






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

Name: _____ **Class:** _____

Answer all the Questions

1a) Write down the correct name and use of the kitchen utensils shown below.

	Correct Name	Correct Use
	• _____	• _____
	• _____	• _____
	• _____	• _____
	• _____	• _____
	• _____	• _____

(10 marks)

b) Explain, how you would care for the following:

i) A grater used for grating cheese.

ii) A measuring jug which was used to measure milk.

iii) A pastry brush which was used to grease a cake-tin.

(2, 2, 2 marks)

2a) Fill in the table below.

Cooker Part	Food	Correct Use
• <u>hob</u>	• _____	• _____
• _____	• <u>toasted bread</u>	• _____
• _____	• _____	• <u>bake a pie</u>

(6 marks)

b) Write down **three** rules you should follow to use the cooker safely

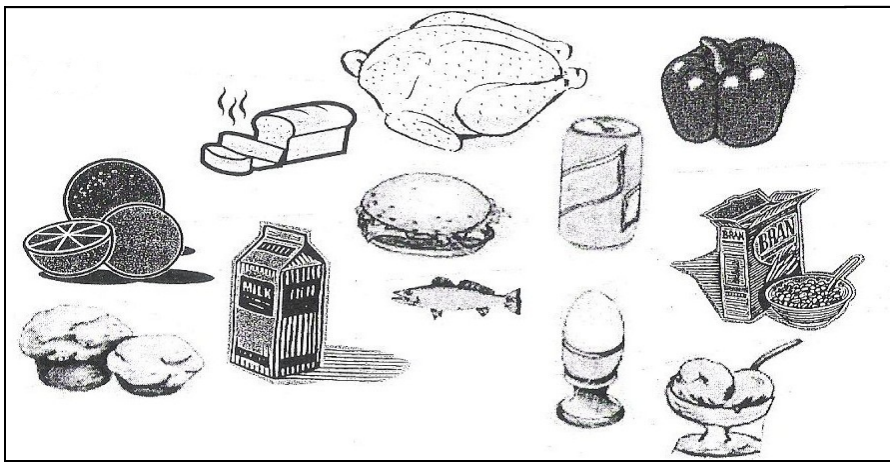
Rule 1: _____

Rule 2: _____

Rule 3: _____

(2, 2, 2 marks)

3



a) From the foods above identify:

i) **Four** foods we should **Eat Most**.

_____	_____
_____	_____

(2 marks)

ii) **Four** foods we should **Eat Moderately**.

_____	_____
_____	_____

(2 marks)

iii) **Four** foods we should **Avoid**.

_____	_____
_____	_____

(2 marks)

b) From the above foods, suggest **four** you could use to prepare a simple healthy snack for yourself.

(4 marks)

c) One of the CINDI Dietary Guidelines suggests we “Reduce the amount of fats we take in our diet”.

Give **three** examples how we can put this dietary guideline into practice

Example 1: _____

Example 2: _____

Example 3: _____

(2, 2, 2 marks)

4. Fill in the blanks with the correct word.

N.S.P., also known as _____ is very important for the prevention of _____ and _____. N.S.P. is found only in _____ foods. To add more N.S.P to our diet, we could replace white flour with _____ flour when preparing pastry or _____. Also when preparing pasta and rice dishes, we should use _____ and _____. The use of _____ breakfast cereals is also important in our diet. Other good sources of N.S.P are _____, _____ and _____.

(12 marks)

5. Teenagers are encouraged to include at least one fresh fruit in their school packed lunch.

- a) i) Write down **three** health benefits of fresh fruit.

Health Benefit 1: _____

Health Benefit 2: _____

Health Benefit 3: _____

(2, 2, 2 marks)

- ii) Suggest **six** fruits that could be included in a packed lunch.

- _____
- _____
- _____
- _____
- _____
- _____

(3 marks)

- b) Name **two** fresh fruit drinks and **two** fresh fruit desserts that could be served at lunchtime.

fresh fruit drinks:



fresh fruit desserts:



(1, 1, 1, 1marks)



6. You will be preparing some muffins for teatime.

a) Name the equipment you would need to:

- i) weigh the flour and sugar: _____
- ii) rub the fat and flour in: _____
- iii) sift the flour in: _____
- iv) mix the ingredients with: _____
- v) bake the muffins in: _____
- vi) cool the muffins on it after baking _____

(6 marks)

b) Name the method of cake-making you would use to prepare the muffins.

