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.

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Weigh and measure all the ingredients carefully.</td>
</tr>
<tr>
<td>2.</td>
<td>Add the water a little at a time to make a soft dough.</td>
</tr>
<tr>
<td>3.</td>
<td>Roll out the pastry and use as required.</td>
</tr>
<tr>
<td>4.</td>
<td>Rub the fat into the flour using the fingertips until mixture looks like fine crumbs.</td>
</tr>
<tr>
<td>5.</td>
<td>Cut the fat into small pieces and add to the flour.</td>
</tr>
<tr>
<td>6.</td>
<td>Sift the flour.</td>
</tr>
<tr>
<td>7.</td>
<td>Place dough on a plate, cover with cling film and leave to rest in the refrigerator.</td>
</tr>
</tbody>
</table>

(3 marks)

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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Healthier Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>100g butter</td>
<td></td>
</tr>
<tr>
<td>200g plain flour</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td></td>
</tr>
</tbody>
</table>

(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.

<table>
<thead>
<tr>
<th>Utensils</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Original Food List</th>
<th>Modified Food List</th>
</tr>
</thead>
<tbody>
<tr>
<td>200g pork mince</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 packet sugar-coated breakfast cereal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>150g streaky bacon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 bag white pasta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 tubs yoghurt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 carton full-fat milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 loaf of white sliced bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 large can peas</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(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.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Is responsible for keeping the body warm</td>
</tr>
<tr>
<td></td>
<td>Is a primary source of energy for the body</td>
</tr>
</tbody>
</table>
|          | 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.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Source 1</th>
<th>Source 2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(2 marks)

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

<table>
<thead>
<tr>
<th>Carbohydrate 1:</th>
<th>Carbohydrate 2:</th>
<th>Carbohydrate 3:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Source</td>
<td>Source</td>
<td>Source</td>
</tr>
</tbody>
</table>

(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:

<table>
<thead>
<tr>
<th>Event</th>
<th>Suggestion</th>
</tr>
</thead>
<tbody>
<tr>
<td>During the mother’s pregnancy</td>
<td></td>
</tr>
<tr>
<td>During the birth</td>
<td></td>
</tr>
<tr>
<td>During the early weeks of a baby’s life</td>
<td></td>
</tr>
<tr>
<td>When a child reaches school age</td>
<td></td>
</tr>
</tbody>
</table>

(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.

- CE symbol: This symbol indicates that the toy meets certain safety and quality standards and is suitable for all age groups.
- 0-3 symbol: This symbol indicates that the toy is only suitable for children aged 0-3 years.

(4 marks)
7a. Label the different parts of the egg.

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  B  C
The egg is fresh  The egg is partially stale  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.

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

(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)