



Home Economics

Standard Grade

Foundation Level

**Exemplification of Question 1 (multiple choice) for use in and after
Diet 2009**

Introduction

The following 3 questions exemplify the standard for **Question 1** of the revised Standard Grade Home Economics Foundation paper (from Diet 2009).

Please see separate document for Exemplification of the HI and KU for Questions 2 and 3.

These questions:

- ◆ Examine Knowledge and Understanding
- ◆ Are based on Course Objective 1
- ◆ Are worth 16 marks multiple choice – 2 marks from each Essential Knowledge statement

Please note that it would be unacceptable for a Centre to use one of these questions in its entirety as part of a prelim paper, as it is unacceptable for "...sets of questions to be lifted en-bloc from past papers ..."

Please see SQA publication "Estimates, Absentees and Assessment Appeals" available on the SQA website www.sqa.org.uk for more details.

Question 1.1

Give the correct answer to the following questions by ticking the appropriate box.

(a) Choose **two** sources of carbohydrate from the list below:

- Fish
- Cream
- Flour
- Butter
- Rice

(b) How many portions of fruit and vegetables should be eaten daily?

- 1
- 3
- 5

(c) Which **one** dietary target helps to prevent high blood pressure?

- “Eat less sugar”
- “Eat more bread”
- “Eat less salt”
- “Eat more oily fish”

(d) Which are **two** reasons for a pregnant woman to need folic acid?

- To prevent anaemia
- To prevent obesity
- To prevent spina bifida
- To prevent varicose veins
- To prevent constipation

	KU	HI
2		
1		
1		
2		

1.1 (continued)

(e) The symbol below was on the care label of a shirt.



What is the meaning of the symbol?

Tumble dry
- low heat

Dry on a
Washing line

Dry on a
Rotary dryer

Dry clean

(f) Which **one** of the following methods of preservation depends upon the high concentration of acid to prevent bacterial growth?

Freezing

Jam making

Pickling

Vacuum
packaging

(g) Which **two** pieces of equipment are the safest to use in a saucepan?

Tablespoon

Silicon spatula

Fish slice

Wooden spoon

Serrated knife

KU	HI
1	
1	
2	

1.1 (continued)

(h) Identify **two** properties of fabrics which are most important for sportswear.

- Stain resistance
- Crease resistance
- Absorbency
- Flammability
- Elasticity

2

(i) Which **one** piece of information is **not** a legal requirement on the label on a bag of flour?

- Product name
- Date mark
- Weight
- Nutritional information

1

(j) Which **one** local authority department is responsible for food safety?

- Consumer Protection Department
- Trading Standards Department
- Environmental Health Department
- Scottish Consumer Council

1

(k) Identify **two** fixed sources of income.

- Savings account interest
- Birthday/Christmas money
- Wages/Salary
- Pensions
- Share Dividends

2

KU	HI

Question 1.1 Marking Instructions

- (a) Flour
Rice
- (b) 5
- (c) Eat less salt
- (d) To prevent anaemia
To prevent spina bifida
- (e) Tumble dry - low heat
- (f) Pickling
- (g) Silicon spatula
Wooden Spoon
- (h) Absorbency
Elasticity
- (i) Nutritional Information
- (j) Environmental Health Department
- (k) Wages/Salary
Pensions

ONE MARK for each correct answer

TOTAL 16 MARKS

Essential Knowledge

	a	b	c	d	e	f	g	h
1(a)	2							
(b)		1						
(c)		1						
(d)			2					
(e)				1				
(f)				1				
(g)					2			
(h)						2		
(i)							1	
(j)							1	
(k)								2
	2	2	2	2	2	2	2	2

Question 1.2

Give the correct answer to the following questions by ticking the appropriate box.

(a) Choose **two** sources of fat from the list below:

- Tomato
- Cream
- Flour
- Chips
- Grapes

(b) Which **one** type of bread supplies the most NSP (dietary fibre)?

- White
- Brown
- Wholemeal

(c) Which **one** type of fish helps you to follow the dietary target to “eat more oily fish”?

- Cod
- Salmon
- Haddock
- Prawns

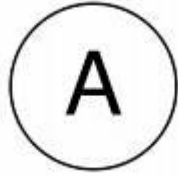
(d) Which **two** foods are a good source of protein for a vegetarian?

- Potatoes
- Banana
- Lentils
- Chicken
- Nuts

KU	HI
2	
1	
1	
2	

Question 1.2 (continued)

(e) The symbol below was on the care label of a cushion.



What is the meaning of the symbol?

- Iron around
- Dry clean
- Drip dry
- Cool wash

(f) Which **one** of the following temperature ranges is in the danger zone?

