

Sacred Heart School



House Examinations 2017

First Year

Subject: Home Economics

Teachers: Ms. Sheelan

Total Marks: 220

Name: Marking Scheme

Class: _____

Teacher: _____

*Read your questions carefully & underline keywords
Best of Luck!*

Results & Reflection

Total Marks:
 220

Percentage: %

Grade:

What I did well:

Read through your paper and pick at least 3 things you did well and were happy with

What I can improve on:

Read through any comments I wrote and see if there is something you need to improve on, OR is there something that didn't go well and you would like to improve on it next time?
Write 3 targets if possible

SECTION A - SHORT QUESTIONS (120 MARKS)

Answer ALL Questions - Each question is worth 4 marks each

Q.1 Name 4 factors that influence a person's energy requirements.

- 1 Age
- 2 Gender
- 3 Occupation
- 4 Height & Weight

4

Q.2 Name the two types of protein and give one source of each type

Type	Source
1 High Biological value	1 Meat, Fish, Dairy products
2 Low Biological value	2 Pulse vegetables (Peas, Beans, Lentils, nuts)

4

Q.3 Fill in the blanks below:

Protein is made up of basic units called amino acids linked together by peptide links.

4

Q.4 Name two functions of fat in the body

- 1) Protection of delicate organs
- 2) Production of Heat & Energy
- 3) Insulation of the body
- 4) Fat soluble vitamins A, D, E, K

4

Q.5 Name two ways of reducing the intake of sugar in the diet

- 1 Drink water or milk instead of fizzy drinks
- 2 Have carrot sticks and hummus instead of sweet snacks

4

Q.6 Name the two types of fat and give one source of each type

Type	Source
1 Saturated fat	1 Meat eg bacon
2 Unsaturated fat	2 Olive oil

4

2

Q.7 Fill in the blanks:

Fats units are made up of one glycerol and three fatty acids

4

Q.8 What is the function of fibre in the body? List the RDA of fibre.

Function: To help digestion and prevent constipation.

Prevents digestive illnesses eg colon cancer

4

RDA: 30g

Q.9 Explain the term Food Handler

A person who prepares, serves food - Someone who handles food from supplier to the consumer

4

Q.10 What are hidden sugars? Give an example in your answer.

Hidden sugars are often found in savoury or foods considered to be healthy and not very sweet. In the ingredients list you might see glucose or sucrose instead of the word sugar. Savoury sauce mixes or granola bars are good examples of food containing hidden sugars.

4

Q.11 Name three types of carbohydrate and one source of each type

Type	Source
¹ Starch	¹ Potatoes, bread, pasta, rice
² Sugar	² Sweets, cakes, jams
³ Fibre	³ Brown bread, brown rice

4

Q.12 Name 2 functions and 2 sources of vitamin A

Function	Source
¹ Good eyesight	¹ Oily fish ³) eggs
² Healthy skin	² butter / margarine

4

3

Q.13 Name 3 deficiency diseases caused by a lack of vitamin D.

- 1 Rickets in children (bow legs)
- 2 Osteoporosis in adults (weak, brittle bones)
- 3 Osteomalacia in adults (women)

Q.14 List 4 sources of vitamin C

- 1 Citrus fruit eg oranges
- 2 blackcurrants, cranberries
- 3 kiwi's, strawberries
- 4 green leafy vegetables

Q.15 Why is folic acid important in the diet?

folic acid is needed by pregnant women & women planning on getting pregnant to prevent spina bifida in newborn babies

