1. a) Match the correct function to each nutrient.

An example has been done for you.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Carbohydrates</td>
<td>Maintains healthy eyes and skin</td>
</tr>
<tr>
<td>ii. Proteins</td>
<td>Helps form strong bones and teeth</td>
</tr>
<tr>
<td>iii. Vitamin C</td>
<td>Needed for growth and repair</td>
</tr>
<tr>
<td>iv. Vitamin A</td>
<td>Keeps our body warm</td>
</tr>
<tr>
<td>v. Fat</td>
<td>i Our main source of energy</td>
</tr>
<tr>
<td>vi. Minerals</td>
<td>Helps prevent infections</td>
</tr>
</tbody>
</table>

(5 marks)

b) Suggest a possible cause for the following diet-related disorders.

i. Coronary heart disease

ii. Obesity

iii. High blood pressure

iv. Tooth decay

(4 marks)
As a student member of the school council, you have been asked to promote dietary fibre amongst other students in the school. Answer all the questions below in order to provide you with information that you can use in a leaflet to promote dietary fibre.

a) Name THREE foods which are high in dietary fibre.

- __________________________
- __________________________
- __________________________  

(b) Give ONE main function of dietary fibre in the diet.

- __________________________

(c) List THREE possible conditions which may result if you do not eat enough dietary fibre in the diet.

- __________________________
- __________________________
- __________________________  

(d) Explain why it is important to drink water when eating foods which are high in fibre.

- __________________________
- __________________________
- __________________________

(e) Identify TWO signs of dehydration (lack of water intake).

- __________________________
- __________________________

  (2 marks)
f) Design the first page of the leaflet to promote the importance of dietary fibre in the space provided below. Add a **title**, provide **information** about fibre and include a **drawing**.

```
Title: ____________________________

**Information:**

**Drawing:**

Design - The Students’ Council of St Peter’s College
```

(1, 2, 1 marks)

---

(g) Write a slogan to promote the importance of fibre amongst students at school.

**Tip:** A slogan is a group of catchy words to encourage something or promote an idea.

**Slogan:**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

(2 marks)
3. The following are the **basic** ingredients used in the recipe of short-crust pastry.

![Ingredients](image)

**Ingredients**

- 200g plain white flour
- 100g fat
- 4-6 tablespoons cold water

(a) Jeremy has jumbled up the method for short crust pastry. Put it in order by placing the correct number near each step.  

*The first one has been done for you.*

<table>
<thead>
<tr>
<th>Steps</th>
<th>Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knead pastry on a floured surface.</td>
<td></td>
</tr>
<tr>
<td>Make a well and add water.</td>
<td></td>
</tr>
<tr>
<td>Leave pastry to rest in a cool place.</td>
<td></td>
</tr>
<tr>
<td>1 Sift the flour.</td>
<td></td>
</tr>
<tr>
<td>Rub in fat into flour using your fingertips.</td>
<td></td>
</tr>
<tr>
<td>Cut margarine into small pieces using a round bladed knife.</td>
<td></td>
</tr>
<tr>
<td>Roll out pastry and use as required.</td>
<td></td>
</tr>
<tr>
<td>Stir with a metal knife until mixture forms a ball.</td>
<td></td>
</tr>
</tbody>
</table>

(7 marks)

(b) Suggest **TWO** modifications/changes that you would make to the pastry recipe to bring it in line with the CINDI dietary guidelines.

**Modification/Change 1:**

- ________________________________________________________________

**Modification/Change 2:**

- ________________________________________________________________

(2 marks)
c) Choose ONE of the modifications/changes suggested and give a reason for your choice.

Modification /Change: ________________________________

• ______________________________________________________________________

__________________________________________________________________________

(2 marks)

d) Recommend ONE savoury and ONE sweet filling that can be used with short crust pastry.

i.  Savoury filling: ______________________________________________________

ii. Sweet filling: ______________________________________________________

(1, 1 marks)

e) Name ONE healthy drink that could be served with the savoury filling.

• ______________________________________________________________________

(1 mark)

f) Give ONE reason for your choice of drink.

• ______________________________________________________________________

__________________________________________________________________________

(2 marks)

g) Draw the table layout for ONE person. Include the basic cutlery for the savoury item and drink. Add a simple table decoration.
h) Table manners are the rules followed when eating.

i. List TWO table manners that should be observed at the table.

