### Question 1 (a)
Fill in the table below with the correct answer/s.
(Examples have been done for you.)

<table>
<thead>
<tr>
<th>Source</th>
<th>Main Nutrient</th>
<th>Function in the body</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="#" alt="Meat" /></td>
<td>Iron</td>
<td>________________</td>
</tr>
</tbody>
</table>

(10 marks)
(b) Identify the **CINDI Dietary Guideline** which may help prevent the dietary related diseases listed below.  
*(The first one has been done for you.)*

<table>
<thead>
<tr>
<th>Dietary Related Disease</th>
<th>CINDI Dietary Guideline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary Heart Disease</td>
<td><em>Reduce intake of saturated fat.</em></td>
</tr>
<tr>
<td>Diabetes</td>
<td></td>
</tr>
<tr>
<td>Hypertension</td>
<td></td>
</tr>
<tr>
<td>Obesity</td>
<td></td>
</tr>
<tr>
<td>Dental Caries</td>
<td></td>
</tr>
<tr>
<td>Constipation/Diverticulitis</td>
<td></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.

i) Fill-in each of the **TWO** blank magnets with a different message promoting healthy eating.

**Magnet 1**

______________________________

**Magnet 2**

______________________________

(2, 2 marks)

(ii) Explain **ONE** way you could change your diet to meet the advice given.

**I could change my diet by:**

______________________________

______________________________

______________________________

**I could change my diet by:**

______________________________

______________________________

______________________________

(3, 3 marks)
2. (a) A friend has been constipated for two days and the family doctor has suggested following a **high fibre diet**.

i) Explain the function of N.S.P. (dietary fibre) in the body.

- __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________

(4 marks)

ii) List **SIX** foods which are very good sources of N.S.P.

____________________     ______________     ____________________
____________________     ______________     ____________________
____________________     ______________     ____________________

(3 marks)

iii) Identify **TWO** disorders, other than constipation, that may be prevented by following a high fibre diet.

_________________________     _______________

(1 mark)

(c) Suggest **THREE** ways of including N.S.P. when preparing different meals.

- __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________
  __________________________________________________________________________

(3 marks)

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

i) Suggest a nutritious pastry dish you could prepare in advance to serve during the evening. Give reasons for your choice of dish.

**Name of Dish:** ____________________________

(½ mark)

**Reasons for choice:**

- __________________________________________________________________________
  __________________________________________________________________________

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

__________________________________  

(½ mark)

iii) Keeping the CINDI dietary guidelines in mind, list the basic ingredients and quantities you would require to prepare 300g of this pastry.

• ________________________________
• ________________________________
• ________________________________  

(3 marks)

iv) Identify a healthy salad, dessert and drink you could serve with the pie.

Salad: ____________________________

Dessert: __________________________ 

Drink: ____________________________  

(3 marks)

(b) Write down TWO rules you should follow to obtain good results when preparing the pastry.

• ________________________________________________________________

• ________________________________________________________________  

(4 marks)

4. (a) Suggest different packaging materials which safeguard the environment and which you could use to pack the foods listed below before placing 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) Give advice you should follow when storing food in the refrigerator/freezer.

- •
  
  __________________________________________________________
  __________________________________________________________

- •
  
  __________________________________________________________
  __________________________________________________________

- •
  
  __________________________________________________________
  __________________________________________________________

(6 marks)

5. (a) Define the characteristics of the following shopping facilities:

<table>
<thead>
<tr>
<th>Name of Shopping Facility</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Armchair shopping</td>
<td></td>
</tr>
<tr>
<td>Supermarket</td>
<td></td>
</tr>
<tr>
<td>Open market</td>
<td></td>
</tr>
<tr>
<td>Door-to door seller</td>
<td></td>
</tr>
<tr>
<td>Specialist shop</td>
<td></td>
</tr>
</tbody>
</table>

(5 marks)

(b) Fill-in the web diagram to give FIVE important pieces of information found on a food label.

(5 marks)
6. (a) You have been asked to discuss table manners with your classmates. Write down **TWO** reasons for the importance of table manners.

- __________________________________________________________________________
- __________________________________________________________________________

(4 marks)

(b) List **THREE** table manners that must be observed at table.

- __________________________________________________________________________
- __________________________________________________________________________
- __________________________________________________________________________

(3 marks)

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

```
Menu

Vegetable Soup
Grilled Fish
served with
Boiled Carrots & Marrows
Fresh Fruit Salad
Natural Water
```

(4 marks)
7. (a) The garbage bag of a family contains the items listed below. Show how you would dispose of each item correctly. 
(The first one has been done for you.)

<table>
<thead>
<tr>
<th>Item in Garbage Bag</th>
<th>Correct Method of Disposal.</th>
</tr>
</thead>
<tbody>
<tr>
<td>newspaper</td>
<td>In the grey/green recycling bag.</td>
</tr>
<tr>
<td>clean tuna can</td>
<td></td>
</tr>
<tr>
<td>battery</td>
<td></td>
</tr>
<tr>
<td>wooden clothes hanger</td>
<td></td>
</tr>
<tr>
<td>egg shells</td>
<td></td>
</tr>
<tr>
<td>clean plastic jerry can</td>
<td></td>
</tr>
<tr>
<td>toothpaste tube</td>
<td></td>
</tr>
<tr>
<td>clean jam jar</td>
<td></td>
</tr>
</tbody>
</table>

(7 marks)

(b) Give practical examples how household waste can be reduced, re-used and recycled (the 3 R’s).

Reduced: Example 1: __________________________________________________________

Example 2: __________________________________________________________

Re-used: Example 1: ______________________________________________________

Example 2: ______________________________________________________

Recycled: Example 1: _____________________________________________________

Example 2: ______________________________________________________

(6 marks)
(c) As young teenagers, how can you and your friends show that you have a caring attitude towards the environment.

i) When working on a school written project?
   • ____________________________________________________
   • ____________________________________________________
   • ____________________________________________________
   • ____________________________________________________
   (3 marks)

ii) When carrying out a practical Home Economics assignment?
   • ____________________________________________________
   • ____________________________________________________
   • ____________________________________________________
   • ____________________________________________________
   (3 marks)