

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2009
 Directorate for Quality and Standards in Education
 Educational Assessment Unit

Form 3	HOME ECONOMICS	TIME : 1h 30 mins
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Name: _____

Class: _____

Answer all the Questions

Section A

1. Write down **three** different pieces of equipment you would use to measure ingredients correctly. Also suggest **two** ingredients you could measure with each one.

Measuring Equipment	Suggested Foods	
• _____	• _____	• _____
• _____	• _____	• _____
• _____	• _____	• _____

(3, 3 marks)

2. Using the following words or phrases, write **ten** sentences to explain how to ensure safety in the kitchen.

wet hands	spills	toys on the floor	washing up liquids	sharp knives
oven gloves	saucepan handles	dustbins	curtains	matches

- i. _____

- ii. _____

- iii. _____

- iv. _____

- v. _____

- vi. _____

- vii. _____

- viii. _____

- ix. _____

- x. _____

(10 marks)

3. Complete the table below.

<u>Food</u>	<u>Main Nutrient</u>	<u>Use in the body</u>
Bread	Carbohydrate	_____
Oranges	_____	helps protect against infections
_____	_____	growth and repair
Cream	_____	for warmth
_____	Vitamin A	healthy eyesight
Bacon	_____	regulates body fluids
_____	Iodine	hormone control
_____	Iron	_____

(10 marks)

4a) Classify the following foods under the correct heading by ticking ✓ in the correct column.

Food	Saturated	Monounsaturated	Polyunsaturated
meat			
seeds			
lard			
sunflower oil			
nuts			
soyabean oil			
olive oil			
fish			
rapeseed oil			
dairy products			

(5 marks)

bi) All types of fat should be eaten in moderation, however we are being advised to avoid:

saturated fat ☐

monounsaturated fat ☐

polyunsaturated fat ☐

tick ☒ near the correct answer.

(½ mark)

ii) This type of fat is best avoided as it raises _____ levels in the blood. (1 mark)

iii) A high intake of fat can cause:

- obesity ☐ dental caries ☐ dehydration ☐
rickets ☐ heart disease ☐ anaemia ☐
an increase in the incidence of cancers ☐

tick ☒ near the correct answer (1½ marks)

c) Fats carry the fat-soluble vitamins (B and C; A, D, E and K)
Underline the correct answer (1 mark)

d) Fill in the blanks with the correct word from the list below.

skimmed frying	vegetable margarine butter	meals grill	cheddar ricotta	low-fat fat	light
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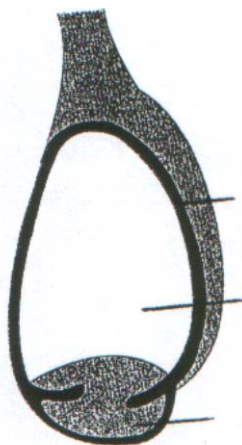
When preparing _____, it is best to reduce the amount of _____ we use.

This can be done by using _____ milk; _____ yogurt and
_____ spreads. Foods like _____ and _____ can be
replaced with _____ and _____. We should also avoid
_____ as a method of cooking and _____ food instead.

(5½ marks)

Section B

5a) Label correctly the wheatgerm.



(1½ marks)

b) Cereals are a very good source of _____, _____ and _____; wholegrain cereals are a good source of _____. (2 marks)

c) i. List **six** different types of cereals available on the market.

_____	_____	_____
_____	_____	_____

(3 marks)

ii. Identify **six** food products where cereals are a main ingredient.

_____	_____	_____
_____	_____	_____

(3 marks)

d) Suggest **two** points one should keep in mind when storing cereals.

- _____
- _____

(2 marks)

6a) Pulses are an important food as they supply the body with _____, _____ and _____. (1½ marks)

b) Write down the names of **three** pulses and suggest **three** dishes where each may be used.

Pulses

Suggested Dishes

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

(4½ marks)

c) Explain why it is important to soak pulses before using them in our dishes.

 _____ (2 marks)

7a) i. Your friend uses the recipe below to prepare Shortcrust Pastry. Modify some of the ingredients to get them in line with the CINDI Dietary Guidelines.

Ingredients	Modified Ingredients
200g plain flour	• _____
50g lard	• _____
50g saturated margarine	• _____
1 teaspoon salt	• _____
6-8 tablespoon water	• _____

(1½ marks)

ii) Justify the changes you have made.

Change 1: _____

Change 2: _____

Change 3: _____
_____ (3 marks)

b) Write down the method for making Shortcrust Pastry. (*The first word for each sentence has been written*).

i. **Sift** _____

ii. **Rub** _____

iii. **Add** _____

iv. **Knead** _____

v. **Leave** _____

vi. **Roll-out** _____

(6 marks)

c) Explain what you understand by the term:

Kneading: _____

Rolling-Out: _____
_____ (2, 2 marks)

d) Write down the names of **two** healthy sweet and **two** healthy savoury dishes which could be prepared with Shortcrust Pastry.

Sweet: • _____ • _____

Savoury: • _____ • _____

- e) Success in pastry-making is determined by following the main rules for pastry-making. Identify **three** important rules for pastry making.

Rule 1: _____

Rule 2: _____

Rule 3: _____ (3 marks)

- 8a) List **three** factors which can harm the unborn child.

- _____
- _____
- _____ (3 marks)

- b) If good eating habits are not introduced in early childhood, they may be difficult to change in later life.

Explain how parents and carers can introduce young children to good eating habits.

- _____

- _____

- _____
_____ (2, 2, 2 marks)

- 9a) Name **four** different types of family.

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

(2 marks)

b) What do you understand by the word 'family'?

_____ (2 marks)

c) **Three** basic needs of the family members include intellectual needs; _____ needs
and _____ needs. (2 marks)

c) A family with two teenage children have gone to live in a new locality.
Give **three** examples to show how the different family members can interact within their new community.

i. _____

ii. _____

iii. _____
_____ (2, 2, 2 marks)