

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2005

Educational Assessment Unit - Education Division

FORM 1

HOME ECONOMICS


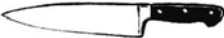





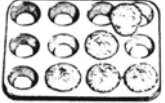




TIME: 1h 30min

NAME: _____

CLASS: _____

Answer all the questions.

1. a) Give the correct name and use of the equipment shown below.

		Correct Name	Correct Use
i)		• _____	• _____
ii)		• _____	• _____
iii)		• _____	• _____
iv)		• _____	• _____
v)		• _____	• _____
vi)		• _____	• _____
vii)		• _____	• _____
viii)		• _____	• _____
ix)		• _____	• _____
x)		• _____	• _____
xi)		• _____	• _____
xii)		• _____	• _____

(6, 6 marks)

- b) From the equipment shown in a), choose **one** piece of equipment which is made of wood, **one** which is made of glass and **one** which is made of metal. Also write down how you would care for each one after you use it.

Wood: Name of Equipment: _____

Care after use: _____

Glass: Name of Equipment: _____

Care after use: _____

Metal: Name of Equipment: _____

Care after use: _____

(2, 2, 2 marks)

2. a) When preparing dishes, it is very important to weigh and measure our ingredients well:

i) To make sure we do not waste food.

ii) To make sure we get good results

iii) To use measuring equipment


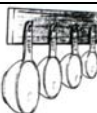



Underline the correct answer.

(1 mark)

- b) The equipment is used to weigh and measure ingredients.

Write the correct name of each piece of equipment and suggest **two** different ingredients which may be measured by each one.

(The first one has been done for you)

		Correct Name	Ingredients
i)		• <u>teaspoon</u>	• <u>herbs</u> • <u>sugar</u>
ii)		• _____	• _____ • _____
iii)		• _____	• _____ • _____
iv)		• _____	• _____ • _____
v)		• _____	• _____ • _____

(4, 4 marks)

3. a) Why do we eat food?

List four uses of food in the body.
(The first one has been done for you)

- i) To satisfy hunger.
- ii) _____
- iii) _____
- iv) _____
- v) _____ (4 marks)

- b) The Nutritional Guidelines help us to decide which foods we should choose to lead a healthy life.
Fill in the blanks with the correct word.

We are being advised to:

eat more _____ foods

increase our _____ intake

reduce the amount of _____ , _____ and _____

in our diet, also to drink more _____ . (3 marks)

- c) Fill-in by choosing examples of typical foods in each food group.

Cereal Foods and Starchy Vegetables

- _____
- _____

Meat and Alternatives

- _____
- _____

Sugary Foods and Drinks

- _____
- _____

Milk and Dairy Products

- _____
- _____

Fruit and Vegetables

- _____
- _____

Fats and Oils

- _____
- _____

(6 marks)

4. a) Breakfast is the most important meal of the day.

Why is it so important?

- i) _____
- ii) _____
- iii) _____ (3 marks)

b) Suggest **two** reasons why some teenagers do not have breakfast.

- i) _____
- ii) _____ (2 marks)

c) Breakfast cereals are popular with teenagers. Give the names of **four** foods which could be added to cereals for breakfast.

- i) _____ ii) _____ iii) _____ iv) _____
- (4 marks)

d) Plan a nutritious breakfast which you could prepare for yourself. Give reasons for your choice of food.

Breakfast	Reasons
• _____	• _____
• _____	• _____
• _____	• _____

(3, 3 marks)

e) Draw and label a table setting for the breakfast you have chosen.

(4 marks)

5. You are preparing some sandwiches because some friends are coming to your house.

a) Below is a list of ingredients needed to prepare the sandwiches.

Choose healthier ingredients for your sandwiches.

Ingredients	Healthier Ingredients
i) 8 slices white bread →	_____
ii) 4 slices Cheddar cheese →	_____
iii) some butter →	_____
iv) 1 small can tuna in oil →	_____
v) 4 tbsp mayonnaise →	_____
vi) ½ tsp salt →	_____

(6 marks)

b) Give reasons for **three** of the changes you have made.

i) _____

ii) _____

iii) _____

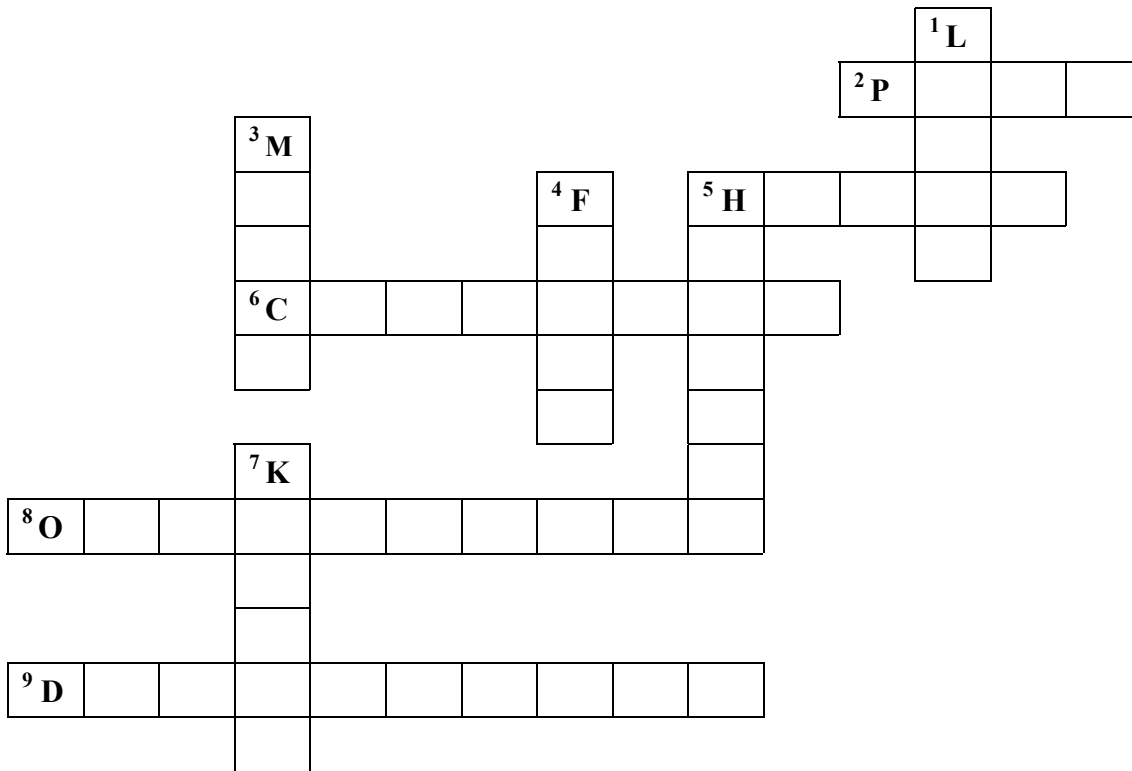
(6 marks)