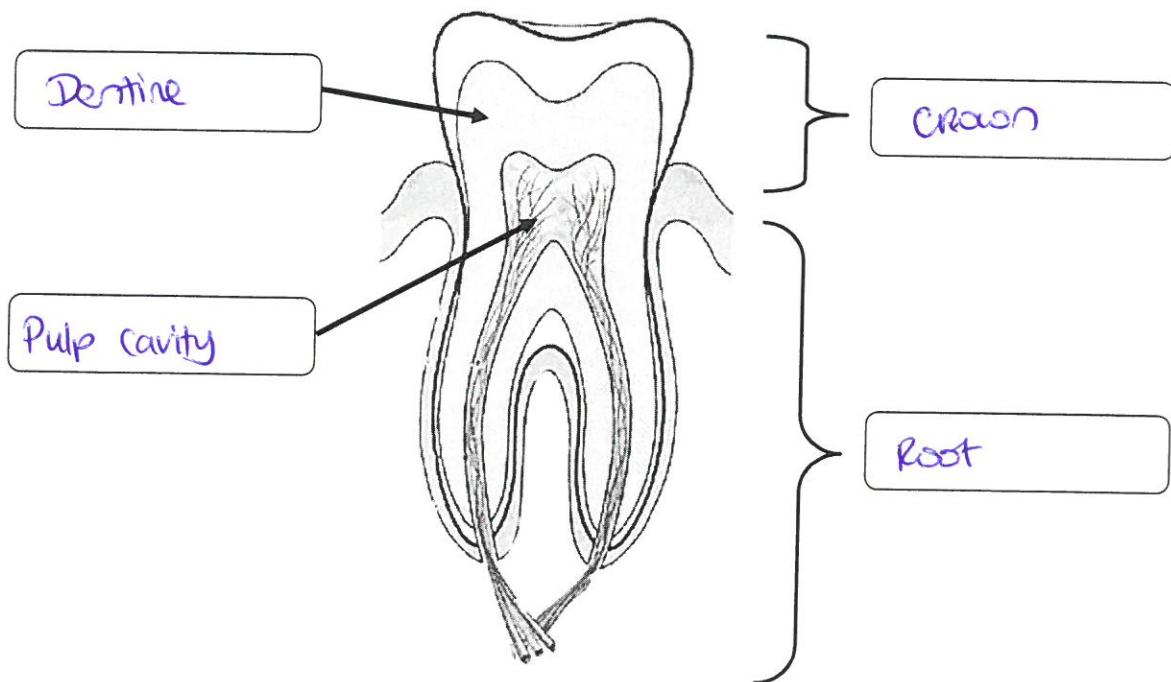
4

Q.16 What is the function and deficiency of calcium?

Function: Calcium is needed for healthy bones & teeth

Deficiency: Rickets in children - osteoporosis in adults

Q.17 Label the diagram of the tooth:



Q.18 List 4 types of adult teeth and their functions:

Types of Teeth	Function
1. Incisors	Bite into food
2. Canines	Rip and tear food
3. Pre molars	Chew & grind food
4. Molars	Chew & grind food

Q.19 List four products you should use to keep your teeth healthy

1. Toothbrush
2. Mouthwash
3. Dental Floss
4. Toothpaste

Q.20 List four advantages of home baking

1. You can choose the ingredients you want to include
2. Cheaper than buying the product already made
3. no preservatives
4. you can reduce the amount of sugar / fat etc

Q.21 Suggest 2 reasons why you might modify a recipe

1. Allergies / intolerances - can adjust ingredients if allergic eg coeliacs use gluten free flours
2. To make a dish more healthy eg reduce fat / sugar content or increase fibre content.

Q.22 List four safety rules that should be followed in the kitchen

1. Turn off all appliances when not being used
2. Don't touch electrical appliances with wet hands
3. Always ensure pot handles are in over the countertops
4. Never leave sharp knives or dangerous chemicals in reach of children

Q.23 Explain the following terms in relation to baking:

- a) Preheat Turning the oven on before baking to ensure it has reached the correct temperature when you put the food in 15mins
- b) bake blind to part bake the pastry case before putting the filling in - this prevents a soggy base and ensures it is cooked fully eg apple tart

Q.24 List four raising agents used in home baking

(i) air	(ii) baking powder
(iii) bread soda / bicarbonate of soda	(iv) yeast

Q.25 Choose one of the raising agents above & describe how it raises baked goods:

Raising Agent: baking powder

How it works: when a liquid is added to a mixture containing baking powder (eg egg or milk) carbon dioxide is formed (gas).

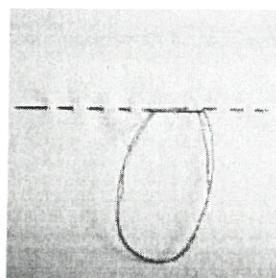
This gas expands in the oven when heated and causes the dough to rise

Q.26 Explain the terms:

- (i) Best before date: this is used on foods with a long shelf life (3-18 months) it is the date by which food should be eaten
- (ii) Use by date: this is used on perishable foods with a short shelf-life (upto 6 weeks) it is the date by which the food must be eaten

