

**FORM 1**

**HOME ECONOMICS**

**TIME: 1h 30min**

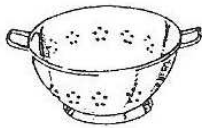
Name: \_\_\_\_\_

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

**Answer all the Questions**

1. During a Home Economics lesson you come across the equipment shown below.
  - a. Choose the correct name of each piece of equipment from the given list.

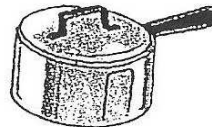
<b>colander</b>	<b>scissors</b>	<b>saucepan</b>	<b>rolling pin</b>
<b>food cover</b>	<b>can opener</b>	<b>bun tin</b>	<b>pastry cutters</b>
<b>flour dredger</b>	<b>fruit squeezer</b>	<b>whisk</b>	<b>pastry brush</b>



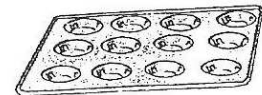
i. \_\_\_\_\_



ii. \_\_\_\_\_



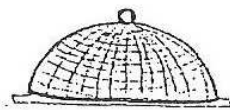
iii. \_\_\_\_\_



iv. \_\_\_\_\_



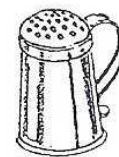
v. \_\_\_\_\_



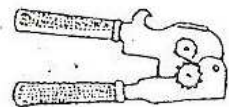
vi. \_\_\_\_\_



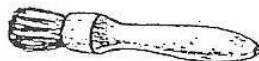
vii. \_\_\_\_\_



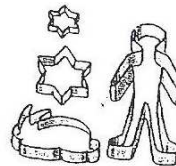
viii. \_\_\_\_\_



ix. \_\_\_\_\_



x. \_\_\_\_\_



xi. \_\_\_\_\_



xii. \_\_\_\_\_

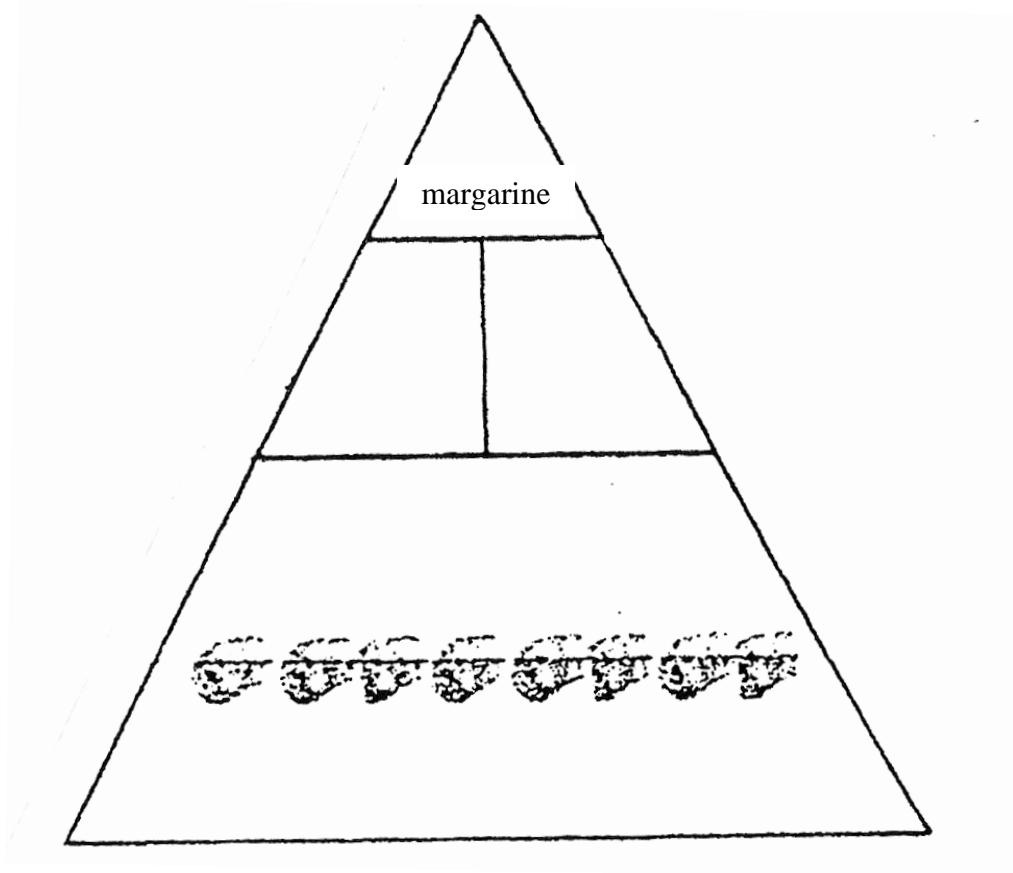
(6 marks)

b. Match column A with column B.