c) Give the names of a healthy dessert and drink you could serve with the sandwiches.

Dessert: _____ **Drink:** _____

(2 marks)

6. a) Follow the clues carefully to work out the crossword below.



Clues:

Down:

1. Do not allow _____ or flexes on kettles and irons to hang over the edge of a work top.
3. When lighting a gas cooker, light the _____ first before turning on the knob.
4. The _____ on a gas burner should be smaller than the saucepan.
5. Keep the pan _____ away from the edge of the cooker.
7. Be careful when using _____, graters and kitchen scissors.

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4. The _____ on a gas burner should be smaller than the saucepan.

5. Keep the pan away from the edge of the cooker.

7. Be careful when using _____, graters and kitchen scissors.

Across:

2. Keep _____ out of the kitchen.

5. Never touch electrical appliances with wet _____.

6. Do not put _____ near the cooker as they could catch fire.

8. Use _____ to remove hot food from the oven.

9. Always keep _____ and cleaning materials out of reach of children.

(10 marks)

- b) Stairs could be very dangerous for young children.

Write down **four** things you would do to make stairs as safe as possible for young children.

i) *Never leave children playing on stairs.*

ii) _____

iii) _____

iv) _____

v) _____ (4 marks)

7. Some of the waste (*rubbish*) which we throw again could be used again.

- a) List waste items which you could:

i) **Re-use:** • _____ • _____

ii) **Reduce:** • _____ • _____

iii) **Recycle:** • _____ • _____ (3 marks)

- b) ***Bring-In Sites*** help families to sort out their waste for recycling.

Name the **four** types of waste being collected at the ***Bring-In Sites***.

Type of Waste: i) _____

ii) _____

iii) _____

iv) _____

(4 marks)

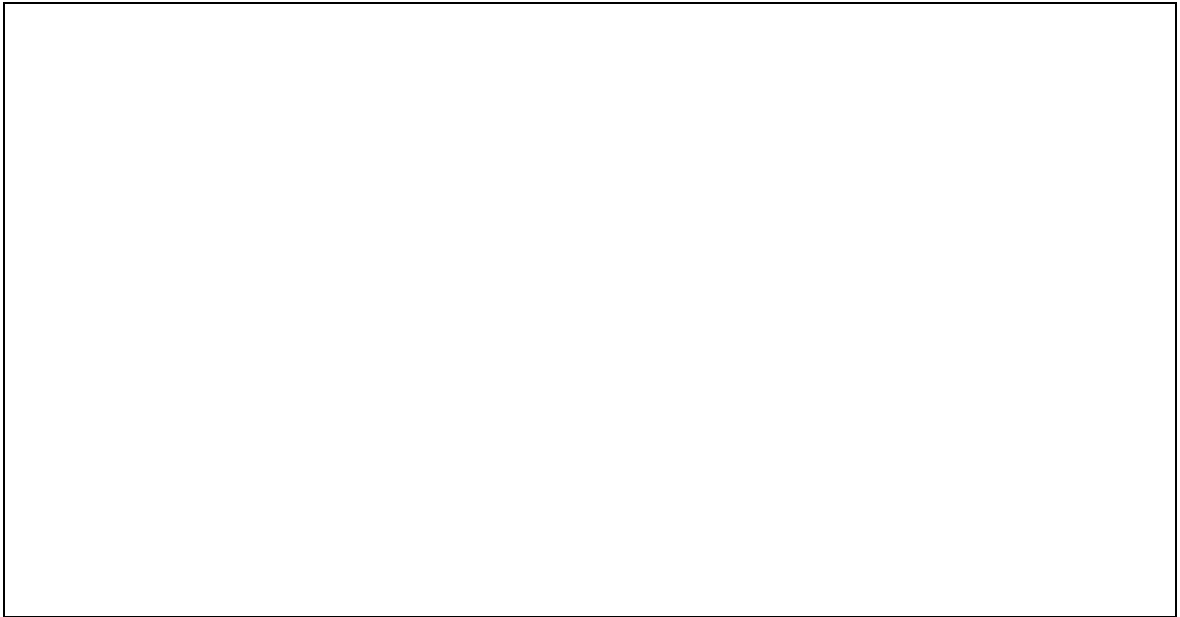
- c) Today we are being told to use a cloth bag instead of a plastic bag.

Give **two** reasons of using cloth bag.

i) _____

ii) _____ (2 marks)

- d) Draw an attractive cloth bag for your mother to do her shopping with. Also write a slogan which could be printed on the bag.



SLOGAN: _____

(2, 2 marks)