

FOR OFFICIAL USE

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Total Marks

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X117/11/01

NATIONAL TUESDAY, 7 MAY
QUALIFICATIONS 1.00 PM – 2.30 PM
2013

HOME ECONOMICS
LIFESTYLE AND
CONSUMER
TECHNOLOGY
INTERMEDIATE 2

Fill in these boxes and read what is printed below.

Full name of centre

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Town

--

Forename(s)

--

Surname

--

Date of birth

Day Month Year

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Scottish candidate number

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Number of seat

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- 1 Try to answer every question in this paper.
- 2 Read the whole of each question carefully before you answer it.
Remember that some questions have an element of choice in them.
The breakdown of Knowledge and Understanding (**KU**), Drawing Conclusions (**DC**) and Evaluation (**EV**) marks are indicated beside each question.
- 3 Write your answers in the spaces provided.
- 4 Additional lines at the end of the booklet can be used if more space is required for answers or if you need to do any rough work.
- 5 Before leaving the examination room you must give this book to the Invigilator. If you do not, you may lose all the marks for this paper.



Marks

1. (a) (i) Identify **two** lifestyle factors which may contribute to coronary heart disease.

Lifestyle factor 1 _____ 1 KU

Lifestyle factor 2 _____ 1 KU

- (ii) Identify **two** dietary factors which may contribute to coronary heart disease.

Dietary factor 1 _____ 1 KU

Dietary factor 2 _____ 1 KU

- (b) State **two** ways a teenager could reduce the risk of osteoporosis.

1 _____ 1 KU

2 _____ 1 KU

- (c) A teenage girl suffers from anaemia.

Taking account of the Dietary Reference Values (DRVs) for females aged 15–18 years, evaluate the suitability of her day's meals.

Dietary Reference Values for females 15–18 years					
Estimated Average Requirements		Reference Nutrient Intake			
<i>Energy</i> (MJ)	<i>NSP</i> (g)	<i>Protein</i> (g)	<i>Vitamin C</i> (mg)	<i>Iron</i> (g)	<i>Sodium</i> (mg)
8.83	18	45	40	14.8	1600

Nutrient content of a day's meals eaten by a teenage girl who suffers from anaemia					
<i>Energy</i> (MJ)	<i>NSP</i> (g)	<i>Protein</i> (g)	<i>Vitamin C</i> (mg)	<i>Iron</i> (g)	<i>Sodium</i> (mg)
7.35	15	58	42	10.0	1800

Marks

1. (c) (continued)

Evaluation 1 _____

1 EV

Evaluation 2 _____

1 EV

Evaluation 3 _____

1 EV

Evaluation 4 _____

1 EV

(d) State **two** benefits of getting enough sleep.

Benefit 1 _____

1 KU

Benefit 2 _____

1 KU

[Turn over

Marks

2. (a) Study the diagram of the top shown below. Explain the importance of **four** of the design features for a cyclist.

Place the numbers **1, 2, 3** and **4** in the boxes to indicate your choice.



Design feature 1 _____

1 KU

Design feature 2 _____

1 KU

Design feature 3 _____

1 KU

Design feature 4 _____

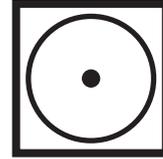
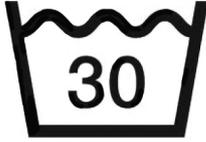
1 KU

2. (continued)

Marks

(b) Explain the meaning of **two** of the following symbols which could be found on the cycling top.

Put the numbers **1** and **2** in the boxes to indicate your choice.



Explanation 1 _____

1 KU

Explanation 2 _____

1 KU

(c) Give **one** advantage and **one** disadvantage of using a store card to pay for the cycling top.

Advantage _____

1 KU

Disadvantage _____

1 KU

[Turn over

Marks

2. (continued)

(d) A cyclist wants to buy a drink to take with him while out training.

Study the information about drinks below and choose the most suitable drink for the cyclist.

Information about drinks			
	Drink A	Drink B	Drink C
Main ingredients	<ul style="list-style-type: none"> • 50% fruit juice • Carbonated water • Sweeteners • Artificial colours 	<ul style="list-style-type: none"> • 45% fruit juice • Water • Sugar • Preservatives 	<ul style="list-style-type: none"> • 55% fruit juice • Water • Glucose • Natural colours
Flavours	3 flavours	2 flavours	3 flavours
Container	Ring pull can	Plastic bottle with resealable cap	Plastic bottle with sports cap
Size	250 mls	1000 mls	500 mls

Tick (✓) **one** of the boxes below to indicate your choice.