	A		B
i.	saucepan		to grease baking dishes
ii.	colander		to bake muffins in
iii.	pastry brush		to roll out pastry
iv.	flour dredger		to boil rice, pasta and vegetables
v.	bun tin		to drain pasta and vegetables
vi.	rolling pin		to sprinkle flour on table top

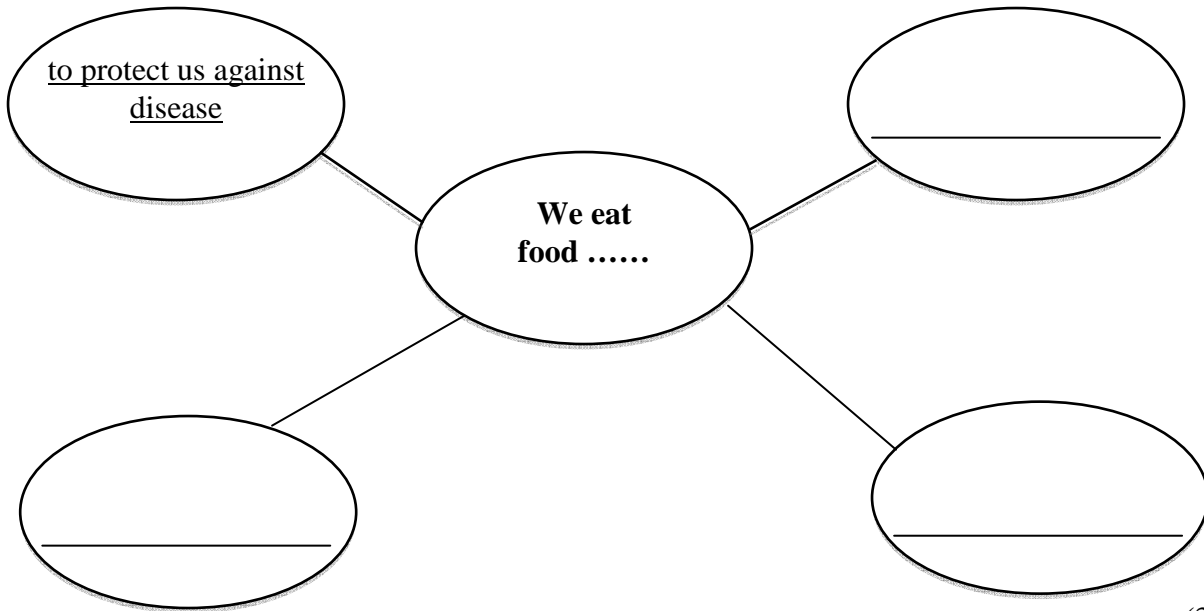
(6 marks)

2a. Suggest **two** foods for each section of the CINDY food guide pyramid.  
*(An example has been done for you)*



(5 marks)

b. Fill-in the Web Diagram below:



(3 marks)

c. One of the CINDI Dietary Guidelines suggests:

**We choose foods that are low in sugar and reduce the amount of sugar we use in meal preparation.**

i. Underline **six** foods which are low in sugar.

- |           |              |           |              |
|-----------|--------------|-----------|--------------|
| jam       | fresh milk   | ice-cream | cabbage      |
| lean meat | fish         | honey     | cakes        |
| nuts      | fizzy drinks | ricotta   | canned fruit |

(3 marks)

ii. Suggest **three** ways how we can use less sugar.  
(An example has been done for you)

- Do not add too much sugar to tea and coffee.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. Below is a list of food which a family eats during a particular day.
- a. i. Keeping the CINDI Dietary Guidelines in mind, suggest changes the family could carry out to follow a healthy diet.

<b>Breakfast</b>	<b>Healthier Food</b>
White bread	_____
Butter	_____
Cheddar cheese	_____
Fruit nectar	_____

<b>Main Meal</b>	<b>Main Meal</b>
Hamburger	_____
Bar of chocolate	_____
Soft drink	_____

<b>Supper</b>	<b>Supper</b>
Cheese cakes	_____
Canned fruit	_____
Orange squash	_____

(4, 3, 3 marks)

- ii. Choose **three** of the changes you have made and give a reason for each change.
- Change 1:** \_\_\_\_\_ instead of \_\_\_\_\_  
**Reason:** \_\_\_\_\_
- Change 2:** \_\_\_\_\_ instead of \_\_\_\_\_  
**Reason:** \_\_\_\_\_
- Change 3:** \_\_\_\_\_ instead of \_\_\_\_\_  
**Reason:** \_\_\_\_\_

(2,

- b. i. Name **six** foods the family can use to add N.S.P. (Dietary Fibre) in their meals.  
*An example has been done for you.*

whole wheat breakfast cereal \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(3 marks)

- ii. Too little N.S.P. in our diet can cause:

diabetes   
high blood pressure   
constipation   
heart disease   
diverticulitis

**tick ✓ two correct answers**

(2 marks)