(1 mark)

c) Write down **four** basic ingredients you would need to prepare the muffins.

- _____
- _____
- _____
- _____

(4 marks)

d) List the steps you would follow to prepare the muffins.

(three of the steps have been done for you)

i	<i>Weigh all the ingredients carefully</i>
ii	
iii	
iv	<i>Add the sugar/nuts/dried fruit</i>
v	
vi	
vii	<i>Check if the muffins are cooked</i>

(4 marks)

e) Name **four** different types of muffins you could prepare.

(2 marks)

7. The kitchen situation below suggests that this family are not aware of the basic safety and hygiene practices they must observe when preparing family meals



- a) Write down **three** rules for kitchen hygiene that are not being followed.

Kitchen Hygiene Rules:

- _____
- _____
- _____

(1, 1, 1 marks)

- b) i) Identify **four** possible accidents which may take place in this kitchen.

Possible Accidents:

- _____
- _____
- _____
- _____

(1, 1, 1, 1 marks)

- ii) Choose **two** of the possible accidents you have listed in question b i) and suggest how they be prevented.

Possible Accident 1: _____

Prevention: _____

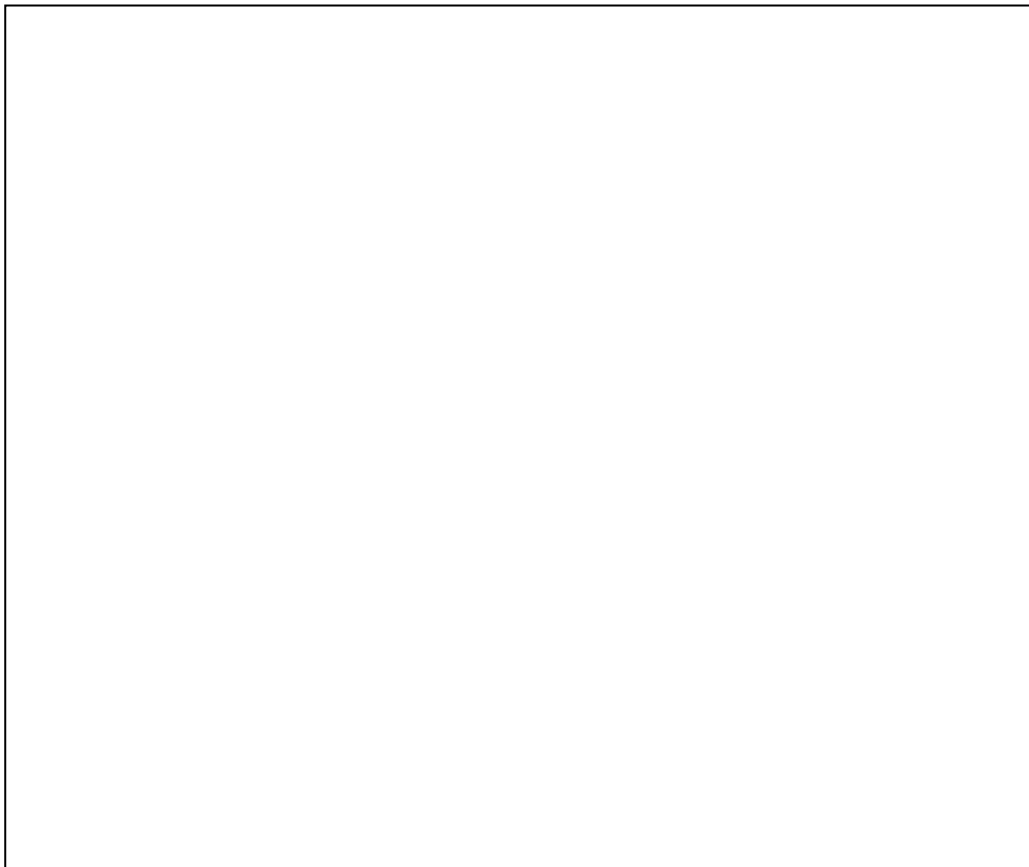
Possible Accident 2: _____

Prevention: _____

(2, 2 marks)

- c) At school you will be having a 'health and safety week'.

Plan a poster that could be used to promote the event, include an interesting slogan.



(3 marks)