

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2007

Educational Assessment Unit – Education Division

FORM 1**HOME ECONOMICS****TIME : 1hr 30 mins****Name:** _____**Class:** _____**Answer all Questions.**

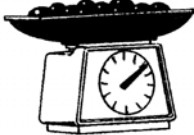

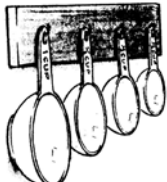
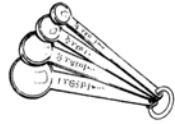
1a) Fill in the table below to show the correct name and use of kitchen equipment.

| NAME | CORRECT USE |
|----------------|-------------------------------|
| _____ | to chop food on |
| fork | _____ |
| _____ | to stir hot food with |
| milk pan | _____ |
| _____ | to grate cheese and chocolate |
| rolling pin | _____ |
| _____ | to slice bread with |
| colander | _____ |
| _____ | used to grease tins |
| chopping knife | _____ |

(10 marks)

- b) Correct weighing and measuring is important to get good results in cooking.

Give the correct name of the weighing/measuring equipment shown.
Also suggest **two** foods which may be measured by each one.

| | Name | Food (i) | Food (ii) |
|------|---|----------|-----------|
| i) |  | _____ | _____ |
| ii) |  | _____ | _____ |
| iii) |  | _____ | _____ |
| iv) |  | _____ | _____ |

(4, 4 marks)

- c) It is very important to clean and store equipment well after use.

Fill in the blanks by using the correct word from the list below to show the correct order to do the washing-up.

| | | | |
|------------------|---------------|-------------------|--------------|
| warm | dry | glasses | store |
| saucepans | sort | cutlery | food |
| tea-towel | plates | washing-up | rinse |

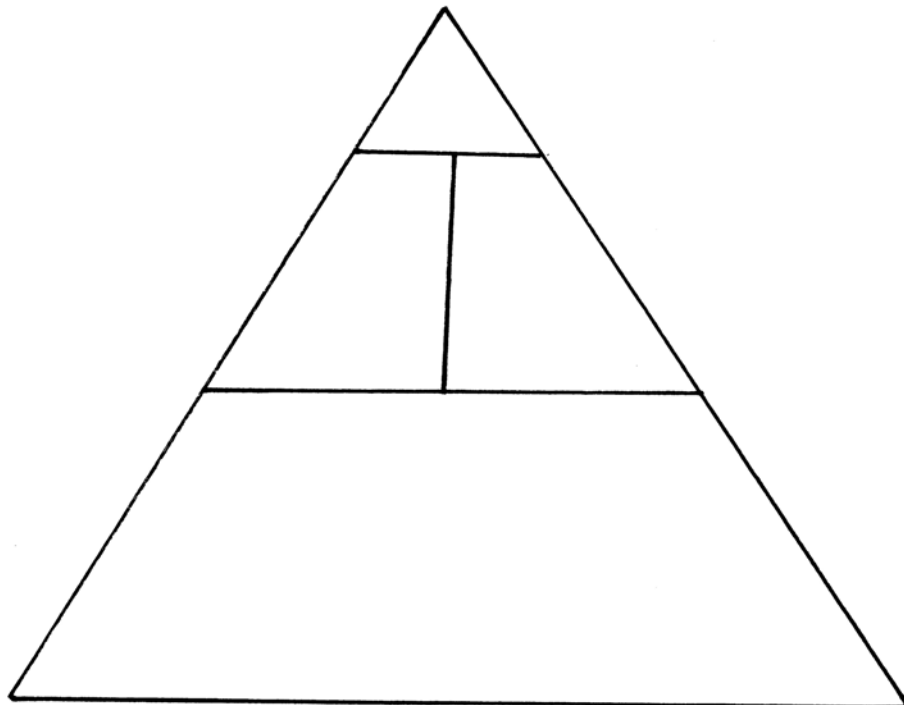
- i) Remove all _____ scraps.
- ii) _____ out the equipment.
- iii) Fill the sink with _____ water and add some _____ liquid.

- iv) Wash the _____, cups and mugs
- v) Next wash the _____.
- vi) Then wash the _____.
- vii) Clean the _____ and oven dishes.
- viii) _____ everything well.
- ix) _____ all the equipment with a clean _____.
- x) _____ everything in its place.

(6 marks)

2a) Place these foods in their correct place in the Healthy Diet Pyramid.

| | | | |
|------------------------|------------------|-------------------|------------------|
| wholemeal bread | cakes | carrots | poultry |
| strawberries | margarine | fish | milk |
| oil | pulses | brown rice | ice-cream |



THE CINDI HEALTHY DIET PYRAMID

(6 marks)

b) The CINDI Dietary guidelines suggest what we can do to lead a healthy life.

Match column A with column B to write down **six** dietary guidelines.

| | A | | B |
|------|------------------------------------|--|---|
| i) | Eat different foods coming from | | by doing some regular exercise. |
| ii) | Eat bread, pasta, rice or potatoes | | that are low in sugar. |
| iii) | Keep the correct body weight | | plant sources. |
| iv) | Instead of red meat | | of fresh fruits and vegetables every day. |
| v) | Choose foods and drinks | | several (many) times a day. |
| vi) | Eat seven to nine portions | | eat fish and poultry (white meat). |

(6 marks)

c i) The CINDI dietary guidelines also suggest we eat less salt and salty food.

