

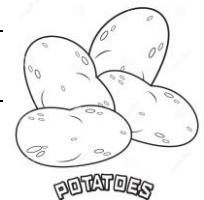
Name: _____

Class: _____

Answer all the questions.

1a. The chart below shows the fat content of a potato that has been prepared and cooked in different ways.

Potatoes	
Preparation and cooking method	Amount of fat per 100g
Boiled and mashed with butter	4.3 g
Crisps sliced thinly and fried in oil	37.6 g
Boiled in water	0.3g
Roasted in oil	4.5 g
Made in chips and fried in oil	9.5 g



i. Which type of potatoes contains the most fat?

(½ mark)

ii. Which type of potatoes contains the least fat?

(½ mark)

iii. What is the difference in the amount of fat between chips fried in oil and crisps fried in oil?

(½ mark)

iv. Give a reason for the difference indicated in (iii).

(2 marks)

b. Fat is a macronutrient. Name another macronutrient.

(½ mark)

c. Some fats are visible in food. Others are invisible.

Give **two** examples of visible fats and **two** examples of invisible fats.

Visible fats

- _____
- _____

Invisible fats

- _____
- _____

(2 marks)

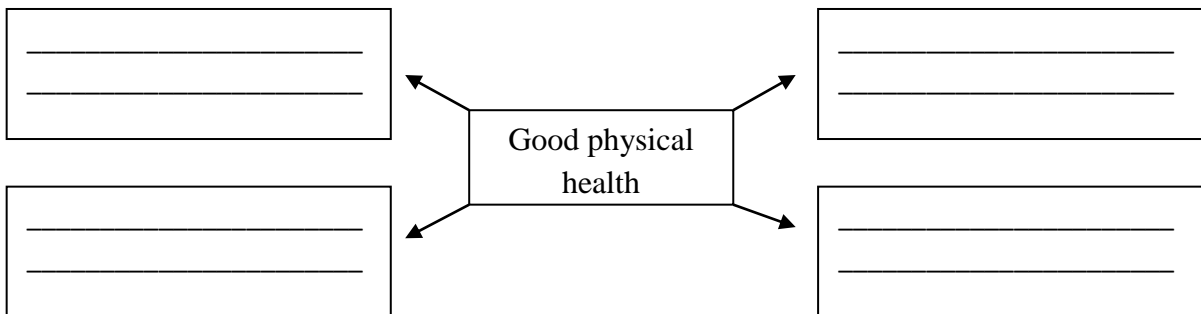
d. Identify **two** ways of reducing the amount of saturated fats in the diet.

- _____
- _____

(2 marks)

2a. Many factors contribute to good physical health.

Fill in the web diagram with **four** factors that contribute to good physical health.



(4 marks)

b. Lack of good physical health can lead to diet-related diseases.

Suggest **two** reasons for the development of the disease in each of the following persons.

John is obese.

- _____
- _____

Mary has coronary heart disease.

- _____
- _____

Fifty-five-year old Tanya has osteoporosis.

- _____
- _____

(2, 2, 2 marks)

c. Suggest a day's menu for Mary who has been advised by the doctor to change her diet.

Breakfast: _____

Drink: _____

Snack: _____

Main meal: _____



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

3a. State which methods of cooking are being used in each of the pictures below.



i _____



ii _____



iii _____



iv _____

(2 marks)

b. In the table provided:

i. List **two** suitable foods for each cooking method.

ii. Give the method of heat transfer for each method of cooking.

Method of cooking	Two suitable foods for the cooking method		Method of heat transfer
Baking	_____	_____	_____
Steaming	_____	_____	_____
Frying	_____	_____	_____
Barbecuing	_____	_____	_____

($\frac{1}{2} \times 12 = 6$ marks)

c. Plan a **two** course meal (starter and main course) that uses four different methods of cooking.

Identify the methods that you have used and how each method has been used.

