Section A

Answer all the Questions

1. Beef burgers are popular with teenagers.
   Study the table below:

   a. Which beef burger would you choose?

   Tick [X] near the correct answer.

   A  B  C
   21.3 g fat  18.3 g fat  23.8 g fat

   (½ mark)

   ii. Give one reason for your choice of burger.

   • ____________________________________________________________
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   (2 marks)
iii. Beef burgers are usually rich sources of:

*Tick [X] near the correct answer.*

- polyunsaturated fat
- monounsaturated fat
- saturated fat

(1 mark)

iv. Why is it better to avoid this type of fat?

_______________________________________________________________

______________________________________________________________  (2 marks)

v. Eating beef burgers frequently could contribute to:

*Tick [X] near the correct answer.*

- diabetes
- heart disease
- constipation

(½ mark)

b. i. Suggest a healthy method of cooking beef burgers.

**Name of cooking method:** ________________________________  (1 mark)

ii. Give one reason for your answer.

- ________________________________

_______________________________________________________________  (2 marks)

c. i. Home made burgers could be a healthy alternative to ready made burgers. Identify two ingredients you could use to make burgers to improve their nutritive value.

**Ingredient 1:** ________________  **Ingredient 2:** ________________

(½, ½ mark)
ii. Explain how these ingredients contribute to the improvement.

- __________________________________________________________

- __________________________________________________________  (2, 2 marks)

2. Complete the chart below.  
(The first one has been done for you).

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Uses</th>
<th>Examples of Good Sources</th>
</tr>
</thead>
</table>
| Protein  | Needed for growth and repair of cells     | • Meat
|          |                                           | • Nuts                   |
|          | Needed for strong bones and teeth         | • ____________________
|          |                                           | • ____________________ |
| Iron     | • ____________________  
|          |                                           | • Cereals                 |
|          |                                           | • Liver                   |
|          | Provides energy and protects internal organs | • ____________________  
|          |                                           | • Olive oil               |
| Vitamin C| • ____________________  
|          |                                           | • ____________________  
|          |                                           | • ____________________ |
|          | Helps in the absorption of calcium and phosphorus | • Action of sunlight  
|          |                                           | • Oily fish               |

(10 marks)
3. Dairy products are widely used in meal preparation.
   a. List four examples of dairy products.

   • ________________ • ________________ • ________________ • ________________ (2 marks)

   b. Identify one type of milk suitable for the following groups of people.

      a five year old child
      a teenager who is intolerant to milk
      an elderly person who has a heart condition

      (3 marks)

   c. Suggest ways of including dairy products when preparing:

      Breakfast:
      • __________________________________________
      • __________________________________________
      • __________________________________________

      Mid-Morning Snack:
      • __________________________________________
      • __________________________________________
      • __________________________________________

      (3, 3 marks)

   d. List three main nutrients of dairy products.

      Nutrient 1: __________________________________________
      Nutrient 2: __________________________________________
      Nutrient 3: __________________________________________

      (3 marks)

   e. Why is the __USE BY__ date found on dairy products useful to the consumer?

      __________________________________________

      __________________________________________

      (2 marks)
Section B

4a. i. Write down the three main ingredients you would need to prepare some Short Crust Pastry.

200g
100g
4tbsp.  

(3 marks)

Tick ✓ near the correct answer to the questions that follow:

ii. Which type of flour would you choose to add fibre to the pastry?

plain flour
corn flour
wholemeal flour

(1 mark)

iii. Which type of margarine would you choose to follow the CINDI Dietary Guidelines?

polyunsaturated margarine
monounsaturated margarine
saturated margarine

(1 mark)
iv. When making Short Crust Pastry, we should use:

- boiling water
- warm water
- cold water

(1 mark)

b. Below is a list of ingredients you would need to prepare a savoury flan.

