## FORM 3 Home Economics

<table>
<thead>
<tr>
<th>Question</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>Global Mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max. Mark</td>
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<td>Mark</td>
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DO NOT WRITE ABOVE THIS LINE

Name: ____________________________

Class: __________

**Instructions:**

- Answer ALL the following questions in the space provided.
1. We are all the time drinking and eating food but we never think why do we need food.

a) Why does our body need food? Fill in the web diagram below.  
   (4 marks)

   *e.g To keep us healthy*

   i. ____________________
   ii. ____________________
   iii. ____________________
   iv. ____________________

b) Complete the following sentence.
   Health is a state of ________________, ________________ and ________________ wellbeing, not ________________ 
   _________________.  
   (4 marks)

c) To live healthy we also need to eat a balanced diet. What is a balanced diet?
   Tick the correct answer.  
   (1 mark)

   A healthy balanced diet:
   [ ] Provides all the necessary nutrients in the right amount that we need.
   [ ] Is the diet that a person follows to get slimmer.
   [ ] Consists of eating fruits and vegetables only.
2. The Healthy Plate guides us towards eating a balanced diet.
   a) Fill in the missing information (6 marks)

   Limit your intake:
   __________________

   b) List Four CINDI Dietary Guidelines. (4 marks)
c) Suggest healthier food items for each of the following. (5 marks)

i. Instead of white bread, eat ____________________________
ii. Instead of red meat, eat ____________________________
iii. Instead of cakes, eat ____________________________
iv. Instead of salt, use ____________________________
v. Instead of full-fat milk, choose ____________________________

3. One of the dietary guidelines suggests we increase our intake of **Dietary Fibre** / N.S.P

a) Underline two correct answers:

Two diseases which may be prevented by eating more fibre-rich foods are:

- Obesity
- Constipation
- Diabetes
- Diverticulosis
- Anorexia
- Heart Disease

(2 marks)

b) Suggest fibre-rich dishes which could be served for:

<table>
<thead>
<tr>
<th>Meals</th>
<th>Dishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>School Lunch</td>
<td></td>
</tr>
<tr>
<td>Main Meal</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
</tbody>
</table>

(4 marks)

c) Drinking **Water** is vital for our everyday living. (1 mark)

i. How much litres of water should we drink every day? ______________

ii. Mention at least three ways how we can take water in our diet.

________________     _______________             ______________

(3 marks)
4. The following question is about nutrients.

The table shows food commonly found in a fast food outlet.

<table>
<thead>
<tr>
<th>Food</th>
<th>Per standard Portion energy (kcal)</th>
<th>energy (kJ)</th>
<th>fat (g)</th>
<th>sodium (mg)</th>
<th>fibre (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger</td>
<td>260</td>
<td>1090</td>
<td>9.8</td>
<td>400</td>
<td>na</td>
</tr>
<tr>
<td>Quarter pounder</td>
<td>420</td>
<td>1760</td>
<td>21</td>
<td>720</td>
<td>na</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>300</td>
<td>1260</td>
<td>14</td>
<td>580</td>
<td>na</td>
</tr>
<tr>
<td>Egg Muffin</td>
<td>330</td>
<td>1390</td>
<td>15</td>
<td>880</td>
<td>na</td>
</tr>
<tr>
<td>Hotcakes with butter and syrup</td>
<td>500</td>
<td>2100</td>
<td>10</td>
<td>1000</td>
<td>na</td>
</tr>
<tr>
<td>Apple pie</td>
<td>260</td>
<td>1090</td>
<td>15</td>
<td>145</td>
<td>na</td>
</tr>
<tr>
<td>Vanilla shake</td>
<td>350</td>
<td>1470</td>
<td>8</td>
<td>200</td>
<td>0</td>
</tr>
<tr>
<td>Fillet-o-Fish</td>
<td>420</td>
<td>1760</td>
<td>26</td>
<td>620</td>
<td>na</td>
</tr>
<tr>
<td>Regular Fries</td>
<td>290</td>
<td>1220</td>
<td>16</td>
<td>290</td>
<td>na</td>
</tr>
<tr>
<td>Jacket potato (200 g)</td>
<td>150</td>
<td>630</td>
<td>0.8</td>
<td>na</td>
<td>na</td>
</tr>
<tr>
<td>Coleslaw (small, 100 g)</td>
<td>120</td>
<td>500</td>
<td>8.2</td>
<td>na</td>
<td>0.9</td>
</tr>
</tbody>
</table>

a) From the above table name the foods which contain: (2 marks)

i. the highest amount of energy Kcal __________________________
   the lowest amount of energy Kcal __________________________

ii. the highest amount of sodium (slat) __________________________
    the lowest amount of sodium (salt) __________________________ (2 marks)

b. Name a diet-related diseases linked with a high sodium (salt) intake.

• High Salt __________________________ (1 mark)

c. Fats are S_ _ _ _ and oils are L_ _ _ _ _ at room temperature. (2 marks)

d. Name two important functions of fat in the body.

• __________________________________________________________ (2 marks)
• __________________________________________________________
e. You are a weight conscious person and you want to choose a meal from the above.

i. Identify two food items you would choose.

____________________                    ____________________

(2 marks)

ii. Give the total amount of energy/Kcal and fats these items will provide.

____________________                     ____________________

(2 marks)

iii. Also give reasons for your choice of food.

• __________________________________________________

• __________________________________________________

(2 marks)

5. Eggs

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

![Diagram of an egg with labeled parts]

b. Why are we advised NOT to eat more than 3-4 eggs every week?  (1 mark)

_____________________________________________________________________


c. Suggest ONE dish in which eggs are used to :

i) bind a mixture: ________________________

ii) set a mixture: ________________________

iii) Trap air in a mixture: ________________________
d. Use diagrams to show ONE way of testing eggs for freshness. Explain the diagrams in the space provided. (4 marks)

Explanation of diagram:
________________________________________________________________________
________________________________________________________________________

6. The following question is about Short Crust Pastry

a. i. Write down the three main ingredients you would need to prepare some Short Crust Pastry.

200g
100g
4 tbs.

(3 marks)

ii. Tick the correct answer to the following questions
Which type of flour would you choose to add fibre to the pastry?

Plain Flour
Corn Flour
Wholemeal Flour

(1 mark)

b. What is the name of the method used to do Short Crust Pastry?

(1 mark)
Section B:

7. Weighing and Measuring:

Name the Weighing or Measuring equipment used to measure the following ingredients.

(5 marks)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measuring Equipment</th>
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<tbody>
<tr>
<td>100g. Flour</td>
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<tr>
<td>100 ml. Milk</td>
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</tr>
<tr>
<td>200g. Sugar</td>
<td></td>
</tr>
<tr>
<td>100 ml. Water</td>
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<tr>
<td>1 tsp. salt</td>
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</table>
b. Write down the name and current use of each one of them.

<table>
<thead>
<tr>
<th>EQUIPMENT</th>
<th>NAME</th>
<th>CORRECT USE</th>
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<tbody>
<tr>
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(6,6 marks)

8. Basic first aid items should be found in every home. They must be kept out of children’s reach.

a. Make a list of 6 first aid items and state their use.

<table>
<thead>
<tr>
<th>Items</th>
<th>Use</th>
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( 6, 6 Marks)
9. The kitchen can be prone to many accidents. List 5 accidents that can occur to children in the kitchen below. (5 marks)

1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________
5. ____________________________________