Answer all the questions.

1. a) i. Circle four pieces of equipment you would need to prepare a cooked milk dessert for lunch.

   ![Equipment Images]

   (2 marks)

   ii. Name two other pieces of equipment you would require if you add fresh fruit to the milk dessert. Also write down the use of each one.

<table>
<thead>
<tr>
<th>Other Equipment</th>
<th>Correct Use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

   (1, 2 marks)

   iii. List two other ingredients you could add to this dessert to increase its N.S.P. content.

   ___________________________  ___________________________

   (1 mark)

   b) Suggest two food safety precautions you would take to ensure that your dessert is safe to eat.

   • ____________________________  ____________________________

   (2, 2 mark)
2. Jade, who is 11 years old, takes the following lunch to school.

\[\text{White baguette with butter} \]
\[\text{Bacon slices} \]
\[\text{Cheddar cheese pieces} \]
\[\text{Salted nuts} \]
\[\text{Peach nectar} \]

a) Place the food and drink items which are found in Jade’s lunch box in the correct column below, keeping the CINDI Food Pyramid in mind.

<table>
<thead>
<tr>
<th>Eat Most</th>
<th>Eat Moderately</th>
<th>Eat Least</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(3 marks)

b) Recommend two healthy food items that Jade can add to her lunch box to ensure a balanced lunch.

___________________________________    _____________________________________

(1, 1 marks)

c) Plan a balanced packed lunch that Jade can take with her to school. Include an example of food and/or drink items from the five major food groups.

- ________________________________
- ________________________________
- ________________________________
- ________________________________
- ________________________________
- ________________________________

(5 marks)
d) Choose two food/drink items suggested in the previous question and for each food or drink state why you have included them in Jade’s lunch.

   Food 1: ________________________________
   Reason: __________________________________________

   Food 2: ________________________________
   Reason: __________________________________________

   (2, 2 marks)

3. In order to be healthy, we need to eat different foods from the main foods groups.

   Food provides us
   with energy
   to keep us active.

a) Explain why we need food. Answers should be different from the one given above.
   • _____________________________________________
   • _____________________________________________
   (2 marks)

b) Fill in the blanks with the correct word/s from the given list.

<table>
<thead>
<tr>
<th>Food Pyramid</th>
<th>green</th>
<th>red</th>
<th>orange</th>
<th>physical activity</th>
<th>avoid</th>
</tr>
</thead>
</table>

The CINDI __________________ which is divided into different sections shows the amount of foods we are to eat in our diet. The sections are shaded in green, orange and red. The __________________ section shows that we are to consume most from this section, __________ means that we are to eat these foods in moderation, and ________________ means that we are to ____________________ these foods. The Pyramid also shows the importance of ____________________ for a healthy lifestyle.

   (3 marks)
c) One of the CINDI Dietary Guidelines states that we should select foods that are low in sugar.

Suggest five ways of how this can be done.

• ________________________________________________________________________
• ________________________________________________________________________
• ________________________________________________________________________
• ________________________________________________________________________
• ________________________________________________________________________

(5 marks)

4. You may have heard that ‘breakfast is the most important meal of the day’.

a) Why is it important not to skip breakfast?

• ________________________________________________________________________
• ________________________________________________________________________

(2 marks)

b) How would you include this recipe in a healthy breakfast menu?

i. Plan a breakfast menu which includes the ingredients of the scrambled egg that is found below. Your choice of breakfast should be low in fat and high in fibre.

(Write your answer on the Breakfast menu found on the next page)

Recipe - Scrambled Egg
(Serves one person)

1 egg
2 tbsp. skimmed milk/plain low-fat yoghurt
Pepper to taste
ii. State which of the foods in the breakfast menu is:

high in fibre: ______________________

low in fat: ______________________

(5 marks)

(1 mark)
5. a) i. We often see this symbol displayed in public places. What does it mean? Underline the correct answer.

| i. Use water carefully. |
| ii. Careful because the water is hot. |
| iii. Wash hands. |

(1 mark)

ii. Give two reasons why we should follow the instruction suggested by this symbol carefully especially when preparing family meals.

- _______________________________________________________________________
- _______________________________________________________________________
- _______________________________________________________________________
- _______________________________________________________________________

(4 marks)

b) You will be preparing a ricotta sandwich for supper. Fill in the table below to show the precautions you should take to ensure that the sandwich is safe to eat this evening.

