

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2009
 DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
 Educational Assessment Unit

FORM 4 **HOME ECONOMICS** **TIME: 1h 30min**

Name: _____ Class: _____

Answer all the Questions

Section A

- 1a. John is an overweight teenage who still attends school. The following is his day's menu. Carry out the necessary modifications (*changes*) to help John eat healthy and lose weight.

Meals	Menu	Modification
Breakfast	2 sausage rolls water	i. _____
School lunch	ftira with butter, ham and cheese, coke	ii. _____ iii. _____
Afternoon snack	a bar of chocolate	iv. _____
Dinner	deep fried chicken, nuggets with chips	v. _____

(5 marks)

- b. State how the foods you have suggested meet the CINDI DIETARY GUIDELINES.

- _____

- _____

(2 marks)

- c. If John keeps eating the wrong kind of food, he can suffer from the following diet related diseases if the necessary changes are not followed.

diabetes ☐

coeliac disease ☐

high cholesterol ☐

lactose intolerance ☐

Tick the correct answers

(1 mark)

- d. Suggest another way (non dietary) how this teenager can lose weight besides following the dietary changes.

- _____ (1 mark)

- 2a. Fill in:

Vegetables are an important source of _____ due to the cellulose in the cell walls. They also supply _____, _____, carbohydrates and _____.

To ensure good quality, low cost and nutritional value, buy local vegetables when in _____.

(5 marks)

- b. What would you look for when buying vegetables?

- _____
- _____
- _____

(3 marks)

c. How should vegetables be prepared to retain their Vitamin C content?

	TRUE	FALSE
i. They should be chopped finely	<input type="text"/>	<input type="text"/>
ii. Leave to soak in water	<input type="text"/>	<input type="text"/>
iii. Cook in the least amount of water	<input type="text"/>	<input type="text"/>
iv. Choose a slow method of cooking	<input type="text"/>	<input type="text"/>

(2 marks)

d. What would you prefer to choose when buying vegetables for your family?

G.M. vegetables

Organically grown vegetables

Tick the correct answers

(½ mark)

e. Give **one** reason to justify your choice.
Reason

- _____

(1 mark)

3a. Complete:

Cooking Method	Heat Transference	Food
_____	Conduction	Pasta
steaming	_____	_____
_____	_____	pie
roasting	Convection / conduction	_____
Stir-fry	_____	_____
_____	radiation	Pork chops
_____	conduction	Tough cut of meat

(5 marks)

b. Suggest a healthy cooking method you would use when preparing meals for:

- **an invalid** _____
 - **a person on a low fat diet** _____
 - **a busy couple who work full-time** _____
- (3 marks)

4a. Match column A to column B.

	A		B
i.	Bread is made from flour		to give off carbon dioxide gas as it grows and multiplies.
ii.	Yeast is used to		living organism (plant).
iii.	Strong flour is best		bound into a dough with a liquid usually water.
iv.	Yeast is a		raise the dough.
v.	A warm moist atmosphere encourages the yeast		as it contains a high proportion of gluten.

(5 marks)

b. Sarah wants to bake some bread for her family.
What advice would you give her on the type of flour to use?
Give a reason for your choice.

Type of Flour: _____

Reason: _____

(½, 1 mark)

c. List the remaining ingredients for the basic yeast dough using:

- 500g strong flour

• _____

• _____

(1 mark)

- d. Sarah is going to use the Food Mixer to make the yeast dough.
Identify the attachment which she has to use:

the Whisk

☐

the Hook

☐

tick the correct answer

The K-Beater

☐

(1 mark)

- e. What happens to the dough when Sarah kneads it correctly on the floured surface?

(2 marks)

- f. Suggest one other savoury dish and one sweet dish that could be prepared with the yeast dough.

Savoury Dish

Sweet Dish

(1 mark)

Section B

- 5a. Identify **two** nutrients which are particularly important for the following groups of people.
Give **one** reason for each.

Group of People

Nutrients

Pregnant women.

• _____

• _____

(1 mark)

Reason • _____

• _____

(2 marks)

- ii. Teenagers.
- _____
 - _____
- (1 mark)

Reason • _____

- _____

(2 marks)

- iii. Elderly persons.
- _____
 - _____
- (1 mark)

Reason • _____

- _____

(2 marks)

- b. Write a set of rules you would like these groups of people to adopt when choosing and preparing food for themselves.

Rules

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

- 6a. Explain how a young customer can become an informed consumer.

- _____
 - _____
 - _____
- (3 marks)

- b. Jason is a sixteen year old teenager. He is currently doing a part-time job during the weekend to be able to buy his own clothes and to buy a DVD player.

Identify and explain **two** factors that are the more important to Jason's choice of goods.

Factor: _____

Explanation: _____

(1, 2 marks)

Factor: _____

Explanation: _____

(1, 2 marks)

- c. Suggest **two** methods which Jason can choose to pay for his clothes and the DVD player he buys.

• _____

• _____

(2 marks)

- d. After a month of using the DVD player, Jason discovers a fault. Outline the steps Jason has to follow to make his complaint.

• _____

• _____

• _____

• _____

• _____

(5 marks)

- 7 Mr and Mrs Borg need to buy a new freezer.
- a) Suggest, with reason, the best type of freezer they can buy keeping in mind the energy costs.

Type of Freezer: _____ (1 mark)

Reason: _____

 _____ (2 marks)

- b. State why renewable or alternative energy should be the preferred option for use.

- _____
- _____ (2 marks)

- c. Give hints how we can all economise on the use of electricity in the home.

- _____
- _____
- _____
- _____
- _____ (5 marks)

8. Samuel and Lara have two children, aged five and three. Samuel works full-time while Lara works part-time. They are paying the loan on their flat.

- a. List **eight** priorities of expenditure for this family.

Priorities

- | | |
|------------|-------------|
| i. _____ | v. _____ |
| ii. _____ | vi. _____ |
| iii. _____ | vii. _____ |
| iv. _____ | viii. _____ |
- (4 marks)

- b. Give **one** main reason why you have listed priorities number i and ii

(2 marks)

- c. Explain the difference between Gross Wage and Net Wage.

Gross Wage

Net Wage

(2 marks)

- d. State **three** consequences this couple can face if they do not make the right priorities

- ---
- ---
- ---

(3 marks)

9. Emma is a three-year old child with a physical disability and is wheelchair bound.

- a. Name **three** difficulties Emma can come across

- ---
- ---
- ---

(3 marks)

- b. How can Emma be helped?.

- ---
-
- ---
-

(2 marks)

c. Identify **five** problems Emma's parents may face because of her physical disability

- _____
- _____
- _____
- _____
- _____

(5 marks)