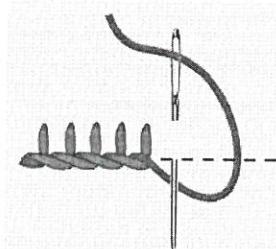
Q.27 Name and give the use of the following stitch

Name:	Running Stitch
Use:	used to keep two pieces of material together temporarily



Q.28 Name and give the use of the following stitch

Name:	Blanket stitch
Use:	a decorative embroidery stitch used to outline a design or to sew the edges of two pieces of material together eg cushion edge



Q.29 Give two sources of water in the diet and give one function of water

Sources of water:	Function of water:
Tea / coffee / other drinks	to carry nutrients around the body
Fruit	to excrete waste eg urine / sweat

4

Q.30 Explain the terms macronutrient and micronutrient. Give one example of each

Macronutrients are needed by the body in large amounts for example protein, fats and carbohydrates. Micronutrients are needed in smaller amounts. Examples of these are vitamins and minerals.

4

SECTION B - LONG QUESTIONS (100 MARKS)

Answer ALL questions

Question 1: Milk

50 Marks

- (a) Describe the nutritive value of milk (nutrient/type/function) (16)
- (b) Name two milk products (4)
- (c) Explain both (i) homogenisation **and** (ii) pasteurisation (10)
- (d) Name four uses of milk in the diet (8)
- (e) List four effects of heat on milk (12)

a) Nutritive value of milk

Nutrient	Type	Function
Protein	High Biological value	Growth of new cells and repair of old or damaged cells
Fats	Saturated fat	Protects delicate organs and insulates the body
Carbohydrates	Lactose is the sugar found in milk	Sugar provides heat and energy for the body
Vitamins	B	Needed for healthy nervous system
	A	Needed for healthy eyesight
	D	needed for healthy bones & teeth
Minerals	Calcium] needed for healthy bones and teeth
	Phosphorus	
Water		needed to excrete waste out of the body eg urine and sweat carries nutrients around the body

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b) Two milk products:

- (i) yoghurt
- (ii) cheese

c) Homogenisation is when milk is forced through tiny valves to disperse the cream evenly throughout the milk. This makes it creamier.

Pasteurisation is when milk is heated to 72°C for 15 seconds and then cooled to 4°C and bottled. This kills the harmful bacteria making it safe to drink.

d) Four uses of milk:

- (i) As part of a hot drink eg hot chocolate or coffee
- (ii) In sauces eg white sauce
- (iii) In custard as part of a dessert eg trifle
- (iv) With breakfast cereal eg cornflakes and milk

e) The Effects of heat on milk

- (i) The protein coagulates and forms a skin on the top
- (ii) The flavour changes - becomes sweeter
- (iii) Harmful bacteria are killed
- (iv) Some water soluble vitamins may be lost.

Question 2: Cheese & Eggs

50 Marks

- (a) Describe the process of cheese production (12)
- (b) Give four reasons why cheese should be included in the diet (8)
- (c) List four culinary uses of eggs and give a different example of each use (12)
- (d) List 5 pieces of information that should be present on an egg box (10)
- (e) Explain the term 'free range' in relation to eggs (8)

a) How cheese is made / Process of cheese Production:

- (i) Milk is pasteurised to kill harmful bacteria
- (ii) A culture of bacteria is added
- (iii) Milk is warmed and rennet is added
- (iv) Milk then separates into curds and whey (solids and liquid)
- (v) Whey is drained and curds are chopped and salted
- (vi) The curds (cheese) is then pressed into moulds (lightly for soft and pressed firmly for hard cheese).
- (vii) Cheese is left to mature for 3-12 months.

b) Cheese should be included in the diet because:

- (i) Cheese is a good source of high biological value protein needed for growth and repair of cells
- (ii) Cheese is very versatile and can be used in a variety of dishes
- (iii) It can be eaten raw and therefore doesn't require much preparation or cooking
- (iv) There is very little waste with cheese.

c) Four culinary uses of eggs are:

- (i) Baking eg cupcakes
- (ii) Glazing eg scones
- (iii) Savory dish eg omelette
- (iv) Binding eg burgers

d) Five items of information you would find on an egg box are:

- (i) Number of eggs
- (ii) Size of the eggs

- (iii) Class (indication of quality)
- (iv) Name of the producer / packer
- (v) Quality symbol - Quality Assured logo

Free Range means eggs which comes from hens which were allowed to roam freely (outside / not in a cage). They are free from artificial chemicals and are usually more expensive.