Answer all the Questions

1. During a Home Economics lesson you come across the equipment shown below.
   
a) Write down the correct name of each piece of equipment.

   - ______________  
   - ______________  
   - ______________  
   - ______________  

   - ______________  
   - ______________  
   - ______________  
   - ______________  

   - ______________  
   - ______________  
   - ______________  
   - ______________  

   - ______________  
   - ______________  
   - ______________  
   - ______________  

   - ______________  
   - ______________  
   - ______________  
   - ______________  

   - ______________  
   - ______________  
   - ______________  
   - ______________  

   (6 marks)

b) Choose six of the above equipment and write down their correct use.

   \[
   \begin{array}{ll}
   \text{Chosen Equipment} & \text{Correct Use} \\
   \hline
   & \\
   & \\
   & \\
   & \\
   & \\
   & \\
   & \\
   & \\
   \end{array}
   \]

   (6 marks)
2 a) Suggest two foods for each section of the CINDI food guide pyramid.

b) Fill in the Web Diagram below:

We eat food ……

(i) List six foods which are low in sugar.

______________________     ______________________ __    ____________________
______________________     ______________________ __    ____________________
______________________     ______________________ __    ____________________

(5 marks)

(3 marks)

(3 marks)

(5 marks)

We choose foods that are low in sugar and reduce the amount of sugar we use in meal preparation.

i) List six foods which are low in sugar.
ii) Suggest three ways how we can reduce our intake of sugar.

• _______________________________________________ __________________________
• __________________________________________ _______________________________
• ________________________________________________ _________________________

(3 marks)

3. Below is a list of food which a family eats during a particular day.

a i) Keeping the CINDI Dietary Guidelines in mind, suggest changes the family could carry out to follow a healthier diet.

<table>
<thead>
<tr>
<th>Suggested Changes</th>
<th>Suggested Changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>toasted white bread</td>
<td>____________________</td>
</tr>
<tr>
<td>butter</td>
<td>____________________</td>
</tr>
<tr>
<td>cheddar cheese</td>
<td>____________________</td>
</tr>
<tr>
<td>fruit nectar</td>
<td>____________________</td>
</tr>
<tr>
<td>Main Meal</td>
<td>Main Meal</td>
</tr>
<tr>
<td>hamburger</td>
<td>____________________</td>
</tr>
<tr>
<td>bar of chocolate</td>
<td>____________________</td>
</tr>
<tr>
<td>soft drink</td>
<td>____________________</td>
</tr>
<tr>
<td>Supper</td>
<td>Supper</td>
</tr>
<tr>
<td>cheesecakes</td>
<td>____________________</td>
</tr>
<tr>
<td>canned peaches and cream</td>
<td>____________________</td>
</tr>
<tr>
<td>orange squash</td>
<td>____________________</td>
</tr>
</tbody>
</table>

(4, 3, 3 marks)

ii) Write down a reason for three changes you have suggested.

Suggested change: __________________________________________________________

Reason: ___________________________________________________________________

Suggested change: __________________________________________________________

Reason: ___________________________________________________________________

Suggested change: __________________________________________________________

Reason: ___________________________________________________________________

(2, 2, 2 marks)
b) Give three suggestions how this family can increase the intake of N.S.P. (dietary fibre) in their diet.

- ____________________________________________________ ____________________
- ____________________________________________________ ____________________
- ____________________________________________________ ____________________  (3 marks)

ii) A lack of N.S.P. in the diet can cause

- _________________________        •  ___________ ____________  (2 marks)

4. A parent is preparing a milk dessert for lunch.

a) Name the equipment that would be needed to:

i) measure 200ml milk    •  _____________________ __

ii) measure 25g sugar       •  ___________________ ____ or    •  _______________________

iii) chop some strawberries with  •  _____________ __________

iv) peel a kiwi  •  _______________________  or   •  _______________________

v) slice the kiwi on  •  __________________________

vi) heat the milk in  •  _______________________

vii) stir the hot dessert with  •  _______________ ________

viii) mix milk mixture and fruit in  •  ___________ ____________  (5 marks)

b) Why is it important to measure ingredients accurately when preparing meals?

- _______________________________________________ ____________________________  (1 mark)

c) List two healthy milk/fruit desserts and two healthy milk/fruit drinks.

