Oat cereal Nutrition

<table>
<thead>
<tr>
<th></th>
<th>100g</th>
<th>45g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kcal)</td>
<td>420</td>
<td>189</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>8</td>
<td>3.6</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>72</td>
<td>32.4</td>
</tr>
<tr>
<td>Of which sugar</td>
<td>23</td>
<td>10.4</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>1.2</td>
<td>0.5</td>
</tr>
<tr>
<td>Fibre (g)</td>
<td>6.5</td>
<td>2.9</td>
</tr>
<tr>
<td>Sodium (g)</td>
<td>0.38</td>
<td>0.09</td>
</tr>
<tr>
<td>Thiamin (mg)</td>
<td>0.9</td>
<td>0.4</td>
</tr>
<tr>
<td>Riboflavin (mg)</td>
<td>1.2</td>
<td>0.5</td>
</tr>
<tr>
<td>Niacin (mg)</td>
<td>13.6</td>
<td>6.1</td>
</tr>
</tbody>
</table>

Answer all the questions.

Section A

1. a. Read carefully the nutrition label of a popular oat-based breakfast cereal with dried fruit. Then answer the questions that follow.

i. Name the three vitamins found in this breakfast cereal and write down the amount present in a 45g portion of cereal.
   - ___________________ _______
   - ___________________ _______
   - ___________________ _______  
   (1½, 1½ marks)

ii. State to which group of vitamins they belong.
   ___________________ (1 mark)

iii. Name two foods, other than the oat-based cereal, which are rich in these nutrients.
   - ___________________
   - ___________________  
   (1 mark)

iv. From the nutrition label, name another nutrient which works with these vitamins.
   ___________________ (1 mark)

v. How do the nutrients identified in (1a i and iv) work together?
   ___________________  
   ___________________  
   (2 marks)
2. a. A young married couple is aware that fruit and vegetables are an important part of a healthy diet. They are trying hard to include more fruit and vegetables in their daily diet.

Fill in the web diagram below, identifying the different uses of fruits and vegetables to help the couple achieve its goal.

(3 marks)

b. State four factors that the couple should consider when buying and storing fruits and vegetables.

• __________________________________________________________________________

• __________________________________________________________________________

• __________________________________________________________________________

• __________________________________________________________________________

(4 marks)
3 a. Fill in the table below using a different cooking method and accompaniment for each type of meat.

<table>
<thead>
<tr>
<th>Type of Meat</th>
<th>Cooking Method</th>
<th>Accompaniment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Breast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef cubes (tough cut)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tender beef slices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg of lamb</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef mince</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(6, 6 marks)

b. Name methods of cooking which use the following methods of heat transfer.

<table>
<thead>
<tr>
<th>Heat Transfer</th>
<th>Method of Cooking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Radiation</td>
<td></td>
</tr>
<tr>
<td>Conduction</td>
<td></td>
</tr>
<tr>
<td>Convection</td>
<td></td>
</tr>
</tbody>
</table>

(1½ marks)

c. Give four reasons why we cook meat.

* ____________________________________________________________
* ____________________________________________________________
* ____________________________________________________________
* ____________________________________________________________

(4 marks)

d. Name three nutrients found in meat and give the main function of each nutrient.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Main Function</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(1½, 3 marks)
e. Identify **three** considerations you would keep in mind when buying fresh meat and poultry.

- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________

(3 marks)

Section B

4. a. Match column A to column B.

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingredient</td>
<td>Main Function in Bread making</td>
</tr>
<tr>
<td>1 Strong flour</td>
<td>A natural raising agent used in bread making.</td>
</tr>
<tr>
<td>2 Yeast</td>
<td>The shaped bread is left in a warm place to grow.</td>
</tr>
<tr>
<td>3 Pinch of sugar</td>
<td>The dough is left in a warm place to grow.</td>
</tr>
<tr>
<td>4 Warm water</td>
<td>The yeast feeds on it to grow.</td>
</tr>
<tr>
<td>5 Kneading</td>
<td>Has a high gluten content making the dough stretchy.</td>
</tr>
<tr>
<td>6 Proving</td>
<td>Turns into steam which moves through the dough during baking.</td>
</tr>
<tr>
<td>7 Rising</td>
<td>The action of stretching the gluten in the dough.</td>
</tr>
</tbody>
</table>

(7 marks)

b. Write **two** uses of a yeast dough other than bread.

____________________________                  ____________________________

(1 mark)

c. Continue the statement below.