Drink A Drink B Drink C

1 DC

Give **three** reasons for your choice.

Reason 1 _____

1 DC

Reason 2 _____

1 DC

Reason 3 _____

1 DC

Marks

3. (a) Parents with a six month old baby and a toddler are going on holiday. They are travelling by train and want to buy a baby carrier for the baby. Evaluate the suitability of **one** of the baby carriers below.

Baby carrier A	Baby carrier B
<ul style="list-style-type: none"> • Lightweight aluminium frame • Backpack style • Adjustable baby seat position • Suitable for 6 months – 3 years • 5-point safety harness • Detachable headrest • Rain hood can be purchased separately 	<ul style="list-style-type: none"> • Wide padded shoulder strap • Baby can face inward or outward • Quick release fastening to secure and release baby • Suitable for 6 months – 2 years • Integral changing mat • Loop for attaching toy • Wipe clean fabric

Place a tick (✓) in **one** of the boxes to indicate your choice.

Baby carrier A Baby carrier B

Evaluation 1 _____

1 EV

Evaluation 2 _____

1 EV

Evaluation 3 _____

1 EV

Evaluation 4 _____

1 EV

3. (continued)

(b) The toddler wants a travel bag of their own for the holiday.

The travel bag must:

- be easy to transport
- hold toys and snacks.

Study the information about children's travel bags below and choose the most suitable for the toddler.

Information about children's travel bags			
	Travel bag A	Travel bag B	Travel bag C
Style	Cross-body style	Barrel style	Backpack style
Handles	Single adjustable cross-body strap	Twin carry handles	Adjustable padded shoulder straps
Colours available	Black only	Spotted and striped designs available	Choice of 3 cartoon characters available
Features	<ul style="list-style-type: none"> • Single large compartment • Matching shoe bag available 	<ul style="list-style-type: none"> • Large main compartment • Interior pocket • Luggage tag 	<ul style="list-style-type: none"> • Large main compartment • Exterior zipped pocket • Drinks bottle included
Fabric	Wipe clean	May be dry cleaned	Machine washable

Tick (✓) **one** of the boxes below to indicate your choice.

Travel bag A Travel bag B Travel bag C

1 DC

Marks

3. (b) (continued)

Give **three** reasons for your choice.

Reason 1 _____

_____ **1 DC**

Reason 2 _____

_____ **1 DC**

Reason 3 _____

_____ **1 DC**

(c) State **two** points of the Sale and Supply of Goods and Services Act 1994.

Point 1 _____

_____ **1 KU**

Point 2 _____

_____ **1 KU**

(d) **Other than nutrition**, state **two** factors which should be considered when feeding young children.

Factor 1 _____

_____ **1 KU**

Factor 2 _____

_____ **1 KU**

4. (a) The owner of a small cafe wants to buy a dishwasher.

Marks

The dishwasher must be:

- environmentally friendly
- able to be used to wash all the cafe equipment.

Study the information about dishwashers below and choose the **most suitable** dishwasher for the cafe.

Information about dishwashers			
	Dishwasher A	Dishwasher B	Dishwasher C
Place settings	12	12	8
Programmes	<ul style="list-style-type: none"> • 5 programmes • Glass wash cycle • 40 minute quick wash 	<ul style="list-style-type: none"> • 7 programmes • Powerwash cycle • 30 minute quick wash 	<ul style="list-style-type: none"> • 7 programmes • Delay start • 45 minute quick wash
Water consumption	13 litres	12 litres	10 litres
Noise level	Low	Low	Medium
Features	<ul style="list-style-type: none"> • Lay-flat cutlery tray • Delay start 	<ul style="list-style-type: none"> • Removable cutlery basket • Adjustable racks 	<ul style="list-style-type: none"> • Fixed cutlery basket • Child safety lock

Tick (✓) **one** of the boxes below to indicate your choice.

Dishwasher A Dishwasher B Dishwasher C

1 DC

Marks

4. (a) (continued)

Give **three** reasons for your choice.

