FORM 5 HOME ECONOMICS TIME: 1h 45min

Name ________________________  Class____________

Answer all the questions.

Section A

1. Study carefully the table below and answer the questions that follow:

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein (g)</th>
<th>Fat (saturated) (g)</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Full Fat Milk</td>
<td>2.9</td>
<td>1.3</td>
<td>115</td>
</tr>
<tr>
<td>Fresh Skimmed Milk</td>
<td>3.2</td>
<td>0.1</td>
<td>120</td>
</tr>
<tr>
<td>Soya Milk</td>
<td>3.4</td>
<td>1.5</td>
<td>20.9</td>
</tr>
</tbody>
</table>

a) Which food has the highest calcium content? ____________________________  

b) Which food has the lowest calcium content? ____________________________  

c) What is the difference between the calcium content of soya milk and fresh skimmed milk? ____________________________  

d) How would you account for such a difference? 
   • ________________________________________________________________  
   • ________________________________________________________________  

    (1 x 2 = 2 marks)

e) Name the nutrient which helps the absorption of calcium.  

     ____________________________  

f) Identify two persons who require a higher intake of calcium in their diet.  
   • ________________________________________________________________  
   • ________________________________________________________________  

    (1 x 2 = 2 marks)
g) Plan one appetising main meal which would be suitable for each of the persons identified in the previous question (f).

**Main Meal:**
- Person 1 ________________________________
- Person 2 ________________________________ (1 x 2 = 2 marks)

2. a) Name two vitamins which are fat-soluble and two vitamins which are water soluble.

   Fat-soluble ______  ______  Water-soluble ______  ______

   (½ x 4 = 2 marks)

b) Why is Vitamin A added to margarine by law?

   • ____________________________________________ (1 mark)

c) Identify one deficiency disease caused by a lack of Vitamin A.

   ____________________________________________ (1 mark)

d) Name two sources of Vitamin A from animal foods and two sources from plant foods.

   **Animal Foods:** __________________________  ________________
   **Plant Foods:** __________________________   ________________

   (½ x 4 = 2 marks)

3. a) Match Column A with Column B.

<table>
<thead>
<tr>
<th>Column A - Term</th>
<th>Column B – Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Anorexia Nervosa</td>
<td>an inflammation in the colon due to a persistent lack of N.S.P.</td>
</tr>
<tr>
<td>2. Bulimia</td>
<td>an adverse (strong) reaction to a particular food</td>
</tr>
<tr>
<td>3. Coeliac Disease</td>
<td>a bone weakness due to a lack of calcium</td>
</tr>
<tr>
<td>4. Allergy</td>
<td>the body’s inability to utilise (digest) a particular food</td>
</tr>
<tr>
<td>5. Intolerance</td>
<td>a condition where food input does not match energy output</td>
</tr>
<tr>
<td>6. Obesity</td>
<td>a disorder where a large amount of food is eaten and then removed through vomiting</td>
</tr>
<tr>
<td>7. Diverticular Disease</td>
<td>an illness which causes people to avoid food</td>
</tr>
<tr>
<td>8. Osteoporosis</td>
<td>an intolerance to gluten, the protein found in wheat</td>
</tr>
</tbody>
</table>

(½ x 8 = 4 marks)
b) i. Your grandparent has just been diagnosed with Type 2 diabetes. Identify four risk factors that could have led to this condition.

• 
• 
• 
• 

(1 x 4 = 4 marks)

ii. Choose healthier alternatives from the same food source to the following foods which are your grandparent’s favourite.

<table>
<thead>
<tr>
<th>Favourite Foods</th>
<th>Healthier Alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chips</td>
<td>• ______________________</td>
</tr>
<tr>
<td>Sponge Cake</td>
<td>• ______________________</td>
</tr>
<tr>
<td>Tortellini with cream</td>
<td>• ______________________</td>
</tr>
<tr>
<td>White sliced bread</td>
<td>• ______________________</td>
</tr>
<tr>
<td>Canned fruit</td>
<td>• ______________________</td>
</tr>
<tr>
<td>Jelly</td>
<td>• ______________________</td>
</tr>
</tbody>
</table>

(½ x 6 = 3 marks)

4. a) Fill in the grid below.

Organic Farming

Advantages

• ______________________
• ______________________

Disadvantages

• ______________________
• ______________________

(1 x 4 = 4 marks)
b) i. What do the letters GM found on certain food products stand for?

_____________________________________

(½ mark)

ii. Name two foods that are grown using GM technology.

• __________________________

• __________________________

(1 x 2 = 2 marks)

iii. Why is GM technology being carried out?

• _________________________________________________________________________

• _________________________________________________________________________

• _________________________________________________________________________

(2 x 2 = 4 marks)

c) Fill in the blanks with the correct words from the given list.

