

**Annual Examinations for Secondary Schools 2017**

**YEAR 11**

**HOME ECONOMICS**

**TIME: 1h 30min**

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Answer all the questions.

1a. **Underline the foods** that are rich sources of iron.

red meat	milk	oranges	liver	dried apricots	white rice	fish	curry	lentils	egg yolk
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(3 marks)

b. Give **one reason** why it is important that adolescent girls have enough iron in their diet

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

ci. Which deficiency is associated with a lack of iron?

\_\_\_\_\_

(1 mark)

cii. Give **one symptom** of this condition.

\_\_\_\_\_

(½ mark)

d. Identify the Vitamin that is needed to help us absorb iron from food.

\_\_\_\_\_

(½ mark)

e. List **four sources** of this Vitamin.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

f. Suggest **three ways** of conserving this Vitamin when buying, preparing and cooking food.

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

(3 marks)

2. Jennifer is six months pregnant. She has been advised to increase her intake of Fibre and Calcium rich foods.

a. List **three good food sources** of **each** of these nutrients.

**Fibre** \_\_\_\_\_  
\_\_\_\_\_

**Calcium** \_\_\_\_\_  
\_\_\_\_\_

(3 marks)

b. Explain why Jennifer needs these nutrients especially now that she is pregnant.

**Fibre**  
\_\_\_\_\_  
\_\_\_\_\_

**Calcium**  
\_\_\_\_\_  
\_\_\_\_\_

(2, 2 marks)

c. Jennifer needs to avoid certain foods which are not beneficial to the unborn child.

**Name five such foods.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(2½ marks)

3a **Modify the Chicken & Mushroom Pie recipe** to make it suitable for a friend who is on a lactose-free diet.

Original Recipe	Modified Recipe
• 200g short crust pastry	_____
• 200g cooked chicken	_____
• 100g mushrooms	_____
• 1 onion	_____
• 15 g butter	_____
• 125ml milk	_____
• 15g butter	_____
• 15g plain flour	_____

(4 marks)

b You will be preparing the modified recipe when your friend comes over for lunch. Suggest a suitable starter and dessert you would serve with the pie, giving **two reasons** for your choice of dishes.

**Starter:** \_\_\_\_\_

**Dessert:** \_\_\_\_\_

**Reason 1** \_\_\_\_\_

\_\_\_\_\_

**Reason 2** \_\_\_\_\_

\_\_\_\_\_ (2, 4 marks)

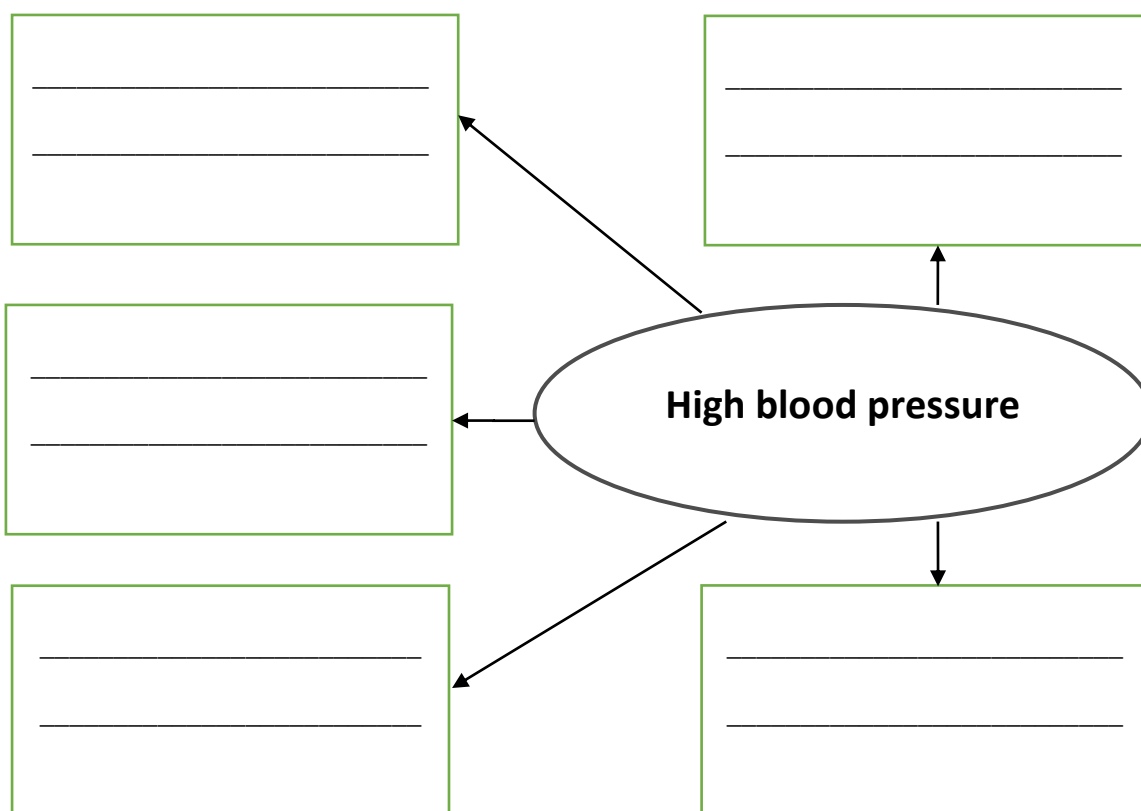
c A piece of the pie was left over. Give **two suggestions** how would you store it for future use.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

