# 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 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 given 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? ________________  

(1 mark)

ii. Why is Vitamin A needed by the body?

• ________________________________________________________________  

• ________________________________________________________________  

(2 marks)
c) i. Which vegetable has the highest fibre content? ____________ (1 mark)
   ii. Why is fibre needed by the body?
       • __________________________________________________________________________
       • __________________________________________________________________________ (2 marks)

2a) Name the correct part of the plant 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 each picture?

i. __________________
ii. __________________

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5. b) From the cooking methods identified above:

i. Choose the cooking method which consumes the least energy. ____________________________

ii. Choose the cooking method which is the least healthy. ____________________________

(½ × 2 = 1 mark)

iii. State why you should not make frequent use of the method you identified as the least healthy

• ________________________________________________________________________________

• ________________________________________________________________________________

(2 marks)

5. 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 can influence consumer choice. Identify two of them.
b) Give a practical example of each.

- ______________________________________________________________________
- ______________________________________________________________________

(2 marks)

c) Define the term ‘consumer’

__________________________________________________________________________

__________________________________________________________________________

(2 marks)

7. a) Fill in the blanks with the words given in the table below.

<table>
<thead>
<tr>
<th>ingestion</th>
<th>large intestine</th>
<th>peristalsis</th>
<th>egested</th>
<th>broken down</th>
</tr>
</thead>
<tbody>
<tr>
<td>absorbed</td>
<td>proteins</td>
<td>anus</td>
<td>mouth</td>
<td>fibre</td>
</tr>
</tbody>
</table>

Digestion is the process by which food is ____________________________, nutrients are released and ____________________________ into the bloodstream. Digestion starts in the ____________________________. This is known as ____________________________.

When food enters the oesophagus it moves by a process known as ____________________________. Food then enters the stomach. The nutrient ____________________________ starts to be digested here. Undigested food including ____________________________ goes to the ____________________________ from where it is ____________________________. Digestion ends in the___________________________.

(½ × 10 = 5 marks)

b) What is the function of each of the following in the digestion process?

i. Gastric juice ____________________________

ii. Bile duct ____________________________

iii. Insulin ____________________________

iv. Villi ____________________________

(4 marks)
8. a) John is a healthy sixty two year old. He has just retired and is finding it difficult to adjust to his new way of life. Suggest three ways how John can make good use of his time.

- ______________________________________________________________________
- ______________________________________________________________________
- ______________________________________________________________________

(3 marks)

b) Gemma is presently living with her married daughter and her husband who both work. They have two young children. Suggest three ways how she can contribute to the family needs.

- ______________________________________________________________________
- ______________________________________________________________________
- ______________________________________________________________________

(3 marks)

c) Frans feels it is time for him to move in a residential home as he is finding it difficult to cope on his own. However, he is finding it difficult to leave the town he has lived in for over seventy years. List three advantages of having residential homes for the elderly in one's own town/village.

- ______________________________________________________________________
- ______________________________________________________________________
- ______________________________________________________________________

(3 marks)

d) The elderly are prone to certain accidents. Suggest one safety rule which they should follow in order to prevent each of the following:

i. Scalds ______________________________________________________________________

ii. Burns ______________________________________________________________________

iii. Falls ______________________________________________________________________

iv. Poisoning ______________________________________________________________________

(4 marks)
9. a) List the following items into organic waste, inorganic waste and hazardous waste.

<table>
<thead>
<tr>
<th>leaves</th>
<th>glass</th>
<th>kitchen foil</th>
<th>batteries</th>
<th>newspapers</th>
<th>used neon tube</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic</td>
<td>Inorganic</td>
<td>Hazardous</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(½ × 6 = 3 marks)

b) The easiest way to tackle the problem of waste is to follow the 5 R’s. Name them.

c) Give one example of how each can be put into practice.

<table>
<thead>
<tr>
<th>5 R’s</th>
<th>Practical Example</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

(5 marks)

d) Explain why it is necessary to:

i. Fix dripping taps immediately.

ii. Buy detergents which are effective at low temperatures.

iii. Choose the right-sized pot to fit the burner.

iv. Have a well in a new home.
v. Invest in a solar water heater.

vi. Buy items which have been produced locally.

10. a) It is important to distinguish between a need and a want.
    Fill in the table given with **four** examples of **needs** and **four** examples of **wants**.

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

(6 marks)

b) There are several ways of paying for goods. Name **one method** and state its advantage in use.
   •  
   •  

(½, 1½ marks)

11. a) The advantage of having a freezer is that it is a popular method of preserving food.
    State in which way:
    i. It saves time __________________________________________________________
    ii. It saves money _________________________________________________________
    iii. It saves energy _______________________________________________________

(3 marks)

b) Which type of freezer would you recommend for the following:
   i. A married couple with a three year old boy who both work and live in a modest apartment.
      •  
      . Give a reason for your choice.
      •  

(½, 2 marks)

ii. A married couple who live in a spacious converted farmhouse with three teenage children. The husband is self-employed and the wife works part-time in the family business.
   •  
   . Give a reason for your choice.
   •  

(½, 2 marks)