Name ________________________

Class __________

Answer all the Questions.

Section A

1. Look carefully at the table below which gives the nutritional value of 100g of various vegetables.
   Answer the questions that follow:

<table>
<thead>
<tr>
<th></th>
<th>Beans (Canned in tomato sauce)</th>
<th>Cabbage (Green, boiled)</th>
<th>Carrots (Boiled)</th>
<th>Peas (Fresh, frozen, boiled)</th>
<th>Peas (Canned, processed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>45mg</td>
<td>38mg</td>
<td>48mg</td>
<td>13mg</td>
<td>27mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>3mg</td>
<td>23mg</td>
<td>6mg</td>
<td>15mg</td>
<td>0mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>50ug</td>
<td>50ug</td>
<td>2000ug</td>
<td>50ug</td>
<td>67ug</td>
</tr>
<tr>
<td>Fibre</td>
<td>6.9g</td>
<td>2.4g</td>
<td>2.8g</td>
<td>4.7g</td>
<td>4.7g</td>
</tr>
</tbody>
</table>

a) i. Which vegetable has the highest Vitamin C content? ________________

ii. Which vegetable has the lowest Vitamin C content? ________________

(½ × 2 = 1 mark)

iii. Why do you think there is a difference in the amount of Vitamin C present in the vegetables suggested in (i) and (ii)?

___________________________________________________________________________

(1 mark)

iv. Why is Vitamin C needed by the body?
   • ____________________________________________
   • ____________________________________________ (2 marks)

b) i. Which vegetable has the most Vitamin A? ________________

(½ × 2 = 1 mark)

ii. Why is Vitamin A needed by the body?
   • ____________________________________________
   • ____________________________________________ (2 marks)
c) i. Which vegetable has the highest fibre content? ____________  
(½ × 2 = 1 mark)
ii. Why is fibre needed by the body?
  • ..................................................................................................................
  • ..................................................................................................................
(2 marks)

2. a) Name the correct part of the plant which the listed vegetables belong to:
These are the parts of the plants: **Fruits, Roots, Flowers, Bulbs, Leaves, Tubers, Seeds**

i. Cabbage ______________________
ii. Potatoes ______________________
iii. Tomatoes ______________________
iv. Peas ______________________
v. Cauliflower ______________________
vi. Beetroot ______________________
vii. Spinach ______________________
viii. Onions ______________________  
(½ × 8 = 4 marks)

b) Why are we encouraged to buy vegetables that are in season?
  • ..................................................................................................................
  • ..................................................................................................................
(2 marks)

c) How can we utilise vegetables bought in bulk from a vegetable market?
  • ..................................................................................................................
  • ..................................................................................................................
  • ..................................................................................................................
(3 marks)
3. Sometimes it may be necessary to buy frozen vegetables. Identify **four** advantages of buying frozen vegetables.

- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________

(4 marks)

4. a) Suggest **six** factors which affect our choice of food.

1. 
2. 
3. 
4. 
5. 
6.

(Food Choice)

(½ × 6 = 3 marks)

b) Select **two** of the factors identified above and explain how each affects our food choices.

- Factor 1 ___________________
  __________________________________________
  __________________________________________
  __________________________________________

- Factor 2 ___________________
  __________________________________________
  __________________________________________

(2, 2 marks)
5. a) The following pictures show different methods of cooking. Which method of cooking is being used in the following pictures?

i. ____________________  ii. ____________________

iii. ____________________  iv. ____________________

(½ × 4 = 2 marks)

b. From the cooking methods identified above:

i. Choose the method which makes best use of energy. ____________________

ii. Choose the method which is the least healthy. ____________________

(½ × 2 = 1 mark)

iii. State why you should not make frequent use of the method which is the least healthy.

• ________________________________________________________________

• _____________________________________________________________ (2 marks)

c) i. Which method of cooking would you choose to cook a cheap cut of meat?

__________________ (1 mark)

ii. Give two reasons for choosing this method.

• ________________________________________________________________

• ________________________________________________________________

(2, 2 marks)
Section B

6. a) Many factors influence the way people choose to spend their money.
   Match Column A with Column B to define the factors.

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Personal factors</td>
<td>Not tested on animals. Can be recycled.</td>
</tr>
<tr>
<td>2. Psychological factors</td>
<td>How much I can afford and ensure that I get value for my money.</td>
</tr>
<tr>
<td>3. Economic factors</td>
<td>It is what I really want, need or require.</td>
</tr>
<tr>
<td>4. Environmental factors</td>
<td>Celebrating a special occasion. Wanting to feel good.</td>
</tr>
</tbody>
</table>

(½ × 4 = 2 marks)

b)  i. Jane bought a pair of boots. A week later the heel came off.
   What should Jane do with the pair of boots?
   ______________________________________________________________________
   ______________________________________________________________________
   (2 marks)

   ii. Peter bought a jacket and was not given a receipt.
    Why should he have asked for the receipt?
    ______________________________________________________________________
    ______________________________________________________________________
    (2 marks)
7. a) Fill in the blanks with the words from the table below.

