

# JUNIOR LYCEUM ANNUAL EXAMINATIONS 2011

Directorate for Quality and Standards in Education  
Educational Assessment Unit

FORM 5

HOME ECONOMICS

TIME: 1h 45min

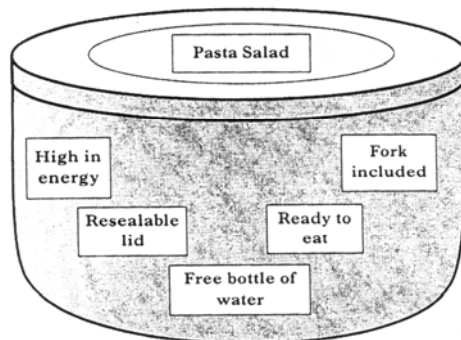
Name: \_\_\_\_\_

Class: \_\_\_\_\_

## Section A

### Answer all the Questions

1. A 15 year old bought a pasta salad to eat after he finishes playing football.  
Study the information given about the chosen snack and answer the questions that follow:



- a. List the benefits of the features given.  
*The first one has been done for you.*

Features	Benefits
e.g. <i>free bottle of water</i>	<i>a healthy drink is provided</i>
i. _____	_____
ii. _____	_____
iii. _____	_____
iv. _____	_____

(4 marks)

- b. Draw a symbol that could be found on a food container to indicate that the manufacturer cares for the environment and explain what the symbol shows.



### Explanation

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(1, 2 marks)

Symbol

2. A family with three young children lives on a low income. One child is hypoallergenic, another has a nut allergy. The mother works part-time outside the home. The family try a new breakfast cereal.

Study the information about breakfast cereals below and answer the questions that follow:

Information about breakfast cereals		
A	B	C
<b>Preparation:</b> Serve with hot milk  <b>Artificial additives:</b> Colouring E102  <b>Ease of opening:</b> Easy  <b>Best before:</b> End July 2011 Free recipe booklet Resealable pack	<b>Preparation:</b> Serve with chilled milk  <b>Artificial additives:</b> None  <b>Ease of opening:</b> Very easy  <b>Best before:</b> End March 2011 On special offer	<b>Preparation:</b> Measure. Mix with water. Simmer 8 mins.  <b>Artificial additives:</b> None  <b>Ease of opening:</b> Difficult  <b>Best before:</b> End February 2012 May contain nut traces

- a i Choose the most suitable breakfast cereal for the family.

**Breakfast Cereal** \_\_\_\_\_ (1mark)

- ii Give **three** reasons for your choice.

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

(2, 2, 2 marks)

- b. Suggest **two** reasons why it is important to start the day with a good breakfast.

**Reason (i)** \_\_\_\_\_  
 \_\_\_\_\_

**Reason (ii)** \_\_\_\_\_  
 \_\_\_\_\_

(2, 2 marks)

- c. Name **two** foods which could be added to the chosen breakfast cereal to improve its nutritive value and identify **two** nutrients for each food.

Food	Nutrients	
• _____	• _____	• _____
• _____	• _____	• _____

(½, 2, ½, 2 marks)

- 3a The following nutrients can be found in a shepherd's pie.

- Carbohydrates
- Proteins
- Sodium
- Iron



Write down **one** function of each nutrient.

- Carbohydrates \_\_\_\_\_  
 \_\_\_\_\_
- Proteins \_\_\_\_\_  
 \_\_\_\_\_
- Sodium \_\_\_\_\_  
 \_\_\_\_\_
- Iron \_\_\_\_\_  
 \_\_\_\_\_

(4 marks)

- b i. If you were to serve the shepherd's pie to a person who suffers from high blood pressure, which ingredient would you leave out?

**Ingredient** \_\_\_\_\_  
(½ mark)

- ii Suggest another ingredient that you would add to enhance the flavour of the pie.

**Ingredient** \_\_\_\_\_  
(½ mark)

- c Suggest **two** accompaniments you could serve with the shepherd's pie. List the nutrients present in each accompaniment.

Accompaniments	Nutrients Present
• _____	_____
• _____	_____

(1, 2 marks)

- 4a i Name **two** water soluble vitamins

\_\_\_\_\_ (1mark)

- ii List **three** guidelines that should be followed when preparing vegetables in order to avoid vitamin loss.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (3 marks)

- b. Explain **two** effects of cooking on vegetables.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

- c. Suggest **two** cooking methods and explain how they help prevent vitamin loss.

**Cooking method (i)** \_\_\_\_\_

**Explanation** \_\_\_\_\_

\_\_\_\_\_

(½, 1 mark)

Cooking method (ii) \_\_\_\_\_

Explanation \_\_\_\_\_  
\_\_\_\_\_

(1/2, 1 mark)

## Section B

- 5a One of the **CINDI Dietary Guidelines** suggests the importance of breastfeeding in the first year of life.

Identify and explain **two** different benefits of breastfeeding.

Benefit 1 \_\_\_\_\_

Explanation \_\_\_\_\_  
\_\_\_\_\_

(1, 2 marks)

Benefit 1 \_\_\_\_\_

Explanation \_\_\_\_\_  
\_\_\_\_\_

(1, 2 marks)

- b. Child obesity, caused by poor nutrition and lack of exercise, is a major health issue. Identify **two CINDI Dietary Guidelines** and give an explanation of how following each guideline can help prevent child obesity.

**CINDI Dietary Guideline 1.** \_\_\_\_\_

Explanation \_\_\_\_\_  
\_\_\_\_\_

(1, 2 marks)

**CINDI Dietary Guideline 2.** \_\_\_\_\_

Explanation \_\_\_\_\_  
\_\_\_\_\_

(1, 2 marks)

6a. List **two** advantages and **two** disadvantages of convenience food.

