

**FORM 1**

**HOME ECONOMICS**

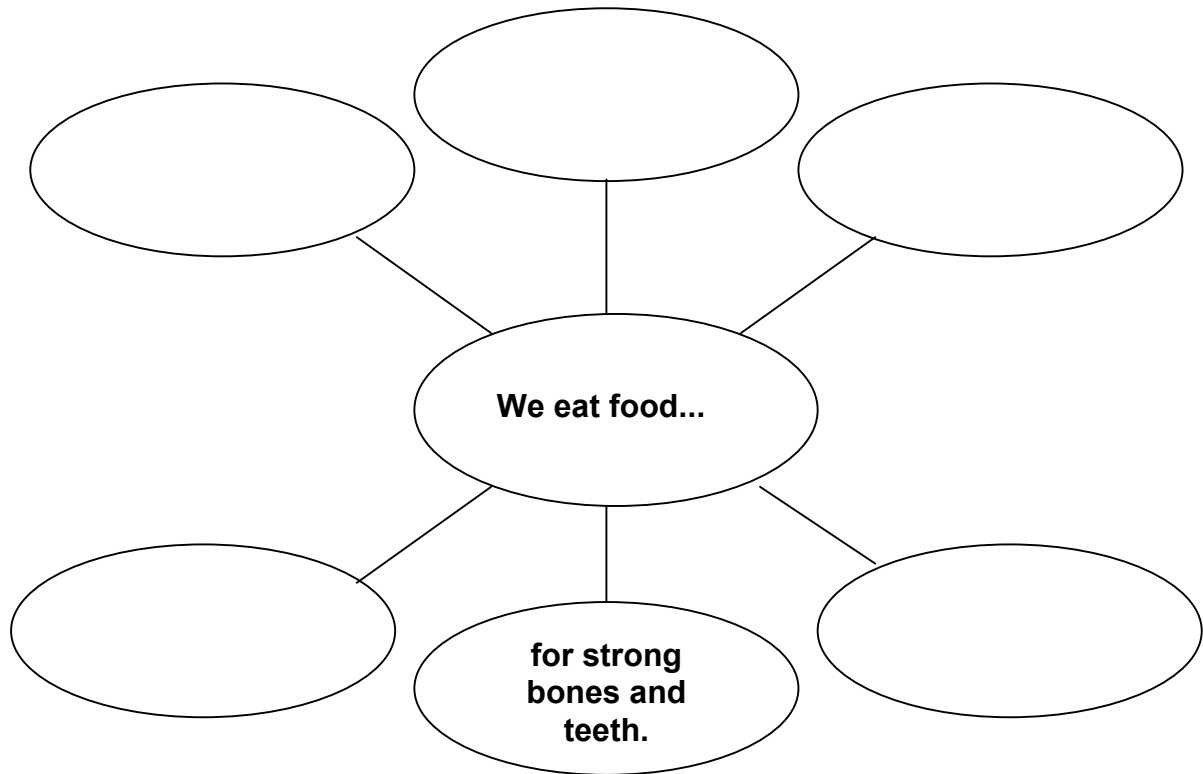
**TIME: 1 hr**

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

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

Answer **all** the Questions

1. Complete the bubble chart below:



(5 marks)

2. Healthy eating guidelines advise us to cut down on the fats we eat:

a) List **two** health problems which may be caused by eating too much fat.

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

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

(2 marks)

b) Suggest **three** ways of reducing the amount of fat we eat.

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

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

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

(3 marks)

c) Choose healthier foods than the ones listed below:

\_\_\_\_\_ instead of



\_\_\_\_\_ instead of



\_\_\_\_\_ instead of



\_\_\_\_\_ instead of



\_\_\_\_\_ instead of



(5 marks)

3. a) Write down the names of **four** healthy snacks/drinks.

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

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

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

(iv) \_\_\_\_\_

(4 marks)

b) Suggest ways of increasing NSP (Dietary Fibre) when :-

(i) preparing **breakfast** \_\_\_\_\_

(ii) preparing a **sandwich** \_\_\_\_\_

(iii) making **small buns** \_\_\_\_\_

(iv) making a **soup** \_\_\_\_\_

(4 marks)

c) Name **two** diseases which we may suffer if we do not take in enough NSP in our diet.

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

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

(2 marks)

4. You have decided to prepare some buns for tea.

a) Give the name of the method you would use to prepare them.

\_\_\_\_\_

(1 mark)

b) How would you prepare the buns?

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_ (4 marks)

c) Name **four** pieces of equipment you would need to prepare the buns. Give their use.

Name of Equipment	Use
_____	_____
_____	_____
_____	_____
_____	_____ (4, 4 marks)

d) How would you check to see if the buns are cooked after you have baked them?

\_\_\_\_\_ (1 mark)

e) Write down the order you would follow when doing the washing-up after baking the buns.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_
- (v) \_\_\_\_\_ (5 marks)

5. You have just started to cook on your own.

a) List **four** points you should keep in mind to ensure the safe use of the gas cooker.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_ (4 marks)

b) Give the names of **two** dishes you could cook on each of the cooker parts listed below.

**grill:** \_\_\_\_\_

**hob:** \_\_\_\_\_

**oven:** \_\_\_\_\_ (6 marks)

- c) You have messed up the hob of your gas cooker while preparing tomato sauce.

How would you clean it up?

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

(5 marks)

6. a) The picture shows the living room of the Borg family who have two young children. List **eight** possible accidents which could be prevented.



- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_
- (v) \_\_\_\_\_
- (vi) \_\_\_\_\_
- (vii) \_\_\_\_\_
- (viii) \_\_\_\_\_

(8 marks)

- b) The family live in a two-storey house. Suggest **three** safety rules the parents must follow as regards the stairs. **Safety Rules:**

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

(3 marks)

7. a) Your mother cuts her finger while preparing lunch.

What first-aid treatment would you give her?

- (i) \_\_\_\_\_  
 (ii) \_\_\_\_\_  
 (iii) \_\_\_\_\_

(3 marks)

- b) It is important to keep the first-aid box well stocked.

List **eight** important items you would include in your box.

- (i) \_\_\_\_\_ (ii) \_\_\_\_\_ (iii) \_\_\_\_\_ (iv) \_\_\_\_\_  
 (v) \_\_\_\_\_ (vi) \_\_\_\_\_ (vii) \_\_\_\_\_ (viii) \_\_\_\_\_

(4 marks)

- c) Choose **two** items from the above list and say how you would use them.

**Name of Item:** \_\_\_\_\_

**Use:** \_\_\_\_\_  
 \_\_\_\_\_

**Name of Item:** \_\_\_\_\_

**Use:** \_\_\_\_\_  
 \_\_\_\_\_

(2, 2 marks)

- d) In the case of an emergency, which number would you phone to call:

**an ambulance?:**

**a fire-engine?:**

**the police?:**

(3 marks)

8. a) Match the family types with the definitions shown below:

**nuclear family;**  
**foster family;**

**adoptive family;**  
**step-family;**

**extended family;**  
**single-parent family**

- i) can include grandparents; parents; children; aunts; uncles; etc;

- ii) it is made up of the parents and their children.

- iii) children are brought up by one parent only.

- iv) only one parent is the natural parent.

- v) takes care of a child for just a few months/years.

- vi) the parents are not the natural parents but child takes their surname.

(6 marks)

- b) Name **one** of your basic needs and discuss how your family satisfies it.

**Need:** \_\_\_\_\_

My family satisfies it by:

- \_\_\_\_\_
- \_\_\_\_\_ (4 marks)

- c) What can you do to help improve your relationship with the other members of your family?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (6 marks)