<table>
<thead>
<tr>
<th>health</th>
<th>cells</th>
<th>future</th>
<th>avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>concerns</td>
<td>introducing</td>
<td>meet</td>
<td>genes</td>
</tr>
</tbody>
</table>

GM technology involves acquiring _______________ from the _______________ of plants and animals and _______________ into another cell of a particular food. Although scientists promote the use of GM products, yet there are _______________ about the _______________ impact of consuming these foods and we are being encouraged to _______________ their use. This is because the process is quite new and does not guarantee that we will not _______________ with health problems in the _______________.

(½ x 8 = 4 marks)
Section B

5. a) Fill in the table below with three different types of convenience foods. Give two examples for each type given.

<table>
<thead>
<tr>
<th>Convenience Food</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>• __________________</td>
<td>• ____________</td>
</tr>
<tr>
<td>• __________________</td>
<td>• ____________</td>
</tr>
<tr>
<td>• __________________</td>
<td>• ____________</td>
</tr>
</tbody>
</table>

(½ x 3 = 1½ marks) (½ x 6 = 3 marks)

b) Identify three groups of people who may find it useful to use convenience foods.

1. __________________  2. __________________  3. __________________

(½ x 3 = 1½ marks)

c) Explain why convenience foods are useful to each of the groups mentioned above.

1. _____________________________________________________________

______________________________________________________________

2. _____________________________________________________________

______________________________________________________________

3. _____________________________________________________________

______________________________________________________________

(1 x 3 = 3 marks)

d) Name two additives that are usually added to convenience foods.

1. __________________  2. __________________

(½ x 2 = 1 mark)

e) Why is each additive added to the food?

1. _____________________________________________________________
6. a) Although a lot of importance is given to food safety, food poisoning still remains an area of concern for most people.

State **two** symptoms of food poisoning.

______________________________           ______________________________

(½ x 2 = 1 mark)

b) Identify **four** conditions which promote the multiplication of micro-organisms.

- ________________________
- ________________________
- ________________________
- ________________________

(½ x 4 = 2 marks)

c) John and Karen have a family-run restaurant. They feel responsible not only to serve delicious meals but also to prevent food poisoning. This Saturday they will be serving the following set menu.

<table>
<thead>
<tr>
<th>Saturday Special</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fresh vegetable soup</strong> or <strong>Seafood pasta with mussels and shrimps</strong></td>
</tr>
<tr>
<td><strong>Chicken breast with mushroom sauce</strong> or <strong>Rib-eye steak with vegetables and potato wedges</strong></td>
</tr>
<tr>
<td><strong>Lemon and ricotta cheesecake</strong></td>
</tr>
</tbody>
</table>

Keeping in mind this set menu, what are John and Karen’s responsibilities when it comes to the food that is being served?
Storing food

• ____________________________________________________________

• ____________________________________________________________

Handling food

• ____________________________________________________________

• ____________________________________________________________

Cooking food

• ____________________________________________________________

• ____________________________________________________________

(1 x 6 = 6 marks)

d) A five-year old child is suffering from mild food poisoning. Give one reason why the doctor has advised the parents to:

i. Give the child plenty of fluids to drink.

_____________________________________________________________________

_____________________________________________________________________

(2 marks)

ii. Avoid the use of milk and milk products in the child’s meals for a few days.

_____________________________________________________________________

_____________________________________________________________________

(2 marks)
iii.  Suggest two foods that he can take when he starts feeling better.

_________________________  _________________  

(½ x 2 = 1 mark)

7.  Peter and Jennifer are a newly-wed couple. Peter, who suffers from high blood pressure, works as a postman and Jennifer works in IT at the bank. They lead very busy lives. The following is a typical day’s food intake for each of them.

<table>
<thead>
<tr>
<th>Peter</th>
<th>Jennifer</th>
<th>Breakfast</th>
<th>toast with gammon and egg.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>toast with butter and cheddar cheese.</td>
<td></td>
</tr>
<tr>
<td>Peter</td>
<td>Jennifer</td>
<td>Mid-morning snack (packed lunch)</td>
<td>tuna ftira with sun-dried tomatoes and capers.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ham and cheese roll with tomato and cucumber.</td>
<td></td>
</tr>
<tr>
<td>Peter</td>
<td>Jennifer</td>
<td>Lunch</td>
<td>meat pie from a nearby take-away shop.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>coffee.</td>
<td></td>
</tr>
<tr>
<td>Peter</td>
<td>Jennifer</td>
<td>Evening meal</td>
<td>fried fish and chips or chicken and mashed potatoes and peas.</td>
</tr>
<tr>
<td>and</td>
<td></td>
<td>Dessert</td>
<td>ice-cream.</td>
</tr>
</tbody>
</table>

a) Using the daily food intake given above, suggest changes Peter and Jennifer could make to their daily food intake to make it healthier.