Healthy Milk/Fruit Desserts  Healthy Milk/Fruit Drinks
- ___________________________________________  •  _________________

- ___________________________________________  •  _______________________

(4 marks)

d) Write down two health benefits of:

Milk:  •  ___________________________________________

- ___________________________________________

Fruit:  •  ___________________________________________

- ___________________________________________

(2, 2 marks)
5 a) List three advantages of starting the day with a good breakfast.

- ____________________________________________________________________________
- ____________________________________________________________________________
- ____________________________________________________________________________

(3 marks)

b) Unfortunately some teenagers do not take breakfast. Identify two possible reasons for this practice.

- ____________________________________________________________________________
- ____________________________________________________________________________

(2 marks)

c i) The ingredients listed below were used to prepare breakfast by a teenager. Tick √ where appropriate.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Eat/Drink Most</th>
<th>Eat/Drink Moderately</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>egg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>skimmed milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fresh orange juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>wholemeal bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sugar coated cereal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fried sausage</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>tomato</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>margerine</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(4 marks)

ii) Do you consider this breakfast to be:

- Very healthy [ ]
- Not so healthy [ ] Tick √ the correct answer
- Unhealthy [ ]

(½ mark)

iii) Give a reason for your answer to (c ii).

Reason: ____________________________________________________________________________

(2 marks)
c) You are preparing breakfast. Which part of the cooker would you use to:

- toast bread: _______________________
- cook a scrambled egg: _______________________
- heat some milk: _______________________
- control heat setting: _______________________
- boil water for tea: _______________________

(2 ½ marks)

6 a) Fill in the blanks with the correct word from the given list.

<table>
<thead>
<tr>
<th>fresh fruit</th>
<th>healthy</th>
<th>wholemeal sandwiches</th>
</tr>
</thead>
<tbody>
<tr>
<td>fat</td>
<td>light</td>
<td>cereals</td>
</tr>
<tr>
<td>junk</td>
<td>water</td>
<td>main</td>
</tr>
<tr>
<td>available</td>
<td>skimmed milk</td>
<td>in between</td>
</tr>
<tr>
<td>mid-morning</td>
<td>fast</td>
<td>squashes</td>
</tr>
<tr>
<td>studying</td>
<td>watching T.V.</td>
<td>fizzy drinks</td>
</tr>
<tr>
<td>fresh juices</td>
<td></td>
<td>preparation</td>
</tr>
</tbody>
</table>

A snack is a _____________ meal that is eaten ___________ meals. Snacks must include ___________ ingredients which require little ___________ and are easily ___________. Snacks can be eaten while ___________. ___________ and ___________. It is important to go for healthy snacks such as ___________, ___________ and ___________. Unfortunately, some teenagers go for ___________ food and ___________ food which provide only ___________ and sugar. Snacks usually include a drink, we must choose ___________, ___________ and ___________ and avoid ___________ and ___________. However, a snack must never replace a ___________ meal.

(10 marks)

b i) Plan a healthy snack you could prepare for yourself to eat while working on a school project. Include a drink.

**Healthy Snack:** • ________________________
• ________________________

**Drink:** • ________________________

(3 marks)

ii) Give a reason why you think you have made a healthy choice.

**Reason:** • ________________________
7. Below is a list of kitchen rules which ensure a hygienic and safe kitchen. Read each rule carefully and write out a possible outcome if the rule is not followed.

<table>
<thead>
<tr>
<th>Kitchen Rules</th>
<th>Possible outcome if rule is not followed</th>
</tr>
</thead>
<tbody>
<tr>
<td>i) Always wash your hands before handling food</td>
<td>• _____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>ii) Store food at the correct temperature</td>
<td>• _____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>iii) Do not work in a kitchen with a wet floor</td>
<td>• _____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>iv) Always use oven gloves to handle hot dishes</td>
<td>• _____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>v) Do not leave flexes trailing across kitchen floor</td>
<td>• _____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>vi) Take care when using sharp knives</td>
<td>• _____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>vii) Do not touch electrical appliances with wet hands</td>
<td>• _____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>viii) Children should not be allowed to play in the kitchen</td>
<td>• _____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>ix) Curtains should not be placed near cookers</td>
<td>• _____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>x) Saucepan handles should not stick out over the cooker edge</td>
<td>• _____________________________</td>
</tr>
</tbody>
</table>

(10 marks)