4. A parent is preparing a milk dessert for lunch.

- a. Name the equipment that would be needed to:

i. measure 200ml milk: \_\_\_\_\_  
ii. chop some strawberries with: \_\_\_\_\_  
iii. heat the milk in: \_\_\_\_\_  
iv. stir the hot dessert in: \_\_\_\_\_  
v. measure 25g sugar: \_\_\_\_\_

(5 marks)

- b. We measure all our ingredients accurately (well):

*(Underline the correct answer.)*

- i. to use the kitchen scales  
ii. to get good results  
iii. to practice weighing and measuring

(1 mark)

c. Write down the names of:

**a milk dessert:** \_\_\_\_\_

**a fruit dessert:** \_\_\_\_\_

**a milk drink:** \_\_\_\_\_

**a fruit drink:** \_\_\_\_\_

(4 marks)

d. Complete the sentences below:

i. Milk is good for us because: \_\_\_\_\_

\_\_\_\_\_

ii. Fruit is good for us because: \_\_\_\_\_

\_\_\_\_\_

(2, 2 marks)

5a. List **three** reasons why we should start the day with a good breakfast.

*(An example has been done for you)*

i. To be able to concentrate better at school. \_\_\_\_\_

ii. \_\_\_\_\_

iii. \_\_\_\_\_

iv. \_\_\_\_\_

(3 marks)

b. Unfortunately some teenagers do not take breakfast.

Write down **two** possible reasons for this practice.

i. \_\_\_\_\_

ii. \_\_\_\_\_

(2 marks)

- c. i. The ingredients listed below were used to prepare breakfast by a teenager. Tick ✓ to show under which heading they belong.

Ingredients	Eat Most	Eat Moderately	Avoid
egg		✓	
skimmed milk			
fresh orange juice			
wholemeal bread			
sugar coated cereal			
fried sausage			
tomato			
margarine			
light yoghurt			

(4 marks)

- ii. Do you think that this breakfast is:

very healthy

not so healthy

unhealthy

Tick ✓ the correct answer

(½ mark)

- iii. Give a reason for your answer to c ii.

**Reason:** \_\_\_\_\_  
 \_\_\_\_\_

(2 marks)

d. You are preparing breakfast.  
Which part of the cooker would you use to?

<b>hob</b>	<b>grill</b>	<b>control knob</b>
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toast bread:

cook a scrambled egg:

heat some milk:

control heat setting:

boil water for tea

(2½ marks)

6a. Fill-in the blanks with the correct word from the list below.

<b>fresh fruit</b>	<b>healthy</b>	<b>wholemeal sandwiches</b>
<b>fat</b>	<b>light</b>	<b>cereals</b>
<b>junk</b>	<b>water</b>	<b>main</b>
<b>available</b>	<b>skimmed milk</b>	<b>in between</b>
<b>mid-morning</b>	<b>fast</b>	<b>squashes</b>
<b>studying</b>	<b>watching TV</b>	<b>fizzy drinks</b>
<b>fresh juices</b>		<b>preparation</b>

A snack is a \_\_\_\_\_ meal that is eaten \_\_\_\_\_ meals. Snacks must include \_\_\_\_\_ ingredients which require little \_\_\_\_\_ and are easily \_\_\_\_\_. Snacks can be eaten while \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. It is important to go for healthy snacks such as \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. Unfortunately, some teenagers go for \_\_\_\_\_ food and \_\_\_\_\_ food which provide only \_\_\_\_\_ and sugar. Snacks usually include a drink, we must choose \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ and avoid \_\_\_\_\_ and \_\_\_\_\_. However, a snack must never replace a \_\_\_\_\_ meal.

(10 marks)



b. Plan a healthy snack you could prepare for yourself to eat while working on a school project. Include a drink.

**Healthy Snack:**         • \_\_\_\_\_  
                                    • \_\_\_\_\_

**Drink:**                         • \_\_\_\_\_

(3 marks)

7. Below is a list of kitchen rules together with information on what happens when we do not obey them.

Match each rule with what happens if we do not follow it.

	<b>Kitchen Rules</b>		<b>What happens when we disobey them</b>
i.	Always wash your hands before handling food.		They will go bad.
ii.	Store fresh milk and cheese in the refrigerator.		You will fall over them.
iii.	Do not work in a kitchen with a wet floor.		They will catch fire.
iv.	Use oven gloves to take food out of the oven.		The pan will be knocked off and someone will be scalded.
v.	Use knives carefully.		Children will play with them and be hurt.
vi.	Do not touch the toaster with wet hands.		Someone may slip and get injured.
vii.	Children should not play in the kitchen.		To make sure they are really clean.
viii.	Curtains must not be placed near the cooker.		You can burn yourself.
ix.	Saucepan handles should not stick out over the cooker edge.		They could be injured or someone trips on them.
x.	Detergents should be locked in a cupboard.		You could cut yourself and contaminate food with blood.
xi.	Wash tea towels and dish cloths in hot water after use.		You will spoil all the food you touch.
xii.	Do not leave wires trailing across the kitchen.		You may get an electric shock.

(12 marks)