



Annual Examinations for Secondary Schools 2014

FORM 5

HOME ECONOMICS

MARKING SCHEME

Section A

1. a) fresh skimmed milk
- b) soya milk (½ x 2 = 1 mark)
- c) 99.1 (1 mark)
- d) Fresh skimmed milk comes from an animal source while soya milk comes from a plant source.
Soya milk has not been fortified with calcium. (1 x 2 = 2 marks)
- e) Vitamin D (½ mark)
- f) *Any two from:*
- Teenagers, especially girls
- Women who are breastfeeding babies
- Pregnant women
- Young children
- The elderly (1 x 2 = 2 marks)
- g) *The following are examples only. Give credit for any other valid reasons.*
Any two of:
- Teenagers - Quiche Lorraine served with fresh green vegetables.
- Breastfeeding / pregnant women - Ricotta and spinach pie.
- Young children - Baked Rice.
- The elderly - Ravioli with fresh tomato sauce. (1 x 2 = 2 marks)
2. a) **Fat-soluble** vitamins A, D, E, K (*Any two*)
Water-soluble vitamins C, B. (½ x 4 = 2 marks)
- b) Vitamin A is added to margarine by law to ensure that deficiencies pertaining to it do not occur when it is consumed/eaten. (1 mark)
- c) night blindness
the skin and mucous membrane become dry and infected
growth of children is retarded (*Any one*) (1 mark)

- d) **Animal source** - liver, oily fish, whole milk, butter, margarine, cheese, eggs.
(Any two)
Plant source - carrots, spinach, apricots, parsley, cabbage, tomatoes, prunes.
(Any two)

($\frac{1}{2} \times 4 = 2$ marks)

3. a) 7
4
8
5
6
2
1
3

($\frac{1}{2} \times 8 = 4$ marks)

- b) i) *Any four from:*
- Being overweight
- Lack of exercise
- A diet rich in fatty and/or sugary foods
- Drinking alcohol over the recommended daily allowance
- Hereditary related
- Related onset due to advanced age

(1 x 4 = 4 marks)

- ii. Chips - boiled potatoes
Sponge cake - fresh fruit flan
Tortellini with cream - pasta with basil and fresh tomato sauce.
White sliced bread - wholemeal bread
Canned fruit - fruit canned in its own juice or fresh fruit
Jelly - reduced sugar or artificially sweetened jelly
(Do not accept different foods to the ones mentioned above as answers)

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

4. a) **Organic foods**

Advantages (Any two)

- Uses no artificial fertilizers, pesticides
- No intense growing systems involved
- More friendly on the environment
- No growth hormones used

Disadvantages (Any two)

- More expensive
- There is still a limited range of products available on the market
- Are not available in all shopping outlets

(1 x 4 = 4 marks)

- i. Genetic Modification (½ mark)
- ii. Any two from: corn, rice, tomatoes, potatoes, soya beans, some types of vegetarian cheese. (1 x 2 = 2 marks)
- iii. **GM technology is being carried out to:**
 Reduce losses in food supply as diseases can be controlled.
 Improve the nutritional value of certain foods.
 To help fruit to keep better and last longer.
 Involves the modification of micro-organisms and the adaptations of their use.
 (Any two) (2 x 2 = 4 marks)
- c) GM technology involves acquiring **genes** from the **cells** of plants and animals and **introducing** into another cell of a particular food. Although scientists promote the use of GM products yet there are **concerns** about the **health** impact of consuming these foods and we are being encouraged to **avoid** their use. This is because the process is quite new and does not guarantee that we will not **meet** with health problems in the **future**. (½ x 8 = 4 marks)

Section B

5. a)

Convenience Foods	Examples
• canned	• corned beef tuna
• frozen	• peas pastry
• dehydrated	• milk powder soup powder

(Give credit for other valid answers)

(½ x 3 = 1½ marks) (½ x 6 = 3 marks)

- b) Any three from:
- Modern developments in food technology have made convenience foods tastier, attractive and easier to use.
 - More persons are working outside the home and have less time for food preparation.
 - People are pursuing more interests / hobbies outside the home.
 - A very wide variety of convenience foods is available on the local market.
 - People are travelling more and so are acquiring a taste of foreign foods.
- (Give credit for other suitable answers) (1 x 3 = 3 marks)
- c) **Persons living on their own:** Feel unmotivated to cook for oneself; get tempted to use some quick meal / snack.
Persons with a physical disability: might have mobility problems to see to cooking food.
Persons who lead very busy lives: time dedicated to cooking food does not fit in as a priority with their busy schedule.
 (Give credit for other valid reasons) (1 x 3 = 3 marks)
- d) **Examples:**
1. Convenience pizza base with fresh mushrooms for topping.
 2. Grilled chicken served with fresh mashed potatoes, frozen broccoli and beans.

