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 marks)

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 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.

<table>
<thead>
<tr>
<th>boiling</th>
<th>grilling</th>
<th>baking</th>
<th>stir-fry</th>
</tr>
</thead>
<tbody>
<tr>
<td>microwave</td>
<td>stewing</td>
<td>steaming</td>
<td>barbeque</td>
</tr>
</tbody>
</table>

(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 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)

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 marks)

c. Two teenagers felt sick after eating a take-away meal.
Write down two possible causes.

Cause i
_____________________________________________________________
_____________________________________________________________

Cause ii
_____________________________________________________________
_____________________________________________________________ (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)