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
1. Name four nutrients found in eggs.
   - ______________________________________________________________________
   - ______________________________________________________________________
   - ______________________________________________________________________
   - ______________________________________________________________________

2a. Name four nutrients found in eggs.
   - ______________________________________________________________________
   - ______________________________________________________________________
   - ______________________________________________________________________
   - ______________________________________________________________________

   (2 marks)

2b. Suggest four different uses of eggs in meal preparation.
   - ______________________________________________________________________
   - ______________________________________________________________________
   - ______________________________________________________________________
   - ______________________________________________________________________

   (4 marks)

2c. 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.

<table>
<thead>
<tr>
<th>Accompaniment</th>
<th>Method of Cooking</th>
</tr>
</thead>
<tbody>
<tr>
<td>____________________</td>
<td>__________________</td>
</tr>
<tr>
<td>____________________</td>
<td>__________________</td>
</tr>
</tbody>
</table>

(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.

<table>
<thead>
<tr>
<th>Food</th>
<th>Cooking Method</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cabbage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green/red pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pulses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(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.
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
• __________________________________________________________
c. Explain the terms:

Kneading:

__________________________________________________ ________________________

__________________________________________________ ________________________

(4 marks)

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)