<table>
<thead>
<tr>
<th>Peter</th>
<th>Jennifer</th>
<th>Breakfast</th>
<th>____________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>____________________________</td>
<td></td>
</tr>
<tr>
<td>Peter</td>
<td>Jennifer</td>
<td>Mid-morning snack (packed lunch)</td>
<td>____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>____________________________</td>
<td></td>
</tr>
<tr>
<td>Peter</td>
<td>Jennifer</td>
<td>Lunch</td>
<td>____________________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td>____________________________</td>
<td></td>
</tr>
<tr>
<td>Peter</td>
<td>Jennifer</td>
<td>Evening meal</td>
<td>____________________________</td>
</tr>
<tr>
<td>and</td>
<td>Jennifer</td>
<td>Dessert</td>
<td>____________________________</td>
</tr>
</tbody>
</table>

(1 x 5 = 5 marks)
b) Name two consequences on the couple’s long-term health if they do not alter their eating habits.

________________________________________  ______________________________________  

(½ x 2 = 1 mark)

c) Suggest two changes Peter and Jennifer can make to their lifestyle to help them live a healthier life.

1. ___________________________________________________________

2. ___________________________________________________________

(1 x 2 = 2 marks)

8. The following places are on sale.

<table>
<thead>
<tr>
<th>Unconverted house of character. 3 large bedrooms, kitchen/living and study. Large backyard with room for a pool.</th>
<th>Town house very near to the square. 3 bedrooms, kitchen/living. Own roof. 1 car garage.</th>
</tr>
</thead>
<tbody>
<tr>
<td>€650,000</td>
<td>€295,000</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Third floor apartment. 2 bedrooms, one ensuite, kitchen/living. Car space (optional)</th>
<th>Villa in a very sought after area with large garden, 4 car garage. 3 double bedrooms, all ensuite. Highly finished.</th>
<th>Ground floor maisonette. 2 bedrooms, kitchen/living, yard and box room.</th>
</tr>
</thead>
<tbody>
<tr>
<td>€80,000</td>
<td>€1,200,000</td>
<td>€72,000</td>
</tr>
</tbody>
</table>

a) Which house would best suit:

i. A young couple who work as waiters in a restaurant. ____________

ii. A middle-aged couple with three children. Husband is an entrepreneur. ____________

iii. An elderly couple whose children are married. The husband has arthritis. ____________

iv. A middle-aged couple with two teenagers. They are involved in a lot of church activities.

They do not have a car. ____________________________

(½ x 4 = 2 marks)
b) Explain why you have made each choice.
   i. __________________________________________________________
      __________________________________________________________
   ii. __________________________________________________________
      __________________________________________________________
   iii. __________________________________________________________
      __________________________________________________________
   iv. __________________________________________________________
      __________________________________________________________

(1 x 4 = 4 marks)

c) One can also decide to build one’s own house.
   Give one advantage and one disadvantage of building your own house.

Advantage
   __________________________________________________________
   __________________________________________________________

Disadvantage
   __________________________________________________________
   __________________________________________________________

(2 x 2 = 4 marks)

9. a) i. Jane has invited her ovo-vegetarian friend to her house. Which two ingredients should she omit from each of the following foods to ensure that they are suitable for her friend?
   a. Baked pasta ___________________ ___________________
   b. Ricotta and cheese sandwich ________________ ________________

(½ x 4 = 2 marks)
ii. Which two ingredients for each food should she use instead?
   a. ______________________  ______________________
   b. ______________________  ______________________  
      (½ x 4 = 2 marks)

b) You decide to enter a competition where you are asked to design a range of vegetarian foods.
   Which group would you target for sales?
   ______________________  
      (½ mark)

   Give a reason for your answer.
   ______________________________________________________________________
   ______________________________________________________________________
      (2 marks)

c) Mary and Paul look after their two-year old granddaughter. Midday meals are shared with the grandparents. What extra preparation must they make to encourage the child to eat?
   i. A bean and vegetable soup ______________________
   ii. Fresh fish and boiled vegetables ______________________
      (½ x 2 = 1 mark)

d) The grandparents do not give the child any of the foods listed below. Explain why they have chosen to do so.

<table>
<thead>
<tr>
<th>Foods not given</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat-reduced milk</td>
<td></td>
</tr>
<tr>
<td>Snacks between meals</td>
<td></td>
</tr>
<tr>
<td>Biscuits and chocolate after meals</td>
<td></td>
</tr>
<tr>
<td>Too many fibre-rich foods</td>
<td></td>
</tr>
</tbody>
</table>
      (1 x 4 = 4 marks)

10. Look at the symbol shown below.

   a) Where is this symbol found?
      ______________________  
      (½ mark)
b) What does it say about the appliance?

______________________________________________________________________________  

(½ mark)

c. John has purchased a labour-saving appliance on-line. It does not carry the CE mark.

i. Why, do you think, the appliance does not carry the CE mark?

______________________________________________________________________________  

______________________________________________________________________________  

(½ mark)

ii. A few months later the appliance develops a fault. What are John’s rights as a consumer?

________________________________________________________________________________

(1 mark)

iii. Suggest two things John should have done before he purchased his appliance.

• __________________________________________________________________________

• __________________________________________________________________________

(1 x 2 = 2 marks)