

JUNIOR LYCEUM 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?

• _____ • _____
(½,½ mark)

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

(½ 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 shepherd's 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. Underline **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 mark)

ii. Describe the conditions necessary for this raising agent to work.

• _____ • _____ • _____ (1½ mark)

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:

Proofing:

(2, 2 marks)

Section B

5. What does H.A.C.C.P. indicate to the consumer?

(2 marks)

b. Give **two** recommendations under each of the following headings in relation to safe food preparation.

Personal hygiene

- _____
- _____

Kitchen hygiene

- _____
- _____

Food hygiene

- _____
- _____

(2, 2, 2 marks)

c. Why should a person who handles food regularly ensure hygienic practices?

(2 marks)

6. A family wishes to purchase a barbeque set.
Evaluate each of the following sources of information:

On line product details

Shop Assistance

Family friend

Promotional magazine / Leaflets

Teleshopping

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

7a. Give **three** reasons why people are living longer.

- ---

- ---

- ---

(3 marks)

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

- _____

- _____

(2 marks)

c. Give a brief account of **three** different types of Support Services provided to elderly people to help them keep on living in their own home.

Support Services

- _____

- _____

- _____

(3 marks)

d. How can a family benefit when an elderly grandparent stays with the family for a few days?

- _____
- _____
- _____
- _____

(4 marks)

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

a. Identify **two** factors which can contribute to increase stress levels in the teenager.

- _____
- _____

(2 marks)

b. Name **six** situations that can cause stress in teenagers.

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

(3 marks)

c. List **five** effects that show that a teenager is under stress.

- _____
- _____
- _____
- _____
- _____

(5 marks)

d. How can a teenager learn to manage stress to minimize its effects?

- _____
- _____
- _____
- _____
- _____

(5 marks)

9 The choice of a home could have long-term implications.

a Outline **four** important factors that can influence one's choice of home.

Factor (i) _____

Factor (ii) _____

Factor (iii) _____

Factor (iv) _____

(4 marks)

b. Identify **two** sources of information of individuals who can be of help to this couple.

- _____
- _____

(2 marks)

c. Describe the economic factor which has to be carefully considered by the young couple who wants to buy their first home.

(3 marks)

d. State how one's home can satisfy the emotional needs of the different members of the family.

(i) • Parents: _____

(ii) • Children: _____

(2, 2 marks)