(An example is given)

<table>
<thead>
<tr>
<th>Process</th>
<th>Food Hygiene Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Collect all the ingredients.</td>
<td>Check that all the ingredients are fresh.</td>
</tr>
<tr>
<td>2. Prepare all the ingredients.</td>
<td>______________________________________________________________________</td>
</tr>
<tr>
<td>3. Mix all the filling ingredients together.</td>
<td>______________________________________________________________________</td>
</tr>
<tr>
<td>4. Make the sandwich.</td>
<td>______________________________________________________________________</td>
</tr>
<tr>
<td>5. Store the sandwich.</td>
<td>______________________________________________________________________</td>
</tr>
<tr>
<td>6. Clean the utensils.</td>
<td>______________________________________________________________________</td>
</tr>
</tbody>
</table>

(5 marks)

6. a) John has been rather careless while working in the kitchen. Why do you think he:

i. cut his finger? ______________________________________________________________________

ii. scalded his hand? ______________________________________________________________________

iii. fell? ______________________________________________________________________

iv. burned the edge of the tea-towel? ______________________________________________________________________

(4 marks)
b) What dangers does two-year-old Mariah face when her sister:

i. puts bleach in a soft drink bottle?

ii. allows pan handles to stick over the edge of the cooker?

iii. leaves the damaged flex of the iron to trail on the floor?

iv. leaves cupboards and drawers open while she is cooking?

(4 marks)

c) What advice would you give her sister in order to prevent two of these dangerous situations?

•
•

(2, 2 marks)

d) Fill in the blanks with words from the given list.

<table>
<thead>
<tr>
<th>persons</th>
<th>calm</th>
<th>ambulance</th>
<th>type</th>
<th>control officer</th>
<th>telephone</th>
<th>landmark</th>
<th>address</th>
<th>hang up</th>
<th>112</th>
</tr>
</thead>
</table>

In case you need to make an emergency call, it is essential that you stay ____________________. A ____________________will take your call. If the accident has happened at home, you must give all the necessary details such as your name and ____________________ number as well as the ____________________where the accident has happened. You need to give details about the ____________________ of accident that has happened and the number of ____________________that are injured. Remember that one ____________________takes one casualty only. If the accident has happened in the street and you do not know the name of the street always indicate a ____________________ such as the name of a shop. Do not ____________________until you are told to do so. Remember the emergency number. It is ____________________.

(5 marks)
e) List **two** features that a first-aid box should have.

- __________________________________________________________________________
- __________________________________________________________________________
- __________________________________________________________________________

(2, 2 marks)

7. a) i. Pictures A and B show **two** types of cookers. Name them.

![Cooker A](image1)

A

![Cooker B](image2)

B

____________________________________________________________________

(½ x 2 = 1 mark)

ii. List **four** differences between Cooker A and Cooker B.

<table>
<thead>
<tr>
<th>Difference 1:</th>
<th>__________________________________________________________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difference 2:</td>
<td>__________________________________________________________________________</td>
</tr>
<tr>
<td>Difference 3:</td>
<td>__________________________________________________________________________</td>
</tr>
<tr>
<td>Difference 4:</td>
<td>__________________________________________________________________________</td>
</tr>
</tbody>
</table>

(4 marks)
b) i. Label the different parts of the cooker.

ii. In which part of the cooker would you cook each of the following:

- A home made burger ________________________________
- Vegetable soup ________________________________
- Baked rice ________________________________
- Scrambled egg ________________________________
- Carrot cake ________________________________
- Roasted almonds ________________________________

(3 marks)
8. a) i. The equipment shown below was used to measure ingredients when preparing some rock buns. Fill in the table below as indicated in the given example.

<table>
<thead>
<tr>
<th>Measuring Equipment</th>
<th>Correct Name</th>
<th>Example of Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>tablespoon</td>
<td>• used to measure cocoa powder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• used to measure milk</td>
</tr>
<tr>
<td></td>
<td>__________________</td>
<td>___________________________________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• ___________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• ___________________</td>
</tr>
<tr>
<td></td>
<td>__________________</td>
<td>___________________________________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• ___________________</td>
</tr>
<tr>
<td></td>
<td>__________________</td>
<td>___________________________________________</td>
</tr>
</tbody>
</table>

(ii) Why is it important to measure ingredients accurately when preparing rock buns?

________________________________________________________________________
________________________________________________________________________

(2 marks)

iii. Name the method of cake making you would use to prepare the rock buns.

_____________________________________

(1 mark)

b) i. When making rock buns, which ingredient/s:

1. are rubbed in: ____________________

2. is beaten: ____________________

3. adds flavour: ____________________

4. add N.S.P. ____________________

(ii) At what oven temperature would you bake the rock buns?

Gas Mark ______ or ______ºC

(1 mark)

(iii) How would you check if the rock buns are cooked?

________________________________________________________________________

(1 mark)
| **Home Economics** | Levels 5 – 8  
Page 4 b) i.  
Question should read as follows:  
Plan a breakfast menu which includes the scrambled egg that is found below. *(omit the ingredients of)* |