

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2009





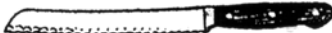

Directorate for Quality and Standards in Education
Educational Assessment Unit

Form 1 **HOME ECONOMICS** **TIME : 1h 30min**

Name: _____ **Class:** _____

Answer all the Questions

1. Different equipment is used to cut and shred food into smaller pieces.
 - a. Give the correct name of the equipment shown below and match each one with its correct use.

		Name		Correct Use
	i.	_____		<i>to bind ingredients</i>
	ii.	_____		<i>to slice bread and cakes</i>
	iii.	_____		<i>to peel fruit and vegetables.</i>
	iv.	_____		<i>to chop large pieces of food.</i>
	v.	_____		<i>to grate cheese and carrots.</i>
	vi.	_____		<i>used when eating</i>

(6, 3 marks)

- b. List **four** items you would need to do the washing-up and write down the use each item .

Name of Item	Use
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

(2, 4 marks)

- c. Continue the sentences below to write down the correct order you would follow to carry out the washing-up.

- i. _____ all food scraps.
- ii. Sort _____ into _____ groups.
- iii. Fill the sink with _____, add some _____.
- iv. Wash the _____ first.
- v. Wash the _____ being careful when cleaning the _____.
- vi. Next wash the _____, _____ and oven dishes.
- vii. _____ all the dishes well.
- viii. _____ all the utensils carefully with a clean _____.
- ix.. _____ everything in its place.
- x. Lastly _____.

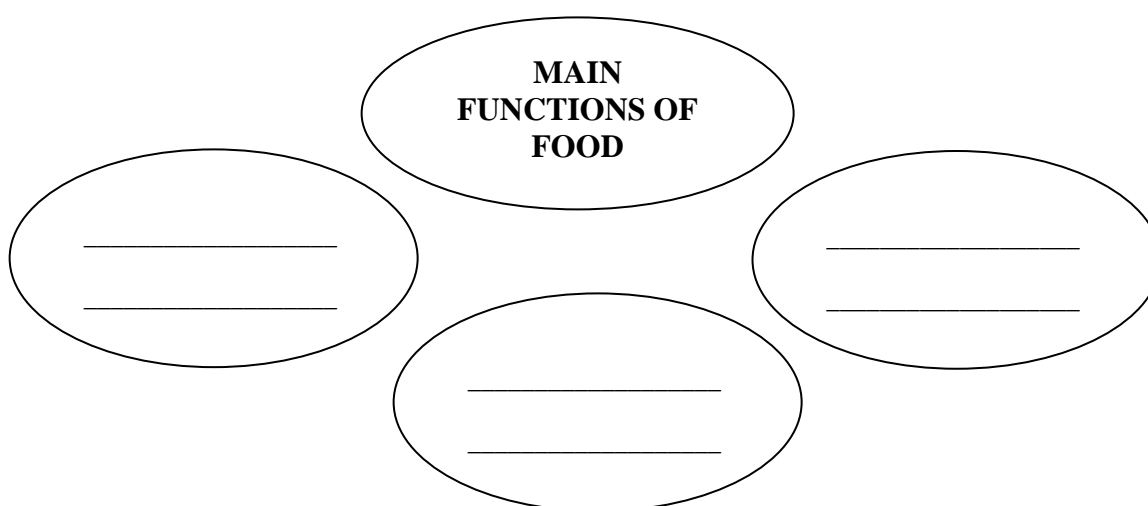
(7 marks)

2a. Write down **three** factors which contribute to good health.

_____	+	_____	+	_____	=	GOOD HEALTH
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(3 marks)

bi. Fill in the Web Diagram below



(3 marks)

ii. Explain in brief **one** of the functions you have named in **b i**.

- _____

(2 marks)

3a. Group the following foods under the correct heading.

soft drinks	yoghurt	brown rice	wholemeal bread
fish	doughnuts	chicken	cabbages
ice-cream	eggs	pulses	jam

EAT MOST

EAT MODERATELY

AVOID

- | | | |
|---------|---------|---------|
| • _____ | • _____ | • _____ |
| • _____ | • _____ | • _____ |
| • _____ | • _____ | • _____ |
| • _____ | • _____ | • _____ |

(6 marks)

b. Fill in the blanks with the correct word.

The CINDI Dietary Guidelines suggest we:

- Eat a _____ diet based on a _____ of food.
- Eat at least 400g of fresh _____ and _____ everyday.
- Eat _____, grains, _____, _____ and potatoes several times a day.
- Control fat intake and replace saturated fats with _____ vegetable oils or soft margarines.
- Replace _____ meat with _____ meat, _____ and fish.
- Choose dairy products which are low in _____.
- Reduce the amount of _____ we eat and use less _____ and sweets.

viii. Should also reduce the amount of _____ we take in as it can lead to hypertension.

ix. Must also keep a healthy _____ by exercising regularly. (8 marks)

c. Give **three** examples to show how you can reduce fat when preparing healthy snacks for yourself.

- _____
- _____
- _____

(3 marks)

d.i. Name **four** foods which are rich in salt.

- _____
- _____
- _____
- _____

(2 marks)

ii. Suggest **two** ways how we can reduce our salt intake.

- _____
- _____

(2 marks)

4. A friend will be preparing some sandwiches.

a. The ingredients listed below were chosen.
Suggest a healthier choice of ingredients.

