

FORM 2

Home Economics





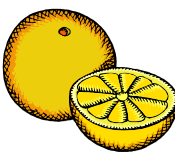

TIME: 1h 30min

Name: _____

Class: _____

Answer all the questions.

- 1. (a)** Fill-in the table below with the correct answer/s.
 (Examples have been done for you.)

Source	Main Nutrient	Function in the body
	Iron	_____
	_____	Necessary for strong bones and teeth.
	_____	_____
	_____	_____
	_____	_____
	_____	_____

(10 marks)

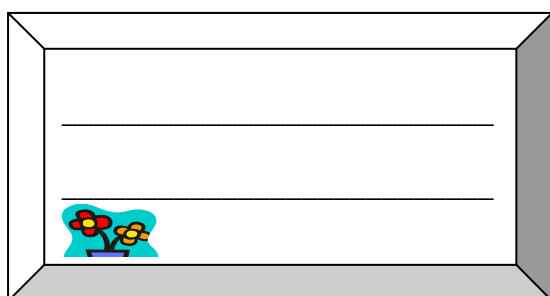
- (b) Identify the **CINDI Dietary Guideline** which may help prevent the dietary related diseases listed below.
(The first one has been done for you.)

Dietary Related Disease	CINDI Dietary Guideline
Coronary Heart Disease	Reduce intake of saturated fat.
Diabetes	_____
Hypertension	_____
Obesity	_____
Dental Caries	_____
Constipation/Diverticulitis	_____

(5 marks)

- (c) Your Home Economics class is going to produce a set of refrigerator magnets with advice to encourage healthy eating.
- i) Fill-in each of the **TWO** blank magnets with a different message promoting healthy eating.

Magnet 1



Magnet 2



(2, 2 marks)

- (ii) Explain **ONE** way you could change your diet to meet the advice given.

I could change my diet by:

I could change my diet by:

(3, 3 marks)

2. (a) A friend has been constipated for two days and the family doctor has suggested for him to follow a **high fibre diet**.

i) Explain the function of N.S.P. (dietary fibre) in the body.

- _____

- _____

(4 marks)

ii) List **SIX** foods which are very good sources of N.S.P.

(3 marks)

iii) Identify **TWO** disorders, other than constipation, that may be prevented by following a high fibre diet.

(1mark)

(c) Suggest **THREE** ways of including N.S.P. when preparing different meals.

- _____

- _____

- _____

(3 marks)

3. (a) This evening, some friends will be coming over to your house to watch a DVD.

i) Suggest a nutritious pastry dish you could prepare in advance to serve during the evening. Give reasons for your choice of dish.

Name of Dish: _____

(½ mark)

Reasons for choice:

- _____
- _____

(2 marks)

ii) Name the pastry you would use to prepare the pastry dish.

(1/2 mark)

iii) Keeping the CINDI dietary guidelines in mind, list the basic ingredients and quantities you would require to prepare 300g of this pastry.

- _____
- _____
- _____



(3 marks)

iv) Identify a healthy salad, dessert and drink you could serve with the pie.

Salad: _____

Dessert: _____

Drink: _____

(3 marks)

(b) Write down **TWO** rules you should follow to obtain good results when preparing the pastry.

- _____

- _____

(4 marks)

4. (a) Suggest different packaging materials which safeguard the environment and which you could use to pack the foods listed below before placing in the refrigerator/freezer.

Food for Storing	Packaging Material
Fresh meat for freezing	
Left-over pea soup	
Sandwich for packed lunch	
Fresh fish to be cooked for lunch	
Ricotta	

(5 marks)

(b) Give advice you should follow when storing food in the refrigerator/freezer.