To check if bread is cooked, tap on the ________________________________

______________________________

(1 mark)
d. The steps in the method for making bread have been jumbled up. Place the steps in order by writing the correct number near each step. (An example is given)

\[
\begin{align*}
1 & \quad \text{Add enough warm water to make a dough which is soft and slightly sticky.} \\
2 & \quad \text{Sift the flour and salt together.} \\
3 & \quad \text{Place the dough in a mixing bowl, cover and leave to rise until double in size.} \\
4 & \quad \text{Knead the dough well until soft and smooth.} \\
5 & \quad \text{Check if the bread is cooked.} \\
6 & \quad \text{Shape the dough as required. Glaze with milk, add sesame /poppy seeds. Bake.} \\
7 & \quad \text{Weigh and measure all the ingredients.} \\
8 & \quad \text{Rub the margarine into the flour, add the instant yeast and mix well.} \\
9 & \quad \text{Place the shaped bread to prove for about 10 minutes.}
\end{align*}
\]

(4 marks)

5. a. i. Fill in the missing dishes in the day’s menu for an elderly person who wishes to follow a healthy diet.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Mid-Morning Snack</th>
<th>Midday Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toasted ricotta sandwich</td>
<td>A glass of skimmed milk</td>
<td>Shepherd’s Pie</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teatime</td>
<td></td>
<td>Evening Meal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fresh fruit salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(5 marks)
ii. Write down two reasons for your choice of dishes.

• ____________________________________________
  ____________________________________________

• ____________________________________________
  ____________________________________________

(4 marks)

b. List three other things the elderly person can do to keep healthy (besides a healthy diet).
   (An example is given)

• Drink less alcohol.

• ____________________________________________

• ____________________________________________

• ____________________________________________

(3 marks)

c. i. Give the name of a service that is offered to elderly persons finding it difficult to prepare their own meals at home.

   Name of Service: _________________________ (1 mark)

ii. Explain briefly the advantages of this service.

   ____________________________________________
   ____________________________________________
   ____________________________________________

   (2 marks)

6. a. You will be buying a new fridge-freezer. Would you pay for it in cash or by hire purchase?
    Give one advantage and one disadvantage of the method of payment you choose.

   Chosen method of payment: _________________________

   Advantage:

   • ____________________________________________
   ____________________________________________

   (2 marks)

   Disadvantage:

   • ____________________________________________
   ____________________________________________

   (2 marks)
b. Read the following information well; then fill in the cheque below.

**Today, you will be buying a new microwave cooker from THE APPLIANCE SHOP.**  
The microwave cooker costs €260.25.

*(Write down five details in the cheque below)*

![Cheque Image]

(5 marks)

c. i. Paul has just started working. He wants to save money in a bank account to buy a car. Which account would be the best choice for Paul?

Put X near the correct answer.

- **Current Account**  
- **Savings Account**  
- **Fixed Deposit Account**  

(1 mark)

ii. Give a reason for your answer.

- ____________________________________________________________  
- ____________________________________________________________  

(2 marks)

7. a. Some supermarkets sell their own brand-name foods. Name two such products that supermarkets sell as:

- **Packed**  
- **Canned**  
- **Baked**  

(3 marks)
b. The pictures show different ways how to do shopping.
i. Identify the methods of shopping used in Pictures A and B.

Picture A: __________________________________________

Picture B: __________________________________________ (2 marks)

ii. These two methods of shopping usually offer a ‘cooling off period’. What do you understand by this term?

_____________________________________________________________________

_____________________________________________________________________

(1 mark)

iii. Mention two advantages of the ‘cooling off period’ to the consumer.

• __________________________________________ ____________________________

• __________________________________________ ____________________________ (2 marks)

c. David wants to use his loyalty card to obtain a wok. How can David’s loyalty card help him obtain his wok?

_____________________________________________________________________

_____________________________________________________________________

(1 mark)

8. a. Six-year-old John likes to help his father in the garage. What safety precautions must his father take when:

i. using tools? __________________________________________

ii. driving into or out of the garage? __________________________

iii. storing chemicals? ________________________________________

(3 marks)
b. A garden is often a place of recreation, but at times it can also be a dangerous place for children.

i. What dangers are associated with each of the following?

(1) ____________________________________________________________
    ____________________________________________________________

(2) ____________________________________________________________
    ____________________________________________________________

(3) ____________________________________________________________
    ____________________________________________________________

(4) ____________________________________________________________
    ____________________________________________________________

(5) ____________________________________________________________
    ____________________________________________________________

(5 marks)

ii. Choose three of the above and suggest how you can ensure that children are safe.

• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________

(3 marks)