Starter _____ (½ mark)

Cooking method used _____ (½ mark)

How? _____ (1 mark)

Cooking method used _____ (½ mark)

How? _____ (1 mark)

Main course _____ (½ mark)

Cooking method used _____ (½ mark)

How? _____ (1 mark)

Cooking method used _____ (½ mark)

How? _____ (1 mark)

4a. Mark and Anna's three-year-old daughter will be starting kindergarten soon. However, she is not willing to attend.

Suggest **four** ways how Mark and Anna can encourage their daughter to start looking forward to attend kindergarten.

- _____
- _____
- _____
- _____

(4 marks)

b. Painting, drawing and using modelling clay are popular activities with young children which encourage different types of development in a three-year-old child.

i. List **three** stages of development that are reached through such activities.

- _____
- _____
- _____



(3 marks)

ii. Give **one** example of how each stage of development is reached when children engage in such activities.

Stage of development 1: _____

Example 1: _____

Stage of development 2: _____

Example 2: _____

Stage of development 3: _____

Example 3: _____

(3 marks)

c. Children are very energetic and like to play outdoors.

What **four** benefits do children gain from physical outdoor play?

- _____
- _____
- _____
- _____

(4 marks)

5a. David and Helen are planning their new kitchen. They are undecided whether to purchase a dishwasher.

Give **one** advantage and **one** disadvantage of having a dishwasher.

Advantage

Disadvantage

(2 marks)

b. The following is a floor plan of their kitchen.



Use floor plan to:

- i. Plan the kitchen layout.

(1 mark)

ii. Draw the work triangle and label (1 mark)

c. David and Helen will be buying a chest freezer as they do a lot of bulk buying.

What is the advantage of bulk buying?

(1 mark)

d. Why is it important that they label all foods before freezing?

(1 mark)

e. How can David and Helen be energy-efficient when?

i. buying new appliances

ii using the chest freezer

iii cooking food

iv using labour-saving devices.

(4 marks)

6a. The following symbols appear on a lot of products.

What does each symbol indicate?

i.



ii.



iii.



iv.



(4 marks)

b. Henry suffers from coeliac disease.

Draw the symbol that appears on gluten-free products.



(2 marks)

c. Identify **two** benefits of having symbols on packaged foods.

- _____

- _____

(2 marks)

d. The nutrition information table appears on a food product that Jennifer bought from the supermarket.

Which **four** types of information could Jennifer take from the nutrition information table?

- _____
- _____
- _____
- _____

(4 marks)

e. List **four** foods that carry the “use-by” date.

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

7a. Rebecca has suffered from food poisoning after eating chicken risotto at a restaurant.

Suggest **three** reasons why Rebecca may have suffered from food poisoning.

- _____
- _____
- _____

(3 marks)

b .Identify **three** ways how food poisoning could have been prevented.

- _____
- _____
- _____

(3 marks)

c. The most common form of food poisoning is bacterial.

Which **four** conditions make it possible for bacteria to multiply?

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

d. Name **two** types of food preservation methods that make it difficult for bacteria to multiply and state why.

Food preservation 1: _____ (1 mark)

Reason 1: _____

(2 marks)

Food preservation 2: _____ (1 mark)

Reason 2: _____

(2 marks)

8a. Seventy-nine-year-old Carmen has undergone heart surgery and will be going to live with her married daughter and two teenage children.

Mention **two** ways how Carmen can contribute towards the family's daily needs and feel useful.

- _____
- _____

(2 marks)



b. Carmen needs to keep her cholesterol within normal limits.

How can her daughter adjust the following family meals/desserts to make them suitable for the whole family?

- i. Ricotta pie with vegetables _____
- ii. Fried rabbit and chips _____
- iii. Meat balls with mashed potatoes _____
- iv. Ice-cream with canned fruit salad _____

(4 marks)

c. Give a reason for each of the following healthy lifestyle advice Carmen has been asked to follow.

i. Eat plenty of fibre foods and drink water

ii Lower her intake of sodium

iii Increase her intake of calcium and vitamin D

iv Stay as active as possible

(4 marks)

d. Suggest **two** ways how Carmen can stay active outside the home.

- _____
- _____

(2 marks)