6. a) *(Give credit for other valid combinations)* (1 x 2 = 2 marks)
 In the hot summer temperatures, micro-organisms breed more rapidly.
 Bar-B-Ques and other outdoor meals expose food to more bacterial attacks.
(Give credit for other valid reasons) (1 x 2 = 2 marks)
- b) **Buying Food:** Transport frozen/perishable foods in a cooler bag to keep temperatures constant.
Cooking Food: Cook foods well enough and long enough to kill harmful bacteria.
Storing Food: Store food at the recommended temperature to ensure it is not attacked by micro-organisms..
Serving Food: Serve food piping hot as micro-organisms grow in warm temperatures.
(Give credit for other valid suggestions) (2 x 4 = 8 marks)
- c) 2
 5
 6
 1
 3
 4 (½ x 6 = 3 marks)
- d) milk yoghurt cream ricotta
(Give credit for other valid suggestions) (½ x 4 = 2 marks)

7. a)

Daily Diet	Changes
Breakfast	• Wholemeal toasted sandwich with ricotta and herbs.
Mid-morning break	• Light yoghurt with chopped fresh fruit.
Lunchtime	• Home-made chicken wrap with a fresh salad.
Tea-time	• A glass of skimmed milk and a slice of tea-loaf.
Meal	• Grilled chicken breast with steamed fresh vegetables.

(Give credit for other valid changes) (½ x 5 = 2½ marks)

- b) Exercise regularly every day.
 Drink alcohol in moderation and within suggested limits. (1 x 2 = 2 marks)
- c) **Cooking vegetables:**
- Where possible cook vegetables with their skin on to help them retain their Vitamin C.
 - Cook in just enough boiling water to cover the vegetables.
- Storing vegetables:**
- Do not store vegetables for a long time as they will lose their Vitamin C content.
 - Green vegetables should be stored in the vegetable crisper in the refrigerator.
- (Give credit for valid rules to be followed)* (1 x 4 = 4 marks)

- d) Retention of vitamin content.
 Better taste.
 A more appealing and appetising appearance.
 Storing vegetables in a separate compartment helps to keep vegetables fresh longer.
 Preserves their taste.
(Give credit for other valid reasons) (1 x 2 = 2 marks)

8. a)
 - Grandparents should set a good example by eating healthy food themselves.
 - They should stock healthy foods which can be given as little treats to the young child.
 - Introduce new healthy foods gradually with other favourite foods.
 - Serve small portions frequently.
 - Give raw carrot/celery sticks and apples as treats rather than sweets and chocolate.
 - Allow the child to help with food preparation.*(Give credit for other valid guidelines.)* (1 x 3 = 3 marks)

b) i.

Preferred Foods	Healthier Options
Strawberry ice-cream	Strawberry fruit fool
Crisps	Carrot sticks
Fried chicken nuggets	Grilled home-made chicken nuggets
Chocolate bars	Healthy cereal bar

(Give credit for other valid suggestions) (½ x 4 = 2 marks)

ii. **Example:**

Midday Meal

Main Dish - Grilled home-made chicken nuggets served with carrot sticks and boiled vegetables.

Reasons for Choice - Grilling is a healthier method of cooking / Meal appeals to the child.

Dessert - Strawberry fruit fool with fresh strawberries.

Reasons for Choice - Addition of fresh fruit / In line with dietary guidelines.

(Give credit for other examples and possible reasons for choice)

(1, 2, 1, 2 = 6 marks)

9. a) **A lift:**

Makes it easier to go up and down the stairs with no effort.

Easier to carry shopping/other items to the apartment.

When elderly relatives call, they find it easy to get to the apartment.

A terrace:

Can be used for leisure activities like bar-b-ques/parties.

Terrace can be used for hanging clothes to dry.

Can be used to entertain guests.

Could be used for growing plants.

An intercom:

Makes the couple feel safe from unexpected visitors.

They can easily check who is calling.

They can choose not to open the door if someone undesirable calls.

Garage space:

Solves the problem of finding a parking space.

Garage is very close to the apartment and so little time is lost.

Easier to carry things to and from home.

(Give credit for other valid suggestions)

(1 x 4 = 4 marks)

- b)** Everything is within easy reach.
Cleaning/upkeep are easier to manage.
Prices of apartments are more affordable.
More sustainable as they save on land use.

(Give credit for other valid benefits)

(1 x 3 = 3 marks)

- c)** Closer to shops and other amenities.
Services are available and within reach.
All amenities are within walking distance.
Active participation in community life.

(Give credit for other valid advantages)

(2 x 2 = 4 marks)