Ingredients		Healthier Ingredients
8 slices white bread	→	_____
some butter	→	_____
4 slices cheddar cheese	→	_____
4 slices salami	→	_____
some mayonnaise	→	_____

(2½ marks)

bi. Identify **four** situations when sandwiches might be taken as a snack.

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

ii. Suggest a healthy dessert and drink that might accompany these sandwiches.

Dessert: _____ **Drink:** _____

(2 marks)

c. Write down **four** rules on personal hygiene to help your friend prepare the sandwiches in a hygienic manner.

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

5. Below is a list of ingredients used to prepare some buns.

200 g white flour
 75g saturated fat
 50g castor sugar
 50g chocolate chips
 1 egg
 A few tablespoons whole milk

a. You will be making changes to some of the ingredients to make the buns healthier.

i. To add more N.S.P. (Dietary Fibre) you would use _____ and _____ instead of _____ and _____.

ii. Instead of saturated fat, you should use _____.

iii. Also _____ instead of wholefat milk. (3 marks)

- b. Write down the name of the method of cake-making you would use to prepare the buns.

• _____ method of cake-making (1 mark)

- c. List **two** types of buns / cakes you could prepare with this method of cake-making.

• _____ • _____ (1 mark)

- d. Which piece of equipment would you use to carry out the following tasks when preparing the buns?

- i. To sift the flour: _____
 - ii. To measure the flour and sugar: _____
 - iii. To prepare the mixture in: _____
 - iv. To check if the buns are cooked: _____
 - v. To bake the buns in: _____
 - vi. To cool the buns on: _____
 - vii. To beat the eggs with: _____
- (3½ marks)

- e. Write down the steps you would follow to prepare some buns.

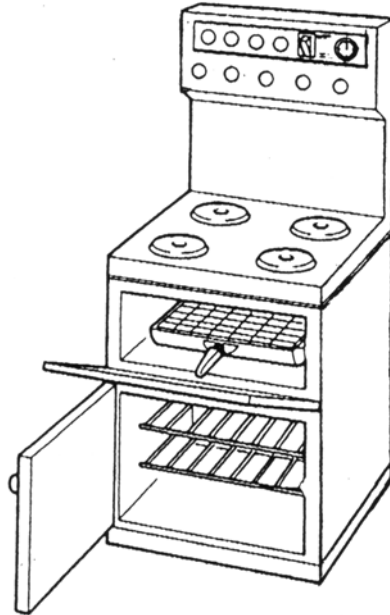
- i. _____
 - ii. _____
 - iii. _____
 - iv. _____
 - v. _____
 - vi. _____
- (6 marks)

- f. At what oven temperature would you bake the buns?

Gas Mark _____ or _____ °C. (1 mark)

6a Look carefully at the cooker below and on it mark clearly the:

hob	oven	grill	control knobs
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(2 marks)

b. Name **two** healthy dishes / foods you could cook:

- | | | |
|-------------------------|---------|---------|
| on the hob: | • _____ | • _____ |
| in the oven: | • _____ | • _____ |
| under the grill: | • _____ | • _____ |

(3 marks)

c. Write down **two** rules you would follow to use the cooker safely.

Rule 1 : _____

Rule 2 : _____

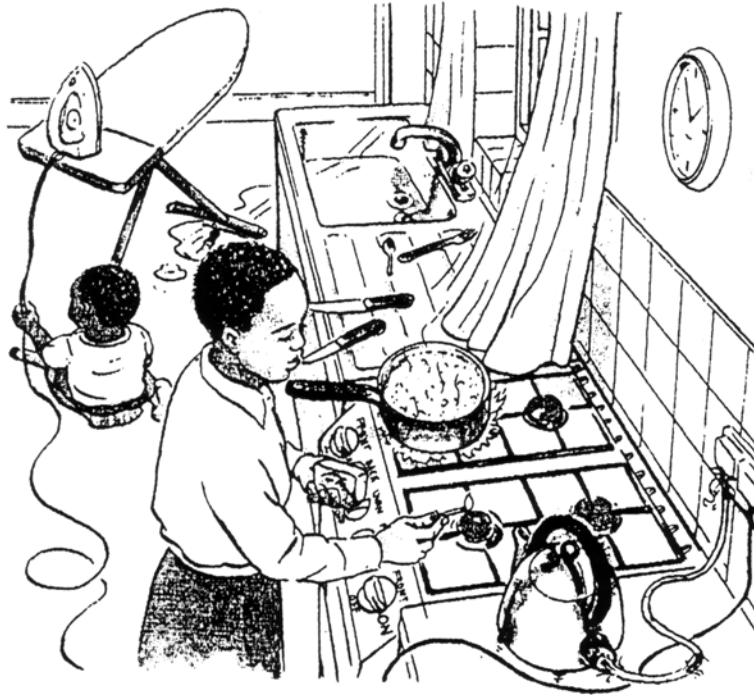
(1½; 1½ mark)

d. How would you clean the hob of your cooker after cooking some tomato sauce?

- i. _____
- ii. _____
- iii. _____

(3 marks)

7. Study carefully the kitchen below.



a. Identify **five** possible accidents

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____

(5 marks)

- b. Write down safety rules to be followed in order to prevent each of these possible accidents from happening.

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____

(5 marks)