brief, write down the procedures they have to follow in order to obtain the loan.

- _____
- _____
- _____
- _____
- _____
- _____ (6 marks)

c. Explain **two** advantages of owning your own house.

- _____
- _____
- _____ (4 marks)

d. Alison and Peter are both environmentally conscious and they want to economise on fuel use in their home.

Suggest **four** ways how this can be made possible.

- _____
- _____
- _____
- _____ (4 marks)

2. Some families may find it difficult to budget their income to meet their needs.

Suggest how they can meet these needs when:

a. **shopping for food**

- _____
- _____
- _____
- _____ (4 marks)

b. **choosing cheaper protein food**

- _____
- _____
- _____
- _____ (4 marks)

c. **cooking economically**

- _____
- _____
- _____
- _____ (4 marks)

3. When following a slimming diet, some people also reduce their intake of essential nutrients such as iron, calcium and vitamin B.

- a. Discuss how these three nutrients contribute to a healthy diet.

Iron: _____

Calcium: _____

Vitamin B group: _____

(6 marks)

- b. State how a shortage of each nutrient could lead to health problems.

Iron: _____

Calcium: _____

Vitamin B: _____

(3 marks)

- c. Suggest a day's meals for a teenager who is trying to lose weight but at the same time still needs to include all the essential nutrients.

Breakfast • _____

• _____

• _____

Mid-day Break • _____

• _____

• _____

Evening Meal • _____

• _____

• _____

(4 ½ marks)

- d. Indicate which foods in your menus provide iron, calcium and vitamin B.

Iron

Calcium

Vitamin B

• _____ • _____ • _____

• _____ • _____ • _____

(3 marks)

4. School lunches need to be prepared with care.

a. List **four** rules you would consider when planning a school lunch.

- _____
- _____
- _____
- _____ (4 marks)

b. Plan a nutritious lunch for a six-year old school child.

Justify your choice of dishes.

Packed Lunch

Reasons for Choice

- | | |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
- (1 ½, 3 marks)

5. Fish is high in protein and can be used in many different ways.

a. Name **two** other nutrients that are found in fish.

Also give their function in the body.

Nutrient (i)

Function

Nutrient (ii)

Function

(½, ½, 1, 1 mark)

b. List **four** important points you would look for when buying fresh fish.

- _____
- _____
- _____
- _____ (4 marks)

- c. Name the **three** classes of fish, giving **two** examples of each.

Class	Example (i)	Example (ii)
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____

(4½ marks)

- d. Suggest **three** different ways how fish could be served to improve its flavour and appearance.

- _____
- _____
- _____ (3 marks)

- e. Why is fish often coated before being cooked?

- _____
- _____ (2 marks)

- f. Identify **three** groups of people for whom fish is particularly suitable. Give reasons for your answer.

Groups of People	Reason
• _____	• _____
• _____	• _____
• _____	• _____

(1 ½, 3 marks)

- g. Give **two** ways how technology has helped to increase the selection of fish available in the shops.

- _____
- _____ (2 marks)

6. Advertising is one way how manufacturers communicate with consumers.

a. Name **six** different forms of advertising.

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

(3 marks)

b. Advertising can be misleading.

Suggest **two** ways how the consumer can avoid being misled when shopping.

- _____
- _____

(2 marks)

c. Personal, economic and psychological factors can influence consumer choice. Give **two** examples for each factor.

Personal

- _____
- _____

Economic

- _____
- _____

Psychological

- _____
- _____

(2, 2, 2 marks)

d. You have saved some money to buy a CD player. List points you would consider before making your final choice.

- _____
- _____
- _____
- _____

(4 marks)

7a. Name **two** factors which contribute to increased stress levels.

Factors

- _____
- _____ (2 marks)

b. Identify situations which can cause stress.

- | | |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
- (4 marks)

c. Suggest how a young couple who have a new born baby and who both work outside the home, could prevent stressful situations.

- _____
- _____
- _____
- _____ (4 marks)