Reason 1 _____

1 DC

Reason 2 _____

1 DC

Reason 3 _____

1 DC

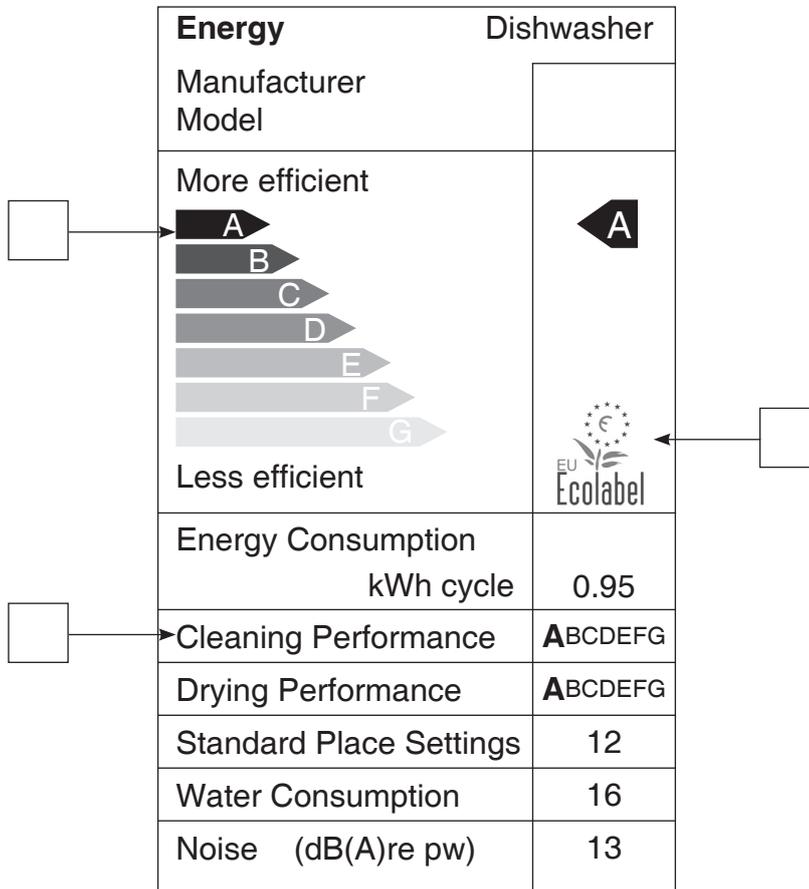
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Marks

4. (continued)

(b) Explain the importance of **two** of the points of information on the following label.

Place the numbers **1** and **2** in the boxes to indicate your choice.



Explanation 1 _____

_____ **1 KU**

Explanation 2 _____

_____ **1 KU**

(c) State **two** ways the cafe owner could reduce energy costs.

1 _____

1 KU

2 _____

1 KU

Marks

4. (continued)

(d) Name **two** high risk foods.

1 _____

1 KU

2 _____

1 KU

(e) State **two** conditions required for bacterial growth.

1 _____

1 KU

2 _____

1 KU

[Turn over

Marks

5. (a) State **two** practical ways a school cafeteria could encourage pupils to increase the amount of fish they eat.

Practical way 1 _____

1 KU

Practical way 2 _____

1 KU

- (b) The school cafeteria staff want to offer a meal deal which will help pupils meet the Scottish Dietary Targets.

Study the information about meal deals shown below and choose the most suitable meal deal for the cafeteria to sell.

Information about meal deals		
Meal Deal A	Meal Deal B	Meal Deal C
<ul style="list-style-type: none"> • Chicken salad wrap • Fruit pot with low fat yoghurt • Fresh fruit juice 	<ul style="list-style-type: none"> • Chicken burger bun • Packet low-fat crisps • Strawberry milkshake 	<ul style="list-style-type: none"> • Cheese and ham ciabatta melt • Toffee muffin • Bottle water

Tick (✓) **one** of the boxes below to indicate your choice.

Meal Deal A

Meal Deal B

Meal Deal C

1 DC

Marks

5. (b) (continued)

Give **three** reasons for your choice.

Reason 1 _____

1 DC

Reason 2 _____

1 DC

Reason 3 _____

1 DC

[Turn over

Marks

5. (continued)

(c) Identify **four** points of information which, **by law**, must be stated on a food label.

Point 1 _____ 1 KU

Point 2 _____ 1 KU

Point 3 _____ 1 KU

Point 4 _____ 1 KU

(d) Name the Act which protects the consumer when buying food.

Act _____ 1 KU

State **one** point of the Act.

Point _____

_____ 1 KU

[END OF QUESTION PAPER]

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