4a. John is fifty-two-years old. He is a company director. He spends long hours working on the computer. John is a smoker. He usually eats ready-made foods at lunch time. The doctor has just told John he has high blood pressure.

**Fill in the web diagram** with risk factors that may have contributed to John's high blood pressure.



(5 marks)

b. Suggest **four changes** John must make to his dietary habits to help him keep his blood pressure under control.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

ci. **Choose a dish** that John could take with him to work as a packed lunch.

\_\_\_\_\_

(½ mark)

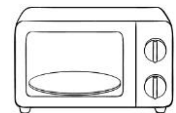
cii. **Give a reason** for your choice of dish.

\_\_\_\_\_  
\_\_\_\_\_

(2 marks)

5a. The microwave oven is an important appliance in the modern kitchen.

Identify **three different uses of a microwave oven**.



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

b List **four important points** one would need to consider before purchasing a microwave oven.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

c Give **two suggestions** on how the microwave oven can be used safely.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

6 One of your school friends is feeling stressed out. Soon she will be sitting for some important exams. Recently, one of her grandparents has passed away.



a. Suggest **three things she can do** to minimise her stress.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

b **Identify three ways how you can** help your friend who is in this difficult situation

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

c **Give four ways how** teenagers can manage to avoid stress.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)


d **List four persons** who can help teenagers going through a stressful time.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

7 a. These symbols were found on a toy label, what do they mean?

CE



(2 marks)

b. Children learn through play and that is why toys are so important in a child's life.

Suggest **one play activity** that can be related to each of the following:



Social Play	Creative Play	Physical Play	Imaginative Play
• _____ _____	• _____ _____	• _____ _____	• _____ _____

(4 marks)

c. List **four important points** you would keep in mind when choosing a toy for a three-year-old child.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

d. The following educational toys are suitable for the indicated age groups.

Give a reason to validate the suitability of each toy.

Age-Group	Suggested Toy	Reason
3 – 6 months old	• rattle	• _____ _____
1 year-old	• soft toy	• _____ _____
3 year-old	• colour matching game	• _____ _____
5 year-old	• jigsaw puzzle	• _____ _____

(4 marks)

8a. Peter and Diane are planning to get married. They are considering getting a home of their own. They have three options. **Name them.**

**Option 1** \_\_\_\_\_

**Option 2** \_\_\_\_\_

**Option 3** \_\_\_\_\_ (1½ marks)

b. Select **one option** and give **one advantage** and **one disadvantage** of the option chosen.

Option \_\_\_\_\_

Advantage \_\_\_\_\_

\_\_\_\_\_

Disadvantage \_\_\_\_\_

\_\_\_\_\_

(2 marks)



c. Peter and Diane need to know what is available on the market. Mention **four ways they can acquire the information they need.**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

d. They are very anxious to find the location they would like their home to be in.

Which **six points** must they keep in mind when choosing the location they are looking for?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(6 marks)

9a. Social Security benefits provide for the different needs of society. Some benefits are long-term, others are short-term. **Fill in the table** with examples of short-term and long-term benefits.

Short-term benefits	Long-term benefits
• _____	• _____
• _____	• _____
• _____	• _____

(3 marks)

b. Anna has just retired from work. She used to pay a contributory benefit which was taken from her monthly wages.

bi. What is this contributory benefit called?

\_\_\_\_\_

bii. Why is it important that, all employees pay this contributory benefit?

\_\_\_\_\_

(½, 1 mark)

c. Anna has a sixteen year old niece who is a wheelchair user.

List **four other services** offered by the state for disabled persons.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)