

Annual Examinations for Secondary Schools 2017

YEAR 11	HOME ECONOMICS	MARKING SCHEME
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1a Red meat, liver, dried apricots, curry, lentils, egg yolk. (½ x 6= 3 marks)

b To make up for their own loss of blood in menstruation. (1x 2=2 marks)

ci Iron-deficiency Anaemia (1 mark)

Any one

cii Tiredness, weakness, lack of energy, a pale complexion, pale inner eyelids, weak and split fingernails. (½x1=½ mark)

d Vitamin C (½ mark)

e *Any four*

Citrus fruit, green peppers, kiwi, fruit, green leafy vegetables (except lettuce), brussels sprouts, broccoli, peas, potatoes. (½x4 = 2 marks)

f *Any three:*

- Buy as fresh as possible
- Prepare at the last minute to avoid exposure to the air.
- Cook in as little water as possible.
- Use the water they are cooked in for making gravy and soups.

(1x 3=3 marks)

2a *Any three of each*

Fibre

Wholemeal, granary or seeded bread

Wholegrain breakfast cereals

Wholegrain rice
Wholemeal flour
Fresh fruits especially with skins/peel
Dried fruits
Vegetables
Nuts
Seeds
Beans, peas, lentils

Calcium

Milk
Dairy products
Bones of fish that are eaten (usually canned)

($\frac{1}{2} \times 6 = 3$ marks)

b Fibre

Essential to prevent constipation especially in the later stages of pregnancy when the baby is getting bigger

Calcium

To maintain her own bones as well as provide a good supply for the baby

($2 \times 2 = 4$ marks)

c Any five

pate', soft cheese, raw or lightly cooked meat, liver and liver products, raw/partially cooked eggs, swordfish, tuna, raw shellfish, alcohol, caffeine.

($\frac{1}{2} \times 5 = 2\frac{1}{2}$ marks)

3a Use vegetable fat to prepare the pastry

Use a vegetable oil to cook the onion instead of the butter

Use lactose-free/soya milk instead of the milk

Use a vegetable fat instead of the butter

($1 \times 4 = 4$ marks)

b Example

Starter: A Vegetable Soup

Dessert: Fresh Fruit Salad

Give credit for other valid suggestions

(1x2=2 marks)

Reasons:

Any two

- The dishes chosen use ingredients which are local and in season
- The chosen dishes are lactose-free
- The dishes are rich in Vitamin C as they contain plenty of vegetables and fruits
- The dishes chosen dishes are colourful
- They are not difficult to prepare

Give credit for other valid reasons for choice

2x2=4 marks)

c

- Place on a plate and cover with cling film and refrigerate for not more than two days
- Place in freezer bag, label and freeze. **(1x2=2 marks)**

4a

- Not being physically active.
- Stressful job.
- Smoking.
- Age.
- Ready – made food is salty food. **(1x 5=5 marks)**

b *Any four*

- Stop eating take-away foods
- Prepare and eat home-made meals
- Use fresh, local food products when available
- Avoid eating processed foods
- Use herbs/spices to add flavour to food **(1x4=4 marks)**

c *Any one*

Fresh tuna/chicken/mixed bean salad

Wholemeal sandwiches/wraps filled with chicken/turkey slices

Home-made vegetable soup

(½ mark)

Reason

Any one

Ingredients are fresh so are low in salt

Meals are light but healthy

Require little preparation time even for a person who is very busy

Give credit for other valid suggestions

(1x2=2 marks)

5a To re-heat cooked foods/dishes

To cook raw dishes

To thaw frozen foods

(1x3=3 marks)

b *Any four*

- Shop around to see what is available on the local market
- Decide which features you want your new microwave oven to have
- Determine the best size to suit the space you have available for it
- Decide on the heating power you desire
- Assess the guarantee being offered on each particular model
- Decide on the colour which will best match your other appliances

Give credit for other valid points

(1x4=4 marks)

c *Any two*

- Use only for the intended purpose
- Follow the manufacturers' manual carefully
- Do not use metal containers/utensils in the microwave oven
- Do not heat food in serving dishes having a metal rim/decoration
- Do not use without any food inside
- Do not cook eggs in their shell
- Prick skin of foods such as potatoes, tomatoes before placing in microwave.

