FORM 1  HOME ECONOMICS  TIME: 1h 30min

Name: _______________________________  Class: _______________

Answer all the Questions

1a) Write down the correct name and use of the kitchen utensils shown below.

<table>
<thead>
<tr>
<th>Correct Name</th>
<th>Correct Use</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

(10 marks)

b) Explain, how you would care for the following:

i) A grater used for grating cheese.

___________________________________________________________________________
___________________________________________________________________________

ii) A measuring jug which was used to measure milk.

___________________________________________________________________________
___________________________________________________________________________
iii) A pastry brush which was used to grease a cake-tin.

(2, 2, 2 marks)

2a) Fill in the table below.

<table>
<thead>
<tr>
<th>Cooker Part</th>
<th>Food</th>
<th>Correct Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>• hob</td>
<td></td>
<td></td>
</tr>
<tr>
<td>•</td>
<td>toasted bread</td>
<td></td>
</tr>
<tr>
<td>•</td>
<td></td>
<td>bake a pie</td>
</tr>
</tbody>
</table>

(6 marks)

b) Write down three rules you should follow to use the cooker safely

Rule 1: __________________________________________

Rule 2: __________________________________________

Rule 3: __________________________________________

(2, 2, 2 marks)

3

a) From the foods above identify:
i) **Four foods we should **Eat Most.**

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

(2 marks)

ii) **Four foods we should **Eat Moderately.**

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

(2 marks)

iii) **Four foods we should **Avoid.**

________________________________________________________________________
________________________________________________________________________

(2 marks)

b) From the above foods, suggest **four** you could use to prepare a simple healthy snack for yourself.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
(4 marks)

c) One of the CINDI Dietary Guidelines suggests we “Reduce the amount of fats we take in our diet”.

Give **three** examples how we can put this dietary guideline into practice

**Example 1:**

________________________________________________________________________
________________________________________________________________________

**Example 2:**

________________________________________________________________________
________________________________________________________________________

**Example 3:**

________________________________________________________________________

(2, 2, 2 marks)
4. Fill in the blanks with the correct word.

N.S.P., also known as ________________ is very important for the prevention of
______________ and _______________. N.S.P. is found only in
______________ foods. To add more N.S.P to our diet, we could replace white flour
with ________________ flour when preparing pastry or ________________. Also when
preparing pasta and rice dishes, we should use ________________ and
_______________. The use of ________________ breakfast cereals is also important in
our diet. Other good sources of N.S.P are ________________, ________________ and
_______________.

(12 marks)

5. Teenagers are encouraged to include at least one fresh fruit in their school packed lunch.
   a) i) Write down three health benefits of fresh fruit.
      Health Benefit 1: ______________________________________________________________
      ______________________________________________________________

      Health Benefit 2: ______________________________________________________________
      ______________________________________________________________

      Health Benefit 3: ______________________________________________________________
      ______________________________________________________________

      (2, 2, 2 marks)

   ii) Suggest six fruits that could be included in a packed lunch.
      * ________________   * ________________   * ________________
      * ________________   * ________________   * ________________

      (3 marks)

   b) Name two fresh fruit drinks and two fresh fruit desserts that could be served at lunchtime.

      fresh fruit drinks: ______________________________________________________________
      ______________________________________________________________

      fresh fruit desserts: ______________________________________________________________
      ______________________________________________________________

      (1, 1, 1, 1 marks)
6. You will be preparing some muffins for teatime.

a) Name the equipment you would need to:

i) weigh the flour and sugar: ________________________________________________

ii) rub the fat and flour in: ________________________________________________

iii) sift the flour in: ______________________________________________________

iv) mix the ingredients with: ______________________________________________

v) bake the muffins in: ____________________________________________________

vi) cool the muffins on it after baking _______________________________________

(6 marks)

b) Name the method of cake-making you would use to prepare the muffins.

________________________________________

(1 mark)

c) Write down four basic ingredients you would need to prepare the muffins.

• _____________________________  • _____________________________

• _____________________________  • _____________________________

(4 marks)

d) List the steps you would follow to prepare the muffins.

(iii) Weigh all the ingredients carefully

iv) Add the sugar/nuts/dried fruit

v

vi

vii) Check if the muffins are cooked

(4 marks)

e) Name four different types of muffins you could prepare.

________________________________________  __________________________________

(2 marks)
7. The kitchen situation below suggests that this family are not aware of the basic safety and hygiene practices they must observe when preparing family meals

a) Write down three rules for kitchen hygiene that are not being followed.

**Kitchen Hygiene Rules:**

• _______________________________________________________________________
  _______________________________________________________________________

• _______________________________________________________________________
  _______________________________________________________________________

• _______________________________________________________________________
  _______________________________________________________________________

(1, 1, 1 marks)

b) i) Identify four possible accidents which may take place in this kitchen.

**Possible Accidents:**

• _______________________________________________________________________
• _______________________________________________________________________
• _______________________________________________________________________
• _______________________________________________________________________

(1, 1, 1, 1 marks)
ii) Choose **two** of the possible accidents you have listed in question b i) and suggest how they can be prevented.

**Possible Accident 1:** ______________________________________________________

**Prevention:** ______________________________________________________________

__________________________________________________________________________

**Possible Accident 2:** ______________________________________________________

**Prevention:** ______________________________________________________________

__________________________________________________________________________

(2, 2 marks)

c) At school you will be having a ‘health and safety week’.

Plan a poster that could be used to promote the event, include an interesting slogan.

(3 marks)