1. The following is a list of foods Jan has eaten yesterday.

<table>
<thead>
<tr>
<th>Time of day</th>
<th>Foods eaten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>fruit and fibre cereal with milk</td>
</tr>
<tr>
<td>Mid-day snack</td>
<td>fruit yoghurt and a banana</td>
</tr>
<tr>
<td>Packed lunch</td>
<td>wholemeal roll with tuna and tomato</td>
</tr>
<tr>
<td>Tea time</td>
<td>cereal bar</td>
</tr>
<tr>
<td>Main meal</td>
<td>fillet of fish with fresh peas, grated carrot and mashed potatoes</td>
</tr>
</tbody>
</table>

a) i. List six foods Jan has eaten that are rich in protein.

____________________  ______________________  ______________________  
____________________  ______________________  ______________________  
____________________  ______________________  ______________________  

(3 marks)

ii. From the foods listed in (a) above, select two foods that contain animal protein and two foods containing plant protein.

Animal protein          Plant protein
• ______________________          • ______________________  
• ______________________          • ______________________  

(2 marks)

b) i. Give one function of protein.

________________________________________________________________________________  
________________________________________________________________________________  
________________________________________________________________________________  

(2 marks)

ii. Explain why it is essential that toddlers and children get enough protein.

________________________________________________________________________________  
________________________________________________________________________________  
________________________________________________________________________________  

(2 marks)
2. Jack is a thirteen-year old teenager. His parents both work till late. They are currently saving to move from a two-bedroomed apartment to a three-bedroomed apartment. He has a sister who is six-years-old and since he is the elder of the siblings, his parents have asked him to prepare lunches for his sister and himself.

i. Fill in the diagram below with four main factors that would influence his choice of food for his sister and himself.
Choose two of the factors identified above in (2a)

Describe how each would affect his choice of food.

**Factor 1**

_____________________________________________________________________

_____________________________________________________________________

**Factor 2**

_____________________________________________________________________

_____________________________________________________________________

(4 marks)

3. The body requires a source of energy in order to function. Carbohydrate is an important source of energy. Sugars and starches found in our food are examples of carbohydrates.

a) In the table below, name three food sources of each.

<table>
<thead>
<tr>
<th>Sugar</th>
<th>Starch</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(3 marks)

b) Name three disorders which are associated with excessive carbohydrate intake.

. ____________________________________________

. ____________________________________________

. ____________________________________________

(3 marks)
c) Help the following people adopt a healthier diet by:

i. Suggesting **one** way of how to decrease sugar and increase starch and dietary fibre in their diet.

ii. Giving **one** reason for your answer.

<table>
<thead>
<tr>
<th>Description</th>
<th>Suggestion</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paul has a breakfast cereal which is high in sugar every morning.</td>
<td>___________________________________________________________________________</td>
<td>____________________________________________________________________</td>
</tr>
<tr>
<td>Kirsty is an active footballer. She trains for two hours every day. She eats a tuna salad before training.</td>
<td>___________________________________________________________________________</td>
<td>____________________________________________________________________</td>
</tr>
<tr>
<td>Luca’s lunch from home consists of a chicken pie and an apple pie.</td>
<td>___________________________________________________________________________</td>
<td>____________________________________________________________________</td>
</tr>
</tbody>
</table>

(9 marks)
4. The following is the ingredients list of a pasta dish which serves two persons.

**Chicken Pasta Bake**

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>125g chicken breast</td>
</tr>
<tr>
<td>125g macaroni pasta</td>
</tr>
<tr>
<td>50g spinach leaves</td>
</tr>
<tr>
<td>150g cream</td>
</tr>
<tr>
<td>175g chopped tomatoes</td>
</tr>
<tr>
<td>1 chicken cube</td>
</tr>
<tr>
<td>200g grated cheddar cheese</td>
</tr>
</tbody>
</table>

**Ingredients**

**4.** The following is the ingredients list of a pasta dish which serves two persons.

**a) i.** Identify two foods which are a rich source of saturated fat which are found in the ingredient list.

_________________________ ___________________________ (2 marks)

**ii.** For each of the foods identified in question 4 a i., suggest a similar food which is lower in fat content that may be used instead.

_________________________ ___________________________ (2 marks)

**b) i.** List two sources of minerals and vitamins in the ingredient list.

_________________________ ___________________________ (1 mark)

**ii.** State why these and similar foods coming from the same food group are important to the body.

________________________________________________________________________ (2 marks)

**c)** Give two examples of foods that are rich sources of vitamins that can be added to the ingredient list instead of the chicken cube.

_________________________ ___________________________ (2 marks)

**d)** Which two foods in the list would contribute towards fibre intake in the diet?

_________________________ ___________________________ (1 mark)
e) Brown rice can be used in similar recipes instead of white rice. Suggest five different ideas of how you can add brown rice to your meals.

• __________________________________________________________________________

• __________________________________________________________________________

• __________________________________________________________________________

• __________________________________________________________________________

• __________________________________________________________________________

(5 marks)

5. a) Which are the four basic ingredients required for cake making?