Give credit for other valid suggestions

(1x2=2 marks)

6a *Any three*

- Seek counselling regarding her bereavement
- Plan her studying well to ensure she covers all the material for each particular exam in the time available
- Allow quality time for leisure activities
- Share her preoccupations with a trusted friend/parent/adult

Give credit for other valid options

(1x3=3 marks)

b *Any three*

- Assure your friend that you are available whenever he/she needs to talk to someone
- Do listen rather than talk to your friend
- Do not repeat to others what he/she discusses with you
- Try not to mind if your friend seems irritable, moody or short-tempered
- Reassure him/her of the importance of your friendship

Give credit for other valid suggestions

(1x3=3 marks)

c *Any four*

- Organise yourself well
- Find time for a leisure time activity
- Eat well

- Be physically active
- Sleep at least 7/8 hours daily
- Plan your studying well to avoid having to cram at the last minute
- Seek help from a trusted adult when in difficulty
- Try to manage time available well

Give credit for other valid suggestions

(1x4=4 marks)

d *Any four*

- A trusted adult
- A trusted relative
- School counsellor
- Guidance teacher
- Student support services
- A trained professional

(½x4=2 marks)

7a



- | |
|--|
| <ul style="list-style-type: none"> • EU mark of safety |
| <ul style="list-style-type: none"> • Not suitable for children under the age of three |

(1x2=2marks)

b *Any one*

Social play – sharing toys, playing a board game/games, role play.

Creative play – dressing up, drawing, playing with plasticine.

Physical play -riding a bicycle/tricycle, jumping game, kicking a ball, climbing a frame

Imaginative play – playing with dolls/cars, reading a fairy tale, building blocks, playing in a sandbox.

Give credit for other valid examples given

(1x4=4 marks)

c *Any four*

- Ensure it carries the EU mark of safety
- It is marked as being suitable for three-year-olds
- It is educational
- Help develop important skills, e.g., motor skills
- Paint is non-toxic
- It has no sharp edges
- No small parts which can be swallowed

(1x4= 4marks)

d

Age-Group	Suggested Toy	Reason
3–6 months old	<ul style="list-style-type: none">• rattle	<ul style="list-style-type: none">• the sound is very soothing for young babies
1 year-old	<ul style="list-style-type: none">• soft toy	<ul style="list-style-type: none">• Helps the child to bond and offer comfort
3 year-old	<ul style="list-style-type: none">• colour matching game	<ul style="list-style-type: none">• Introduces the child to the world of colours
5 year-old	<ul style="list-style-type: none">• jigsaw puzzle	<ul style="list-style-type: none">• Helps child to develop intellectual skills

(1x4=4 marks)

8a Buying

Renting

Building

($\frac{1}{2} \times 3 = 1\frac{1}{2}$ marks)

b. *Any one*

Buying

Advantage

On signing of contract you become the owner

You can do alterations to the house

Disadvantage

You have to pay taxes and legal fees

You need to pay a substantial sum as deposit on the house

Renting

Advantage

- Can be used ready to move into
- No large amounts of money are needed
- Repairs are usually paid by the landlord

Disadvantage

- Property never belongs to you
- You cannot make any alterations without the permission of the landlord

Building

Advantage

- The property is planned according to your own needs and tastes
- Preventive measures can be taken on insulation, energy efficient walls and roof, drainage, electricity to prevent problems later on

Disadvantage

- Very expensive to buy land and build
- Slow way of acquiring a house as it takes time to build and finish
- You need the services of several experts such as a builder, plumber, electrician

(1x2=2 marks)

c Any four

- Estate agent
- Magazine
- Internet
- Newspapers
- Television/radio
- Word of mouth
- Broker (solar)
- Advertisement on the property itself

(1/2 x4=2 marks)

d Shopping facilities

Public transport

Size of city/town

Central location

Services such as the church, school, doctor.

Entertainment facilities

Area/neighbourhood

Relatives

(Give credit for other valid suggestions)

(1x6= 6 marks)

9a

Short-term benefits	Long-term benefits
Unemployment	Retirement pension
Sickness benefit	Disability pension
Injury at work	Widow's/widower's pension

($\frac{1}{2}$ x6=3 marks)

b National insurance

($\frac{1}{2}$ x1= $\frac{1}{2}$ mark)

This is a contributory benefit which entitles employees to a retirement pension on date of retirement. Contribution of national insurance is obligatory by law. **(1x1=1 mark)**

c *Any four*

Blue badge sticker

Parking permit

Assistive apparatus fund

Resources /independent living centres

Vat refund on equipment bought

Exempt car registration

Home help

LSA provision in education

Therapeutic services

(1x4=4 marks)