![Savoury flan](image)

Suggest healthier ingredients you could choose instead.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Healthier Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>100g cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>100g streaky bacon</td>
<td></td>
</tr>
<tr>
<td>300ml milk</td>
<td></td>
</tr>
<tr>
<td>½ tsp salt</td>
<td></td>
</tr>
</tbody>
</table>

(4 marks)

c. Name **three** other dishes which can be made with Short Crust Pastry.

*(The first one has been done for you).*

- eg. Meat pie
-
-

(3 marks)
d. Match column A to column B to determine rules for making good Short Crust Pastry.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Weigh all ingredients</td>
<td>as little as possible.</td>
</tr>
<tr>
<td>ii. All the ingredients</td>
<td>before using it.</td>
</tr>
<tr>
<td>iii. Sift the flour</td>
<td>in a pre-heated oven.</td>
</tr>
<tr>
<td>iv. Handle the pastry</td>
<td>carefully.</td>
</tr>
<tr>
<td>v. Leave the pastry to rest</td>
<td>to add air to the pastry.</td>
</tr>
<tr>
<td>vi. Roll out pastry with</td>
<td>must be cool.</td>
</tr>
<tr>
<td>vii. Always bake</td>
<td>light, even strokes.</td>
</tr>
</tbody>
</table>

(6 marks)

5a. i. Write down the name of a cake or some buns you have prepared in class.

Name of cake or buns: ________________________________ (1 mark)

ii. To prepare the cake or buns you have used the:

(Tick near the correct answer).

- rubbing-in method of cake-making
- all-in-one method of cake-making
- whisking method of cake-making

(1 mark)
b. In brief, write down the steps you would follow to prepare the cake or buns.

(The first step has been done for you).

i. **Weigh and measure all the ingredients.**

   ii. __________________________________________________________

   iii. __________________________________________________________

   iv. __________________________________________________________

   v. __________________________________________________________

   vi. __________________________________________________________ (5 marks)

c. i. At what oven temperature would you bake the cake or buns?

   **Gas Mark _______ or _______ °C**

   (1 mark)

   ii. To check if the cake or buns are cooked we use a:

      *(Tick ☑ near the correct answer).*

      - Fork
      - Palette Knife
      - Scewer

   (1 mark)

d. To store cakes for future use, we should store in:

   *(Tick ☑ near the correct answer).*

   - the freezer
   - an air-tight cake tin
   - the food cupboard

   (1 mark)
6a. Choose the correct family type from the given list.

<table>
<thead>
<tr>
<th>Single-Parent</th>
<th>Adoptive</th>
<th>Nuclear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extended</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foster</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

i. Single-parent family ⇒ Children living with both parents.

ii. Extended family ⇒ Children, parents and grandparents living together.

iii. Single-parent family ⇒ Children living with one parent.

iv. Foster family ⇒ Children living in a family for a short while until a family problem is sorted out.

v. Extended family ⇒ Children are not born into this family but still have the same surname.

(5 marks)

b. Name four factors which can harm the unborn child.

(The first one has been done for you).

- Alcohol

(4 marks)
c. Suggest two examples how parents can help children to develop:
(Examples have been done for you).

Socially:
- Allow them to visit other children.
- ________________________________________________
- ________________________________________________ (2, 2 marks)

Physically:
- Allow them to exercise regularly.
- ________________________________________________
- ________________________________________________ (2, 2 marks)

7a. i. Look carefully at the picture and mark with an X six kitchen hygiene rules which are not being followed.

(3 marks)

ii. Write down three kitchen hygiene rules you would follow when preparing family meals.
(The first one has been done for you).

- Wash hands before you touch food.
- ________________________________________________
- ________________________________________________
- ________________________________________________ (3 marks)
b. Write down **two** hygiene rules you should follow when shopping for food:

*(Examples have been done for you).*

**Buying the food:**

- *Make sure the packets are not damaged.*
- 
- 
-  
- (2, 2 marks)

**Storing the food:**

- *Wipe all tins before placing in food cupboard.*
- 
- 
-  
- (2, 2 marks)