_________________       _________________      _________________       _________________

(2 marks)

b) The pictures A and B show two methods of cake making.
   i. Name them.

A. __________________________________________________________________________
   B. __________________________________________________________________________

Method A __________________________ Method B __________________________

(1 mark)

ii. What are the main differences between method A and method B when it comes to:

   Weighing of ingredients

________________________________________________________________________________________
   ______________________________________________________________________________________

   Method

________________________________________________________________________________________
   ______________________________________________________________________________________

(4 marks)
iii. Name two ingredients that can be added to the basic plain cake recipe to vary the same cake mixture.

__________________________________________________________________  ______________________________________________________________________  

(2 marks)

6. a) Put the foods listed below in their correct place in the refrigerator.
(An example is given.)

<table>
<thead>
<tr>
<th>eggs</th>
<th>fresh milk</th>
<th>meat to thaw</th>
<th>tomatoes</th>
<th>cheese</th>
<th>ice-cream</th>
<th>Custard</th>
</tr>
</thead>
</table>

ice-cream

b) i. A young couple have just bought their first refrigerator. How can they ensure their food is stored safely?

•  __________________________________________________________________________

•  __________________________________________________________________________

•  __________________________________________________________________________

(3 marks)

ii. Give practical examples to show how the couple can be environmentally conscious when choosing:

their new refrigerator.

•  __________________________________________________________________________

•  __________________________________________________________________________

•  __________________________________________________________________________
packaging materials to store food for use in the refrigerator.

7. a) i. Match column A to column B by inserting numbers 1 to 4 in the middle column.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Address of food maker</td>
<td><a href="http://WWW.freshfoods.co.uk">WWW.freshfoods.co.uk</a></td>
</tr>
<tr>
<td>2. Weight of product</td>
<td><a href="http://WWW.freshfoods.co.uk">WWW.freshfoods.co.uk</a></td>
</tr>
<tr>
<td>3. Recycling symbol</td>
<td>Cook for 8 minutes in boiling water.</td>
</tr>
<tr>
<td>4. Instructions for use</td>
<td>€ 450g</td>
</tr>
</tbody>
</table>

(2 marks)

ii. The above information is found on a bag of frozen garden peas. List two other important pieces of information you would expect to find on the bag and write down why each is important to the consumer.

<table>
<thead>
<tr>
<th>Additional Information</th>
<th>Importance to consumer</th>
</tr>
</thead>
<tbody>
<tr>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

(2, 4 marks)

(b) A single parent who is housebound is finding it difficult to do the shopping. Suggest a shopping facility which would be suitable for the parent.

Validate your choice of facility.

Shopping Facility: _______________________

Reason for choice

____________________________________

(1, 2 marks)
8.a) It is essential to have a first-aid kit in the home. Pair the first-aid equipment with its correct use. (*An example has been given.*)

<table>
<thead>
<tr>
<th>First-aid Equipment</th>
<th>Correct Use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>To protect the hands from blood.</td>
</tr>
<tr>
<td>Scissors</td>
<td>To clean a cut or wound.</td>
</tr>
<tr>
<td>Gauze</td>
<td>To cover a small cut or graze.</td>
</tr>
<tr>
<td>Gloves</td>
<td>To protect an injured limb.</td>
</tr>
<tr>
<td>Scissors</td>
<td>To cut bandages and gauze.</td>
</tr>
</tbody>
</table>

(2 marks)

b) Your elder brother accidentally burns his hand while preparing pasta for lunch.

i. How would you treat his burn?
   • _________________________________________________________________
   • _________________________________________________________________
   • _________________________________________________________________

(3 marks)

ii. What can your brother do to avoid the accident being repeated?
   • _________________________________________________________________
   • _________________________________________________________________

(2 marks)

9. a) How can you help your family save water and electricity when:

i. Washing your teeth ________________________________________________

ii. Washing dad’s car ________________________________________________

iii. Using the electric kettle _________________________________________

iv. Using the oven __________________________________________________

(4 marks)
b) Jane has the following items that need to be thrown away. Where should Jane dispose of the following items?

<table>
<thead>
<tr>
<th>Items to be disposed of</th>
<th>Correct disposal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Empty wine bottle</td>
<td>•</td>
</tr>
<tr>
<td>Old newspapers</td>
<td>•</td>
</tr>
<tr>
<td>A broken fan</td>
<td>•</td>
</tr>
<tr>
<td>Some batteries</td>
<td>•</td>
</tr>
<tr>
<td>Used paper napkins</td>
<td>•</td>
</tr>
<tr>
<td>An empty detergent bottle</td>
<td>•</td>
</tr>
</tbody>
</table>

(3 marks)

c) The map shown below shows the distances certain foods travel to reach the shops.

i. What does this map show? (½ mark)

ii. Which food has travelled the most? (½ mark)
iii. What does this indicate?

________________________________________________________________________________
________________________________________________________________________________

(2 marks)

d) Give two ways of how we can be sustainable consumers when shopping for food.

• ______________________________________________________________________________

________________________________________________________________________________

• ______________________________________________________________________________

________________________________________________________________________________

(4 marks)

END OF PAPER