

Annual Examinations 2017

YEAR 9

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all the questions.

- 1a. The method for preparing short crust pastry is not in order. **Place the steps in order.**
 The first one has been done for you.

	Cut the fat into small pieces and add to the flour.
	Sift the flour.
	Place dough on a plate, cover with cling film and leave to rest in the refrigerator.
1.	Weigh and measure all the ingredients carefully.
	Add the water a little at a time to make a soft dough.
	Roll out the pastry and use as required.
	Rub the fat into the flour using the fingertips until mixture looks like fine crumbs.

(3 marks)

- bi. **Modify the ingredients** listed below to prepare a healthy short crust pastry.

Ingredients	Healthier Ingredients
100g butter	
200g plain flour	
½ teaspoon salt	



(1½ marks)

ii. Justify your changes in the above ingredients list.

Change 1 _____

Change 2 _____

Change 3 _____

(3 marks)

ci. **Name one savoury and one sweet pie** you could prepare with short crust pastry.

Savoury Pie:

- _____



Sweet Pie:

- _____

(1 mark)

ii. **Make a list of five utensils** you would require to prepare the pie.

Utensils

(2½ marks)

2a. Keeping the Healthy Plate in mind, **modify the food items** in the shopping list below.



SHOPPING LIST	
Original Food List	Modified Food List
200g pork mince	_____
1 packet sugar-coated breakfast cereal	_____
150g streaky bacon	_____
1 bag white pasta	_____
3 tubs yoghurt	_____
1 carton full-fat milk	_____
1 loaf of white sliced bread	_____
1 large can peas	_____

(4 marks)

b. Give two reasons why we modify the ingredients in a recipe.



- _____
- _____

(4 marks)

3. Nutrients can be macro or micro.

a. Name two macronutrients and two micronutrients.

Macronutrients 1. _____ 2. _____

Micronutrients 1. _____ 2. _____

(2 marks)

b. Which is the **main difference** between a macro and a micro nutrient?

(1 mark)

c.i. Name the **nutrient/s** according to the function/s provided in the table below.

Nutrient	Function
	Is responsible for keeping the body warm
	Is a primary source of energy for the body
	Is responsible for tissue growth, repair and maintenance
and	Protect the body against diseases

(5 marks)

c ii. Select **two** of the macronutrients listed in (ci) and **give two sources** rich in each nutrient identified.

Nutrient	Source 1	Source 2
_____	_____	_____
_____	_____	_____

(2 marks)

4a. Carbohydrates are classified into three. Name them and give one source of each.

Carbohydrate 1: _____ Source _____

Carbohydrate 2: _____ Source _____

Carbohydrate 3: _____ Source _____

(3 marks)

b. Emma is an overweight thirteen year old. **Give two causes** that contribute towards Emma's excess weight.

(2 marks)

c. The doctor has advised Emma to include more complex carbohydrates in her diet.

Give four examples of foods that are rich in complex carbohydrates.

(2 marks)

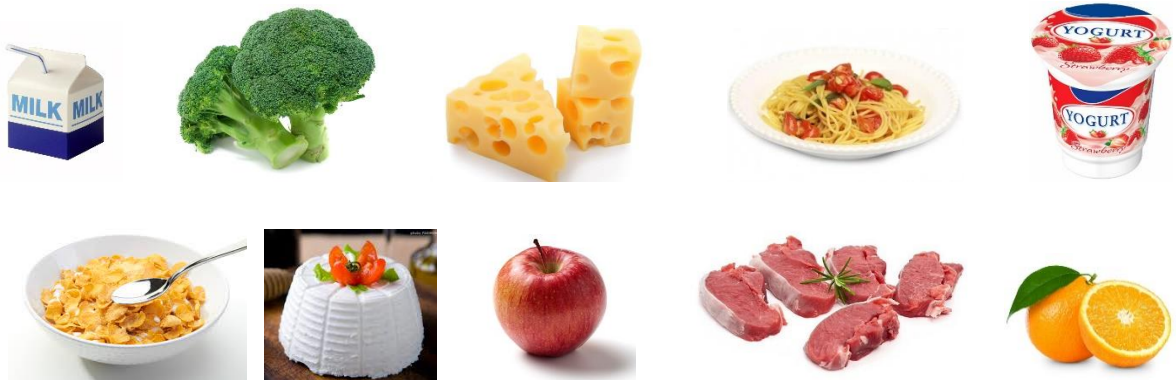
d. **Which two benefits** would this change have on Emma's health?

- ---

- ---

(4 marks)

5a. **Circle four foods** from the picture below which are rich in calcium.



(2 marks)

b. **State one reason** why calcium is needed in the body.

(2 marks)

c. Francesca does not often eat food rich in calcium. Which condition might she suffer from if she does not consume calcium rich foods regularly?

(1 mark)

d. Which vitamin helps in the absorption of calcium?

- **Vitamin** _____

(1 mark)

e. Name a non-food source for the vitamin identified in (d).

(1 mark)

f. Francesca has asked for your help in preparing a menu for a day containing foods rich in calcium. What would you suggest for breakfast, lunch and dinner?