- _____

- _____

- _____

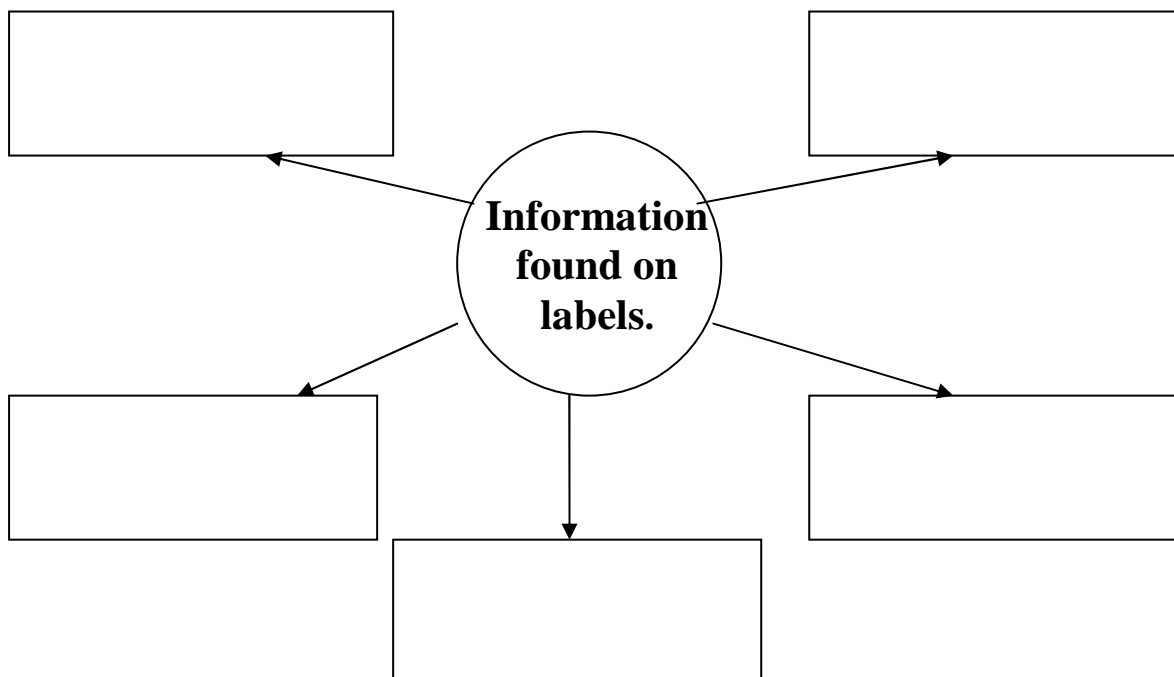
(6 marks)

5. (a) Define the characteristics of the following shopping facilities:

Name of Shopping Facility	Definition
Armchair shopping	
Supermarket	
Open market	
Door-to door seller	
Specialist shop	

(5 marks)

(b) Fill-in the web diagram to give **FIVE** important pieces of information found on a food label.

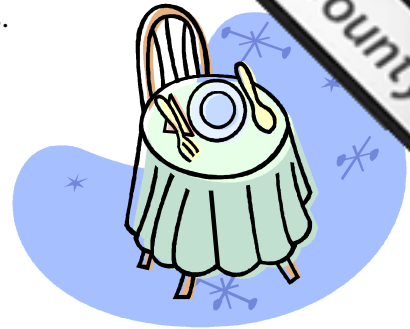


(5 marks)

6. (a) You have been asked to discuss table manners with your classmates. Write down **TWO** reasons for the importance of table manners.

- _____
- _____

(4 marks)



(b) List **THREE** table manners that must be observed at table.

- _____
- _____
- _____

(3 marks)

(c) In the space provided, draw and label a place setting for the meal shown in the menu below.



(4 marks)

7. (a) The garbage bag of a family contains the items listed below.
Show how you would dispose of each item correctly.
(The first one has been done for you.)



Item in Garbage Bag	Correct Method of Disposal.
newspaper	<i>In the grey/green recycling bag.</i>
clean tuna can	
battery	
wooden clothes hanger	
egg shells	
clean plastic jerry can	
toothpaste tube	
clean jam jar	

(7 marks)

- (b) Give practical examples how household waste can be reduced, re-used and recycled (the 3 R's).

Reduced: Example 1: _____

Example 2: _____

Re-used: Example 1: _____

Example 2: _____

Recycled: Example 1: _____

Example 2: _____

_____ (6 marks)

(c) As young teenagers, how can you and your friends show that you have a caring attitude towards the environment.

i) When working on a school written project?

- _____

- _____

- _____

(3 marks)

ii) When carrying out a practical Home Economics assignment?

- _____

- _____

- _____

(3 marks)