

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

- | | |
|--|--|
| <ul style="list-style-type: none"> • _____ • _____ | <ul style="list-style-type: none"> • _____ • _____ |
|--|--|

(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:

Proofing:

(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 _____

(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 of 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)