	Advantages		Disadvantages
i	_____	i	_____
	_____		_____
ii	_____	ii	_____
	_____		_____

(2, 2 marks)

bi Name **three** different types of packaging materials used in food industry and give **one** different use for each of them.

Packaging Material	Use
• _____	• _____
• _____	• _____
• _____	• _____

(1½, 3 marks)

ii As a green consumer, what should you keep in mind when choosing packaging materials in order to ensure they have the least impact on the environment?

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

- c Name **three** items of consumer information found on food packaging.  
Explain the importance of each.

Information on Label	Importance
<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>

(1½, 3 marks)

7 Freezing is one method of storing food for a period of time.

- a. Identify **two** rules to follow when freezing food and explain why each rule is important.

**Rule 1** \_\_\_\_\_

**Explanation** \_\_\_\_\_

(1, 2 marks)

**Rule 2** \_\_\_\_\_

**Explanation** \_\_\_\_\_

(1, 2 marks)

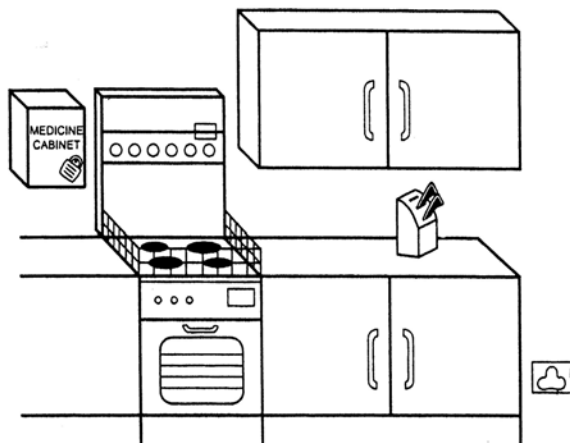
- b. The foods listed below are unsuitable for freezing. Give reasons.

Food	Reason why food is unsuitable for freezing
Bananas	_____
Lettuce	_____
Whole Eggs	_____
Mayonnaise	_____
Whole tomatoes	_____
Whole Milk	_____

(6 marks)

8a The kitchen below belongs to a family with young children.

- Identify **three** safety features which would help prevent young children from having accidents.
- Write down the type of accident prevented.
- Also explain how each safety feature helps prevent the accident..



Safety Feature	Accident Prevented	How the accident is prevented
• _____ _____	_____ _____	_____ _____
• _____ _____	_____ _____	_____ _____
• _____ _____	_____ _____	_____ _____

(1½, 1½, 3 marks)

b. Identify **two** kitchen hygiene rules and give a different explanation why each rule is important.

**Rule 1**

\_\_\_\_\_

**Explanation**

\_\_\_\_\_

(1, 2 marks)

**Rule 2**

\_\_\_\_\_

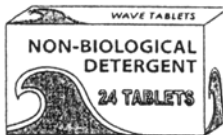

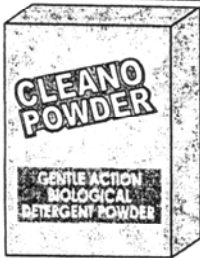
**Explanation**

\_\_\_\_\_

(1, 2 marks)



9. A new mum needs to buy a washing detergent for her baby's clothes.  
Look at the information about detergents below.

Information about detergents		
A	B	C
 <ul style="list-style-type: none"> <li>* Tablets</li> <li>* Non-biological</li> <li>* Fragrance free</li> <li>* Built in softener</li> <li>* Use from 30°C–90°C</li> </ul>	 <ul style="list-style-type: none"> <li>* Liquid detergent</li> <li>* Biological</li> <li>* Forest fragrance</li> <li>* Built in softener</li> <li>* Best results from 60°C</li> </ul>	 <ul style="list-style-type: none"> <li>* Powder detergent</li> <li>* Biological</li> <li>* Ocean fragrance</li> <li>* Co-ordinating softener available</li> <li>* Use from 40°C–90°C</li> </ul>

- a. Choose the most suitable detergent.

**Detergent** \_\_\_\_\_

(1 mark)

Give **two** reasons for your choice.

i \_\_\_\_\_  
\_\_\_\_\_

(2 marks)

ii \_\_\_\_\_  
\_\_\_\_\_

(2 marks)

- b. The baby spilled some egg on the baby-grow which has the following instruction.

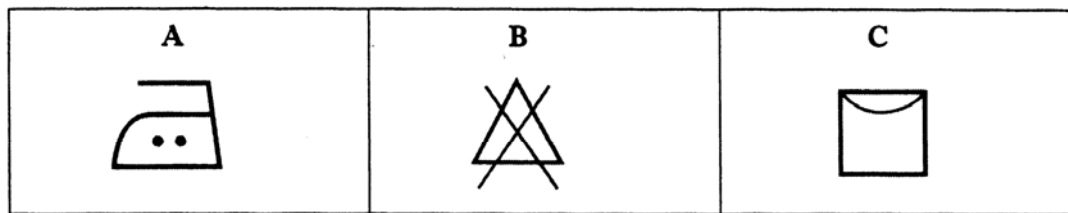


Which detergent would be most suitable to remove the egg stain?

**Detergent** \_\_\_\_\_

(1 mark)

c. The following symbols are also found on the baby-grow care label.



Explain what each symbol means.

**Symbol** \_\_\_\_\_

**Meaning** \_\_\_\_\_

\_\_\_\_\_  
(1 mark)

**Symbol** \_\_\_\_\_

**Meaning** \_\_\_\_\_

\_\_\_\_\_  
(1 mark)

**Symbol** \_\_\_\_\_

**Meaning** \_\_\_\_\_

\_\_\_\_\_  
(1 mark)