• 
•

(2 marks)

ii. List TWO unacceptable behaviours that should be avoided at the table.

• 
•

(2 marks)

4. Look carefully at the following list of ingredients.

- 250g minced beef
- 2 large onions
- 3 garlic cloves
- 3 tomatoes, chopped
- 1 tsp. tomato puree
- 400ml water
- 1 tsp. dried rosemary
- 1 tsp. dried basil
- 325g wholegrain rice
- 1 egg, lightly beaten
- 100g ricotta
- 2 tbsp. cheddar cheese, grated
- 200ml fresh milk

a) Name the dish that is prepared using these ingredients.

___________________________________________

(1 mark)
b) Name **SIX** pieces of equipment that you need to prepare this dish. Identify the use for each piece of equipment in the recipe above.

<table>
<thead>
<tr>
<th>Name of Equipment</th>
<th>Use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
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<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(3, 3 marks)

c) Which food in the ingredient list is a rich source of starch?

______________________________

(½ mark)

d) Name **ONE** food which is a rich source of plant protein that can added to the ingredient list.

______________________________

(½ mark)

e) Identify **THREE** sources of animal protein in the ingredient list.

______________________________

______________________________

______________________________

(1½ marks)

f) Which food in the list would contribute towards water intake in the diet?

______________________________

(½ mark)

g) There are food items in this recipe which are high in saturated fats.

Identify **TWO** such foods and for each one suggest healthier low fat alternatives.

<table>
<thead>
<tr>
<th>Food item high in saturated fats</th>
<th>Healthier alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(½, 1, ½, 1 marks)
h) State TWO harmful effects of a high fat intake in the diet.
• ________________________________________________________________
• ________________________________________________________________ (2 marks)

5. a) Tick (✓) FOUR items that you would find in a first aid box?

b) Fill in the blanks using words from the box below.

<table>
<thead>
<tr>
<th>gate</th>
<th>plug</th>
<th>cover</th>
<th>medicines</th>
<th>bandage</th>
<th>plaster</th>
<th>cleaning</th>
<th>bath mat</th>
<th>tweezers</th>
<th>cloth</th>
</tr>
</thead>
</table>

i. Keep all ______________ liquids locked and out of children’s reach.

ii. ______________ should be stored in a cabinet where children do not easily reach them.

iii. There should never be a ______________ fitted in a bathroom.


v. A safety ______________ keeps away serious safety hazards from young children.

vi. Make sure all sockets are fitted with a safety ______________.

vii. A ______________ is used to cover a small cut.

viii. The ______________ is used to remove an insect sting.

ix. A ______________ is used to support an arm or leg.

x. Ice should always be wrapped in a ______________ when treating an accident. (5 marks)

c) Explain what first aid treatment should be given in each of the following:

i. Burns
• ________________________________________________________________
ii. Cuts

- ____________________________________________________________

(2, 2 marks)

6. Look carefully at the following picture. From the picture, list **FIVE** dangers for a young child and state how each of these can be prevented.

- Danger 1: ____________________________________________________
  Prevention 1: ________________________________________________

- Danger 2: ____________________________________________________
  Prevention 2: ________________________________________________

- Danger 3: ____________________________________________________
  Prevention 3: ________________________________________________

- Danger 4: ____________________________________________________
  Prevention 4: ________________________________________________

- Danger 5: ____________________________________________________
  Prevention 5: ________________________________________________

(5, 5 marks)
7. a) Circle the **THREE** recycling symbols.

![Recycling Symbols](image)

(3 marks)

b) Explain what you understand by the ‘Recycle Tuesday Scheme’.

___________________________________________________________________________

___________________________________________________________________________

(2 marks)

c) The **Carbon Footprint** is directly related to the amount of natural resources consumed. Each of our everyday actions consumes energy.

List **THREE** activities that affect the carbon footprint of individuals. 
*An example has been done for you.*

![Carbon Footprint](image)

(3 marks)

d) List **FIVE** things to help reduce your carbon footprint to protect the environment during food planning and preparation.

• __________________________________________________________________________

• __________________________________________________________________________

• __________________________________________________________________________

• __________________________________________________________________________

• __________________________________________________________________________

(5 marks)