FORM 2  Home Economics  TIME: 1h 30min

Answer all the questions.

1.  (a)  Fill-in the table below with the correct answer from the given list.

<table>
<thead>
<tr>
<th>Source</th>
<th>Main Nutrient</th>
<th>Function in the body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>provides energy and warmth</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>healthy red blood cells</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>protects us from disease</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>growth and repair of cells</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>healthy eyesight</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>strong bones and teeth</td>
<td></td>
</tr>
</tbody>
</table>

(6, 6 marks)
(b) Match Column A with Column B to identify the **CINDI Dietary Guideline** which may help prevent the diet related diseases listed below.
*(The first one has been done for you.)*

<table>
<thead>
<tr>
<th>A: Diet Related Disease</th>
<th>B: CINDI Dietary Guideline</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Coronary Heart Disease</td>
<td>Reduce intake of sugar.</td>
</tr>
<tr>
<td>ii Diabetes</td>
<td>Keep to a healthy weight.</td>
</tr>
<tr>
<td>iii Hypertension</td>
<td>Increase intake of N.S.P. (dietary fibre)</td>
</tr>
<tr>
<td>iv Obesity</td>
<td>Reduce intake of carbohydrates.</td>
</tr>
<tr>
<td>v Dental Caries</td>
<td>i Reduce intake of saturated fat.</td>
</tr>
<tr>
<td>vi Constipation/Diverticulitis</td>
<td>Reduce intake of salt.</td>
</tr>
</tbody>
</table>

*(5 marks)*

(c) Your Home Economics class is going to produce a set of refrigerator magnets with advice to encourage healthy eating.

Fill-in each of the **TWO** blank magnets with a different message promoting healthy eating. Near each magnet explain **ONE** way you could change your diet to meet the advice given.
*(An example has been worked out for you.)*

**Example**

**Magnet 1**

*Eat more fruit and vegetables everyday.*

I could change my diet by:

*Adding some fresh fruit to my breakfast cereal.*

**Magnet 2**

I could change my diet by:

_____________________________

_____________________________

**(2, 3 marks)**

(2, 3 marks)
2. (a) Underline **EIGHT** foods which are very good sources of N.S.P. (dietary fibre).

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>lentils</td>
<td>cabbage</td>
<td>liver</td>
<td>split peas</td>
</tr>
<tr>
<td>milk</td>
<td>oats</td>
<td>cheese</td>
<td>bran flakes</td>
</tr>
<tr>
<td>fish</td>
<td>brown rice</td>
<td>oranges</td>
<td>ricotta</td>
</tr>
<tr>
<td>muesli</td>
<td>beans</td>
<td>butter</td>
<td>ham</td>
</tr>
</tbody>
</table>

(b) Why does the body need N.S.P.?  
(Underline the correct answer.)

i) To help the body to use nutrients well.  

ii) To give energy to the body.  

iii) To help the body to get rid of waste products in a short time.  

(c) Name **TWO** diseases that may be prevented by a high-fibre diet.  

___________________________       ________________  

(d) Suggest ways of adding N.S.P. when preparing:  
(An example has been done for you.)

**Breakfast:**  
*Use a wholegrain breakfast cereal.*

**A sandwich:**  
___________________________________________________

**A stew:**  
___________________________________________________

**A ricotta pie:**  
___________________________________________________

**A vegetable soup:**  
___________________________________________________

(4 marks)

3. (a) This evening, some friends will be coming to your house to watch a DVD.

i) Give the name of a savoury and a sweet pastry dish you could serve during the evening.

**Savoury Dish:** _____________________________

**Sweet Dish:** _____________________________

(2 marks)

ii) Name the pastry you would use to prepare the pastry dish.

___________________________________________________  

(1 mark)
(iii) If you were using 300g of flour to make the pastry, how much fat would you use?  
(Underline the correct answer.) 

a) 200g  
b) 150g  
c) 50g  

(1 mark)

(iv) Write down TWO rules you would follow to make good pastry.  
(The first one has been done for you.)

• Weigh and measure the ingredients well.

• ________________________________________________________________

• ________________________________________________________________  

(4 marks)

(v) Suggest a type of flour and fat you would use to make the pastry healthy.  
Give reasons for your answer.