- 18° - 0°C
- 5° - 63°C
- 63° - 82°C
- 82° - 100°C

(g) Which **two** groups of people are most at risk of accidents in the home?

- Toddlers
- Teenagers
- Young adults
- Pregnant women
- Elderly

	KU	HI
1		
1		
2		

Question 1.2 (continued)

(h) Identify **two** man-made fibres

- Nylon
- Silk
- Cotton
- Polyester
- Wool

(i) Identify **one** type of shelter which is most suitable for a person in a wheelchair.

- Upstairs flat
- Camper-van
- Bungalow
- Two storey house

(j) Which **one** law protects consumers when injured by a faulty dishwasher?

- Sale and Supply of Goods Act
- Trade Descriptions Act
- Consumer Protection Act
- Food Safety Act

(k) Identify **two** ways of saving money when shopping for food.

- Buy the biggest pack available
- Shop at your local corner store
- Choose supermarket own brands
- Always pay with a credit card
- Use of money-off vouchers

	KU	HI
2		
1		
1		
2		

Question 1.2 Marking Instructions

- (a) Cream
Chips
- (b) Wholemeal
- (c) Salmon
- (d) Lentils
Nuts
- (e) Dry clean
- (f) 5° - 63°C
- (g) Toddlers
Elderly
- (h) Nylon
Polyester
- (i) Bungalow
- (j) Consumer Protection Act
- (k) Choose supermarket own brands
Make use of money-off vouchers

ONE MARK for each correct answer

TOTAL 16 MARKS

Essential Knowledge

	a	b	c	d	e	f	g	h
1(a)	2							
(b)		1						
(c)		1						
(d)			2					
(e)				1				
(f)				1				
(g)					2			
(h)						2		
(i)							1	
(j)							1	
(k)								2
	2	2	2	2	2	2	2	2

Question 1.3

Give the correct answer to the following questions by ticking the appropriate box.

(a) Choose **two** sources of calcium from the list below:

- Cheese
- Spaghetti
- Apples
- Yogurt
- Honey

(b) One of the Scottish dietary targets is to eat less salt.
Which **one** of the following diseases does this target help to reduce?

- Obesity
- Tooth decay
- High blood pressure

(c) Which **one** of the following cooking methods helps to retain vitamins?

- Grilling
- Microwaving
- Baking
- Frying

(d) Adolescence is a time of rapid body growth.
Which **two** nutrients should teenagers increase in their diet?

- Carbohydrate
- Fat
- Iron
- Sodium
- Protein

KU	HI
2	
1	
1	
2	

1.3 (continued)

(e) The symbol below was on the care label of a pair of shorts.



What is the meaning of the symbol?

- Do not spin
- Do not fold
- Do not wash
- Do not iron

(f) Which **one** of the following labels is found on frozen foods?

- 1 Star
- 2 Stars
- 3 Stars
- 4 Stars

(g) Which **two** actions should you take when cleaning a food processor?

- Immerse in water
- Switch off and take out the plug
- Drop the blade into soapy water
- Use disinfectant
- Use a brush to clean the blade

KU	HI
1	
1	
2	

1.3 (continued)

(h) Identify **two** ways to save energy in the home.

- Leave windows open
- Use a shower instead of bath
- Leave curtains open
- Reduce heating controls
- Always fill the kettle

(i) Which **one** piece of legislation protects consumers from harmful food?

- Consumer Protection Act
- Sale and Supply of Goods Act
- Trade Descriptions Act
- Food Safety Act

(j) Which **one** symbol shows that toys are made to the highest standards of safety?

- Kitemark
- Barcode
- Lion Mark
- Vegan Society

(k) Identify **two** steps to take to help manage debt.

- Ignore letters from creditors
- Tell creditors about your problems
- Use another credit card
- Shop in another town
- Seek advice from Citizens Advice Bureau

	KU	HI
2		
1		
1		
2		

Question 1.3 Marking Instructions

- (a) Cheese
Yogurt
- (b) High blood pressure
- (c) Microwaving
- (d) Any **two** from Carbohydrate / Iron / Protein
- (e) Do not iron
- (f) Four Stars
- (g) Switch off and take out the plug
Use a brush to clean the blade
- (h) Use a shower instead of bath
Reduce heating controls
- (i) Food Safety Act
- (j) Lion Mark
- (k) Tell creditors about your problems
Seek advice from Citizens Advice Bureau

ONE MARK for each correct answer

TOTAL 16 MARKS

Essential Knowledge

	a	b	c	d	e	f	g	h
1(a)	2							
(b)		1						
(c)		1						
(d)			2					
(e)				1				
(f)				1				
(g)					2			
(h)						2		
(i)							1	
(j)							1	
(k)								2
	2	2	2	2	2	2	2	2