Underline **six** foods which have a lot of salt.

| | | | |
|---------------|------------|---------|-------------|
| bacon | white meat | carrots | stock cubes |
| fish | cheese | milk | sausages |
| snack packets | tomatoes | ham | potatoes |

(3 marks)

ii) Two conditions / diseases we can suffer from if we have too much salt in our diet include:

| | | | |
|--------------|----------------------|---------------------|----------------------|
| diabetes | <input type="text"/> | high blood pressure | <input type="text"/> |
| constipation | <input type="text"/> | heart disease | <input type="text"/> |

| | | |
|------|----------|-------------------------|
| tick | X | near the correct answer |
|------|----------|-------------------------|

(1 mark)

- d) Below is a list of food items which you have at home. Suggest foods you would choose to follow a healthier diet. *The first one has been done for you.*

Foods at Home

Healthier Foods

a can of peas

fresh peas

salt

cheddar cheese

red meat

full-fat milk

soft drinks

a packet of butter

a packet of oven chips

jelly powder

(4 marks)

- 3a) It is very important to start the day with a healthy breakfast.

Give **two** reasons why it is important to have breakfast before going to school.

i) _____

ii) _____

(2 marks)

- b i) Breakfast cereals are commonly used when preparing breakfast for the family.

Why are they so popular?

● _____

● _____

(2 marks)

- ii) List **four** foods which you could add to breakfast cereals to make them more interesting for the family.

i. _____

ii. _____

iii. _____

iv. _____

(2 marks)

iii) Suggest **three** other foods which you could also serve at breakfast time.

i. fresh fruit

ii. _____

iii. _____

iv. _____

(3 marks)

c i) Plan a nutritious breakfast which you could prepare for yourself before going to school.

Breakfast

- _____
- _____
- _____

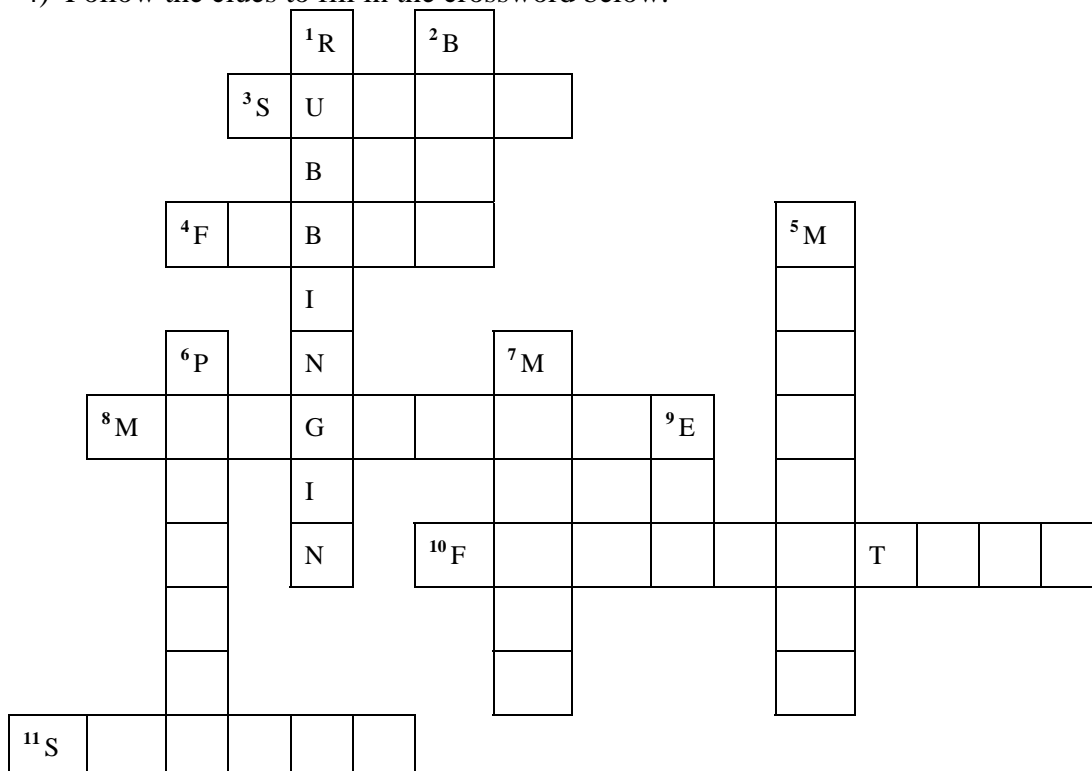
(3 marks)

ii) Give **two** reasons for your choice of breakfast.

- _____
- _____

(2 marks)

4) Follow the clues to fill in the crossword below.