<table>
<thead>
<tr>
<th>fats</th>
<th>stomach</th>
<th>nutrients</th>
<th>saliva</th>
<th>waste</th>
</tr>
</thead>
<tbody>
<tr>
<td>tongue</td>
<td>peristalsis</td>
<td>absorbed</td>
<td>digested</td>
<td>anus</td>
</tr>
</tbody>
</table>

Food has to be ____________________ to allow ______________________ to be used by the body. In the mouth, food mixes with ____________________. The ______________________ helps to push it down the oesophagus. Here food moves by a movement known as ____________________. Gastric juices from the ______________________ act on proteins while bile from the gall bladder acts on ______________________. The small intestine breaks down the food further so it can be ______________________ by the body. What the body does not need collects as ______________________ in the large intestine and leaves the body through the ______________________.

(10 x ½ = 5 marks)

b. Underline the correct word.

i. In the mouth, food is broken down by: biting, chewing, swallowing.

ii. Saliva is an enzyme which acts on: proteins, fats, starch.

iii. Hydrochloric acid is released in the walls of the: duodenum, stomach, bile duct.

iv. Digestion converts proteins to: amino acids, fructose, glycerol.

(4 marks)

8. a) Tonina has retired from work. She wants to feel useful and wants to spend her time well.

Suggest two ways how Tonina can make good use of her free time.

- __________________________________________________________
- __________________________________________________________

(2 marks)

b) Alfred and his wife Mary are grandparents to three-year old twins. Their daughter and her husband both work.

Suggest two ways how Alfred and Mary can help this family.

- __________________________________________________________
- __________________________________________________________

(2 marks)
c) Frans has recently gone to live in a residential home for the elderly. Give two advantages of living in a residential home.

- ____________________________________________________________
- ____________________________________________________________ (2 marks)

d) Homes for the elderly need to be safe. State why:

1. Mats can be unsafe

- ____________________________________________________________

2. Some toilets should have a raised toilet seat.

- ____________________________________________________________

(2, 2 marks)

e) What benefits are obtained from making use of each of the following?

i. Kartanzjan.

- ____________________________________________________________

ii. The Home Care Help Service.

- ____________________________________________________________

iii. M.M.D.N.A.

- ____________________________________________________________ (3 marks)

9. a) We are being encouraged to recycle our waste. Bags with recycled waste are being collected from our doorstep. Name two items that can be put in the bags for recycling and two items that should not be put in the bags.

<table>
<thead>
<tr>
<th>In Recycle Bag</th>
<th>Not in Recycle Bag</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(½ × 4 = 2 marks)
b) Give one advantage of recycling household waste.

___________________________________________________________________________

___________________________________________________________________________ (1 mark)

c) The easiest way to address the problem of waste is to follow the 5R’s.
Give one example for each.

Reuse       ________________________________________________________________

Reduce      ______________________________________________________________

Recycle     ______________________________________________________________

Return      ______________________________________________________________

Refill      ________________________________________________________________

(5 marks)

d) Why is it important to:

i. water plants with a watering can?

___________________________________________________________________________

(4 marks)

ii. put curtains on windows?

___________________________________________________________________________

iii. make more frequent use of a microwave?

___________________________________________________________________________

iv. fill the kettle with the amount of water required only?

___________________________________________________________________________

(4 marks)

e) Natural resources can be used to produce energy. Explain how these sources can save energy.

The sun

___________________________________________________________________________

___________________________________________________________________________

The wind

___________________________________________________________________________

(4 marks)
10. a) Pauline has bought the following items.

<table>
<thead>
<tr>
<th>magazine</th>
<th>a kilo of apples</th>
<th>bag of sweets</th>
<th>loaf of bread</th>
</tr>
</thead>
<tbody>
<tr>
<td>birthday card</td>
<td>bottle of shampoo</td>
<td>pair of socks</td>
<td>lipstick</td>
</tr>
</tbody>
</table>

Place each item in the correct column:

<table>
<thead>
<tr>
<th>Wants</th>
<th>Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(½ × 8 = 4 marks)

b) Pauline has also spent €135 to purchase a microwave oven.

List four different methods of payment that she can use:

__________________  __________________  __________________  __________________

(½ × 4 = 2 marks)

11. a) Name each type of freezer

A __________________________

B __________________________

(1 mark)
b) Anna and her husband who live on a big farm need to buy a freezer. Which freezer would you recommend for them. Explain why?

Type of freezer ____________________________

______________________________________________________________________________

______________________________________________________________________________

(1, 2 marks)

c) Anna and her husband also need to buy a freezer thermometer.
i. Why should there be a thermometer inside the freezer?

______________________________________________________________________________

ii. What should the temperature inside a freezer read?

______________________________________________________________________________

(2, 1 marks)

d) Anna has decided to freeze the following foods: 

\textit{a meat pie, carrots, vegetable soup, parsley, pastry, fresh fish.}

How would she need to pack the food to ensure good keeping qualities?

Meat pie ____________________________

Carrots ____________________________

Vegetable soup ____________________________

Parsley ____________________________

One kilo of pastry ____________________________

Fresh fish ____________________________

(\frac{1}{2} \times 6 = 3 \text{ marks})