Type of Flour: ______________________  
(½ mark)  

Reason for choice: ______________________________________________________

______________________________________________________________  

(2 marks)

Type of Fat: ______________________  
(½ mark)  

Reason for choice: ______________________________________________________

______________________________________________________________  

(2 marks)

(b) Suggest a healthy salad and drink you could serve with the pastry dishes you have chosen.

Salad: ______________________  

Drink: ______________________  

(2 marks)
4. (a) Name a different packaging material you could use to pack the foods listed below before placing them in the refrigerator/freezer.

<table>
<thead>
<tr>
<th>Food for Storing</th>
<th>Packaging Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh meat for freezing</td>
<td></td>
</tr>
<tr>
<td>Left-over pea soup</td>
<td></td>
</tr>
<tr>
<td>Sandwich for packed lunch</td>
<td></td>
</tr>
<tr>
<td>Fresh fish to be cooked for lunch</td>
<td></td>
</tr>
<tr>
<td>Ricotta</td>
<td></td>
</tr>
</tbody>
</table>

(5 marks)

(b) What should you keep in mind when choosing packaging materials for the refrigerator/freezer.

(2 marks)

(c) List THREE rules that one should follow when storing food in the refrigerator/freezer. 
(These three rules have been done for you.)

- Pack food well before placing it in the refrigerator/freezer.
- ____________________________ ______________________________
- ____________________________ ______________________________
- ____________________________ ______________________________

(3 marks)

5. (a) Match Column A with Column B.

<table>
<thead>
<tr>
<th>A: Shopping Facility</th>
<th>B: Description of Shopping Outlet</th>
</tr>
</thead>
<tbody>
<tr>
<td>i Open market</td>
<td>Shopping from the comfort of one’s home.</td>
</tr>
<tr>
<td>ii Specialist shop</td>
<td>A very wide variety of foods available in one shop.</td>
</tr>
<tr>
<td>iii Armchair shopping</td>
<td>Cheap prices as sellers do not have too many expenses.</td>
</tr>
<tr>
<td>iv Supermarket</td>
<td>Seller knocks on customer’s door to sell products.</td>
</tr>
<tr>
<td>v Door-to-door seller</td>
<td>Selling one type of product only e.g., bread</td>
</tr>
</tbody>
</table>

(5 marks)
(b) Fill-in the web diagram below to give down **FOUR** important pieces of information found on a food label.

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

- List of ingredients
- Information found on labels.
- 
- 
- 

(4 marks)

6. **(a)** List **THREE** basic manners that must be followed at table.

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

- *Never talk with food in your mouth.*
- 
- 
- 
- 

(6 marks)
(b) Give a reason why table manners are so important.

_______________________________________________ ________________________
______________________________________ _________________________________
(2 marks)

(c) In the space provided, draw and label a place setting for the meal shown in the menu below.

![Menu](image)

7. (a) A local family needs to dispose (get rid) of the following items. Underline SIX items which should be placed in the grey/green bag for recycling.

<table>
<thead>
<tr>
<th>toothpaste tube</th>
<th>egg shells</th>
<th>clean tuna can</th>
<th>newspapers</th>
</tr>
</thead>
<tbody>
<tr>
<td>potato peel</td>
<td>milk carton</td>
<td>shoe box</td>
<td>battery</td>
</tr>
<tr>
<td>envelope</td>
<td>plastic bottle</td>
<td>wooden clothes hanger</td>
<td></td>
</tr>
</tbody>
</table>

(3 marks)
(b) Give practical examples how household waste can be reduced, re-used and recycled. 
(Examples have been done for you.)

**Reduced:**  *Do not buy items which have a lot of packaging.*

- • ________________________________________________________________
  • ________________________________________________________________

**Re-used:**  *Use empty margarine tubs to store food in.*

- • ________________________________________________________________
  • ________________________________________________________________

**Recycled:**  *Use clean food cans to make pen holders.*

- • ________________________________________________________________
  • ________________________________________________________________

(6 marks)

(c) As young teenagers, how can you and your friends show that you care for the environment:

i) When working on a practical Home Economics assignment?

- • ________________________________________________________________
  • ________________________________________________________________

(4 marks)

ii) When working on a school project?

- • ________________________________________________________________
  • ________________________________________________________________

(4 marks)