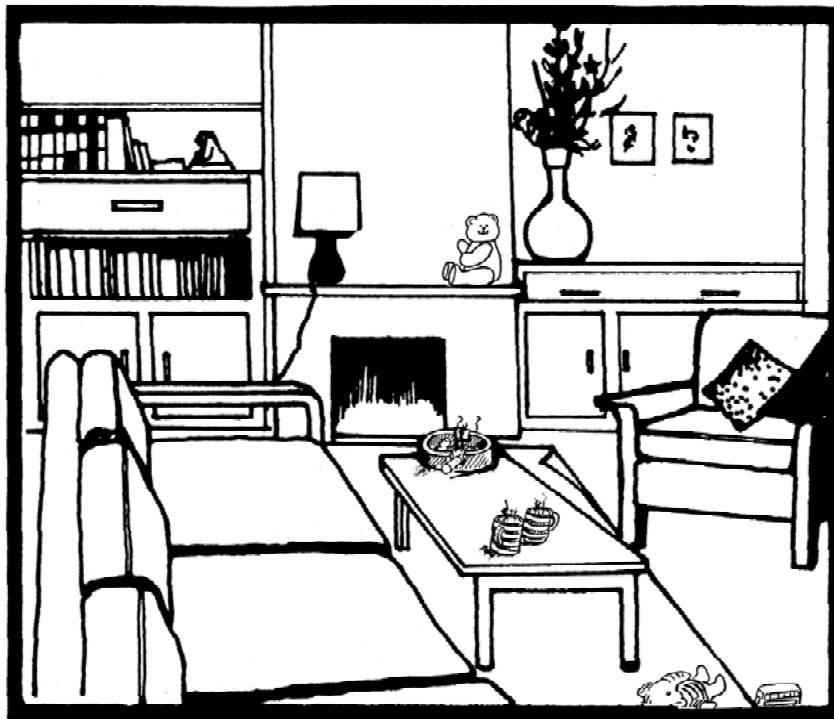


Clues:

1. *Has been done for you.*
2. _____ the buns in a warm oven.
3. _____ is added to the mixture to give a sweet taste.
4. Wholemeal flour and dried fruit, add dietary _____ to the buns.
5. All the ingredients must be weighed and _____ carefully to get good results.
6. The _____ knife is used to bind the ingredients together.
7. The bun mixture is prepared in a _____ bowl.
8. The _____ is rubbed into the flour.
9. An _____ is added to hold all the ingredients together.
10. The _____ are used to do the rubbing-in.
11. It is best to use a _____ to check if the buns are cooked.

(10 marks)

- 5) The picture below shows the living room of a family who has a three-year-old child.



- a) On the picture mark **eight** possible accidents.

(8 marks)

b) Write down how you could prevent **two** of the possible accidents you have marked.

i. _____

ii. _____

(4 marks)

ci. The little child cuts her knee while playing in the garden.

Write down the first-aid treatment which you would give.

Treatment

- _____
- _____
- _____

(3 marks)

ii. One of the parents burns a finger while lighting the cooker.

Write down the first-aid treatment which you would give.

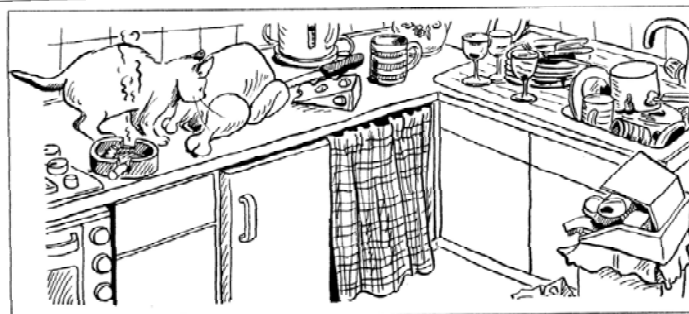
Treatment

- _____
- _____
- _____

(3 marks)

d) The kitchen must always be kept very clean to avoid the spread of germs and bacteria.

With the help of the picture, continue the following sentences to write down **six** rules you would follow when preparing meals, to make sure the food you serve is clean and safe.



Rules:

- i) Pets should not _____.
- ii) Chicken and meat must be kept in a _____.

- iii) The dustbin must always be _____ .
- iv) Always _____ before you start to handle food.
- v) Dirty utensils must be _____ .
- vi) It is important not to _____ .

(6 marks)

6 a) Complete the sentences below by choosing the correct answer from the list below.

| | | | |
|--------------|----------|------------|--------------|
| parents | adoptive | one parent | surname |
| both parents | cousins | foster | grandparents |

- i) In a nuclear family, the children live with _____.
- ii) In a single-parent family, the children live with only _____.
- iii) Extended families are not so popular today, but they used to consist of the children, their _____ together with the _____ or _____.
- iv) In a _____ family, the children are cared for by the family for a short time before going back to their own family.
- v) In _____ families, the children belong to the new family and even have the same _____.

(4 marks)

b i) A family's main responsibility is to provide for the members' needs.

Underline **four** basic needs of children.

| | | | |
|--------------|----------------|------------|-----------|
| love | expensive toys | food | education |
| mobile phone | clothing | watch T.V. | |

(2 marks)

ii) Children also need to feel wanted.

Suggest **two** ways how parents can satisfy this need.

- _____
- _____

(2 marks)