

**SECONDARY SCHOOL ANNUAL EXAMINATIONS 2010**  
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**

1a. i. Why is protein needed by the body?

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

ii. Name the **two** different types of protein?

• \_\_\_\_\_ • \_\_\_\_\_ (1/2, 1/2 marks)

b. In which type of protein do we find all the essential amino acids?

\_\_\_\_\_ (1/2 mark)

c. i. Why is it important to include both types of protein when planning family meals?

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

(3 marks)

ii. Suggest a simple breakfast you could prepare where both types of protein are included.

**Breakfast**

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

(1 mark)

- d. T.V.P. is also a good type of protein .
- i. Suggest T.V.P. products which could be used when preparing the following:
- **a pizza** \_\_\_\_\_
  - **a shepherds pie** \_\_\_\_\_
  - **a stew** \_\_\_\_\_
  - **a drink** \_\_\_\_\_
- (2 marks)

- ii. T.V.P. products are ideal for:
- \_\_\_\_\_
  - \_\_\_\_\_
- (1 mark)

2a. Name **four** nutrients found in eggs.

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

b. Suggest **four** different uses of eggs in meal preparation.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (4 marks)

c. List **two** effects of heat on eggs.

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

3. Chicken, rabbit and fish are low in saturated fat.

a. i. List **four** cooking methods which will not increase the energy value of these foods.

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

- ii. Circle **two** methods of cooking which economise on fuel use.

boiling	grilling	baking	stir-fry
microwave	stewing	steaming	barbeque

(1 mark)

- b. You have grilled some chicken breast.  
Suggest **two** different cooked accompaniments you could also serve. It is important to suggest **two** cooking methods which prevent nutrient loss.

**Accompaniment**

**Method of Cooking**

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

(1, 1 mark)

- c. Choose a healthy cooking method you would use to cook the following food. It is important to choose a different method for each food.  
Give a reason to justify your choice.

Food	Cooking Method	Reason
Cabbage	• _____	• _____
Green / red pepper	• _____	• _____
Eggs	• _____	• _____
Pulses	• _____	• _____
Potatoes	• _____	• _____

(2½, 5 marks)

- 4a. i. Name the raising agent used in breadmaking.

\_\_\_\_\_ (½ marks)

- ii. Identify the conditions necessary for this raising agent to work.

- \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_

(1½ marks)

b. Write down in detail the main steps you would follow to make some bread.

- *Sift the flour.*

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

(4 marks)

c. Explain the terms:

**Kneading:**

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**Proofing:**

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(2, 2 marks)

## Section B

5. H.A.C.C.P. is a food safety system to ensure food is safe to eat.

a. Give **one** reason why we should make sure food is safe to eat.

Reason \_\_\_\_\_

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(2 marks)

b. Personal, Kitchen and Food hygiene must be strictly followed to ensure food is safe to eat.

Suggest **two** rules to follow for each:

**Personal hygiene**

**Rule i** \_\_\_\_\_

**Rule ii** \_\_\_\_\_

**Kitchen hygiene**

**Rule i** \_\_\_\_\_

**Rule ii** \_\_\_\_\_

**Food hygiene**

**Rule i** \_\_\_\_\_

**Rule ii** \_\_\_\_\_ (2, 2, 2 marks)

- c. Two teenagers felt sick after eating a take-away meal.  
Write down **two** possible causes.

**Cause i** \_\_\_\_\_

\_\_\_\_\_

**Cause ii** \_\_\_\_\_

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

6. A family wishes to buy a barbeque set.  
Describe briefly how the following sources of information can be of help.

**Buying on line.**

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

**Buying directly from shops.**

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

**Advice of family friend.**

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

**Using magazines / leaflets received at home.**

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

**Teleshopping**

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

(2, 2, 2, 2, 2 marks)

7a. Today people are living longer. Why is this happening?

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

(2 marks)

b. Why should the elderly be encouraged to continue living in their own home?

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

(2 marks)

c. List **four** support services the elderly can benefit from to help them live in their own home.

**Support Services**

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

(2 marks)

d. Write about the benefits of **one** of the support services mentioned in question C.

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

(2 marks)

- e. A grandma will be staying for a few weeks with the family of one of her children. How can the family benefit from this visit?

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

(4 marks)

8. A sixteen year-old teenager will be sitting for some important examinations in a few weeks time.

- a. List **two** factors which can increase stress level in the teenager.

**Factors**

- *eg. being run down* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

- b. Name **five** situations that can cause stress in teenagers.

**Situations**

- *eg. unwanted pregnancy* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(5 marks)

- c. Write down **five** effects that show that a teenager is under stress.

- *eg. anxiety attacks* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(5 marks)

- d. When preparing for examinations, what can a teenager do to avoid the effects stress?
- *eg. get organised*
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (3 marks)

- 9a. Write down **three** factors that should be considered when choosing a home.

**Factors**

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

- b. From where or from whom can a couple get information if they want to buy a house.
- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

- c. How can a couple pay for their first home?
- \_\_\_\_\_
- \_\_\_\_\_
- (2 marks)

- d. Why is it important for the couple to have a life assurance policy when buying a house?
- \_\_\_\_\_
- \_\_\_\_\_
- (2 marks)

- e. When can the couple start referring to their house as their home?
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (2, 2 marks)