Breakfast _____

Lunch _____

Dinner _____

(3 marks)

g. Name two groups of people who need to eat more calcium-rich foods and give one reason for each group mentioned.

Group 1: _____

Reason: _____

Group 2: _____

Reason: _____

(1, 2, 1, 2 marks)

6a. Maria has just discovered that she is pregnant. **List two nutrients** that she needs and explain why they are important during pregnancy.



Nutrient 1: _____

Importance: _____

Nutrient 2: _____

Importance: _____

(4 marks)

b. Choose the correct type of development from the given list for each situation.

Physical, emotional, social and intellectual

- Mark has made new friends. _____
- Sarah is learning numbers and colours. _____
- John is crying because they left him alone in the room. _____
- Jake is 6cm taller than last year. _____

(2 marks)

c. State why home-made baby food is beneficial to eight month old Jake.

(2 marks)

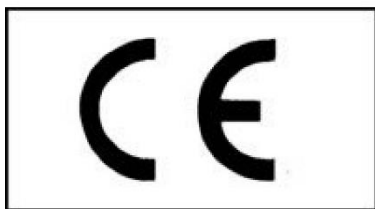
d. Suggest ways in which Luca, as a father, can become involved in the new family at each of the following times:



<ul style="list-style-type: none">• During the mother's pregnancy <hr/>
<ul style="list-style-type: none">• During the birth <hr/>
<ul style="list-style-type: none">• During the early weeks of a baby's life <hr/>
<ul style="list-style-type: none">• When a child reaches school age <hr/>

(4 marks)

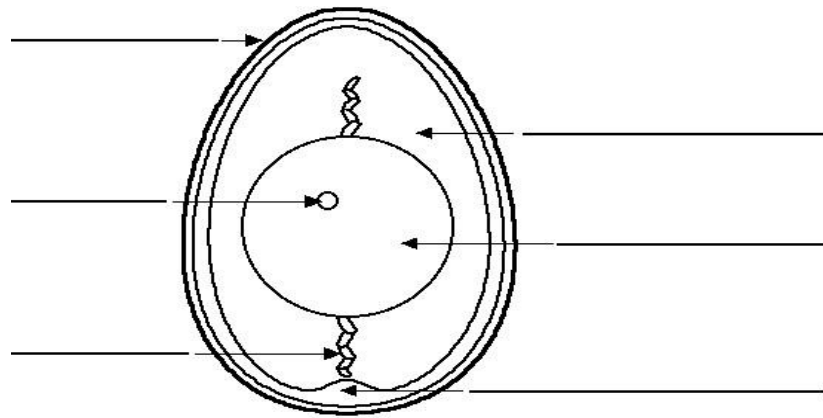
e. Luca is going to buy a toy for his child's birthday. His daughter Lara is going to turn three next week. He went to a toy shop to choose a suitable toy. While he was looking at the various toys, he found the following symbols. Explain what they mean.





(4 marks)

7a. Label the different parts of the egg.



(6 marks)

b. Jane is spending the day in the kitchen as she has guests coming for dinner.

How will eggs be useful to Jane if:

- she is going to make a ricotta pie?

- she is going to make a cake?

(2 marks)

c. Jane has not used all the eggs she has bought. How should she store the eggs to make sure they remain fresh?

(1 mark)

d. **Name two recipes** Jane can make with the eggs she has stored.

Recipe 1: _____

Recipe 2: _____

(1 mark)

e. Jane wants to make sure the eggs are still fresh when she needs to use them.

Using diagrams show how Jane can test the eggs for freshness.



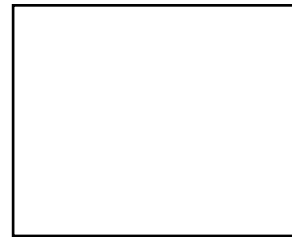
A

The egg is fresh



B

The egg is partially stale



C

The egg is stale

(3 marks)

f. This label was stamped on the packet of eggs Jane bought.



What does the label mean?

(1 mark)

8a. Which is the cake-making method that:

- Uses no fat _____
- Uses half fat to flour _____
- Uses equal quantities of fat to flour _____



(3 marks)

b. Write down four basic ingredients you would need to use to prepare a cake using one of the methods found in question (a).

Name of cake-making: _____

Ingredients: _____

_____ (2 marks)

c. What is the reason behind pre-heating the oven and setting it to the correct temperature?

(1 mark)

d. John has just prepared some fruit buns for his grandma. He would like to decorate them. **State two healthy ingredients** he could choose to decorate the buns.

(1 mark)

9a. Match the family type with its correct description.

Family Type		Description	
1	Extended Family		Children are brought up by a different family for a short time
2	Nuclear Family		Children are brought up by a new family and become full members of this family
3	Single-parent Family		Includes the children, parents and grandparents
4	Adoptive Family		Children are brought up by two parents
5	Foster Family		Children are brought up by one parent

(5 marks)

b. **Suggest two ways** how as a teenager you can contribute to your family after you return home from school.

1. _____

2. _____

(2 marks)