

FOR OFFICIAL USE

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C

	KU	HI
Total Marks		

**1660/403**

NATIONAL  
QUALIFICATIONS  
2007

THURSDAY, 10 MAY  
1.00 PM – 2.15 PM

HOME ECONOMICS  
STANDARD GRADE  
Credit Level

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Date of birth

Day Month Year

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Scottish candidate number

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Number of seat

- 1 Try to answer every question in this paper.
- 2 Read the whole of each question carefully before you answer it.
- 3 Write your answers in the spaces provided.
- 4 Additional lines at the end of the booklet can be used if more space is required for answers or if you need to do any rough work.
- 5 Before leaving the examination room you must give this book to the invigilator. If you do not, you may lose all the marks for this paper.



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<i>Marks</i>	KU	HI
<b>1</b>		
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1. (a) Childhood obesity due to poor nutrition and lack of exercise is a current health issue.

Identify **three** Scottish dietary targets and give an explanation of how following each target can help prevent obesity.

Give a **different** explanation for each answer.

Dietary Target 1 \_\_\_\_\_

\_\_\_\_\_

Explanation \_\_\_\_\_

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Dietary Target 2 \_\_\_\_\_

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Explanation \_\_\_\_\_

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Dietary Target 3 \_\_\_\_\_

\_\_\_\_\_

Explanation \_\_\_\_\_

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[Turn over

1. (continued)

Marks 

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(b) During the summer Mark is going on an outdoor activities weekend.  
He needs a jacket suitable for taking part in a range of outdoor activities including hill walking, pony trekking and rock climbing.  
Study the information about jackets shown below.

<b>Information about jackets for outdoor activities</b>	
<p style="text-align: center;"><b>Jacket A</b></p> 	<p>Features</p> <ul style="list-style-type: none"> <li>• Outer shell fabric<sup>(1)</sup></li> <li>• Contains duck down filling</li> <li>• Elasticated cuffs</li> <li>• Detachable hood</li> <li>• Secure inner pockets, one of which is designed for mobile phone</li> <li>• Lightweight</li> </ul>
<p style="text-align: center;"><b>Jacket B</b></p> 	<p>Features</p> <ul style="list-style-type: none"> <li>• Lightweight fleece fabric</li> <li>• Requires no ironing</li> <li>• Built in mosquito/midge repellent lasts up to 35 washes</li> <li>• Adjustable hem<sup>(2)</sup></li> <li>• Excellent UPF<sup>(3)</sup></li> <li>• 2 zipped hand pockets</li> </ul>

<p><b>Key:</b></p> <p>(1) Waterproof finish acts as a barrier against water and the wind.          (2) Adjustable hem allows jacket to be lengthened.          (3) The UPF protects the wearer from the harmful effects of the sun.</p>
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1. (b) (continued)

Choose **one** jacket and **evaluate** its suitability for Mark.

Marks

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Jacket \_\_\_\_\_

Evaluation

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2

[Turn over



**[Turn over for Question 2 on *Page eight***

Marks

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2. (a) Ali runs a sewing business from home, making soft furnishings and a range of clothing including eveningwear.

She needs to buy a new sewing machine because she is going to extend her business by making and selling personalised fabric items.

Study the information about sewing machines shown below.

Information about sewing machines		
A	B	C
• Embroidery machine	• Lightweight sewing machine	• Heavy duty sewing machine
• PC software package included <sup>(2)</sup>	• 8 basic stitches including buttonholes	• Computerised range of stitches including lettering <sup>(1)</sup>
• Frame holds fabric securely for embroidery	• Colour coded threaded guides	• Able to stitch quilts, cushions, curtains
• Needle threader attached	• No needle threader	• Automatic needle threader
• Hi-rise presser foot <sup>(3)</sup>	• Zipper foot and buttonhole foot included	• Hi-rise presser foot <sup>(3)</sup>
• £899.00	• £129.00	• £799.00
• 3 years parts and labour guarantee	• 3 years parts and labour guarantee	• 5 years parts and labour guarantee

**Key:**

<sup>(1)</sup> Stitches selected from touch pad and machine is automatically set.

<sup>(2)</sup> PC software allows computer generated designs to be transferred to the sewing machine.

<sup>(3)</sup> Presser foot can be lifted higher to accommodate bulky fabrics.

Choose the **most suitable** sewing machine for Ali.

Sewing machine \_\_\_\_\_

Give **four different** reasons for your choice.

1

2. (a) (continued)

		Marks	
		KU	HI
Reason 1	_____		
	_____		
	_____		
	_____		
	_____		
	_____	2	
Reason 2	_____		
	_____		
	_____		
	_____		
	_____		
	_____	2	
Reason 3	_____		
	_____		
	_____		
	_____		
	_____		
	_____	2	
Reason 4	_____		
	_____		
	_____		
	_____		
	_____		
	_____	2	
(b) A Home Economics department wants to buy new sewing machines to use with first year pupils in the introductory textile unit.			
Which sewing machine would be the <b>most suitable</b> for the department?			
Sewing machine _____			
		1	

2. (continued)

(c) Ali has young children. Give **two** explanations why young children are more at risk from accidents in the home than adults.

Explanation 1 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Explanation 2 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

(d) Ali's partner has become unemployed and they have a large number of unpaid bills and credit card debts.

Explain **four** points of advice they should follow to manage their debt.

Point of advice 1 \_\_\_\_\_  
 \_\_\_\_\_

Explanation \_\_\_\_\_  
 \_\_\_\_\_  
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Point of advice 2 \_\_\_\_\_  
 \_\_\_\_\_

Explanation \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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<i>Marks</i>	KU	HI
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3. (a) 14 year old Gill is a lacto vegetarian. She spends her evenings doing homework and playing computer games.

Taking account of the Dietary Reference Values (DRVs) for this age group and the contribution that the evening meal should make to her daily requirements, **evaluate** the suitability of her meal.

<b>Dietary Reference Values for females 11–14 years in the UK</b>				
Estimated Average Requirements	Reference Nutrient Intakes			
<i>Energy</i>	<i>Protein</i>	<i>Vitamin C</i>	<i>Calcium</i>	<i>Iron</i>
7.92 MJ	41.2 g	35 mg	800 mg	14.8 mg
Recommended daily intake of NSP–18 g				

<b>The Evening Meal should provide approximately <math>\frac{1}{3}</math> of the day's requirements ie:</b>					
<i>Energy</i>	<i>Protein</i>	<i>Vitamin C</i>	<i>Calcium</i>	<i>Iron</i>	<i>NSP</i>
2.64 MJ	13.7 g	11.6 mg	266.6 mg	4.9 mg	6 g

<b>Dietary Analysis of Evening Meal</b>					
<i>Energy</i>	<i>Protein</i>	<i>Vitamin C</i>	<i>Calcium</i>	<i>Iron</i>	<i>NSP</i>
3.8 MJ	13.9 g	6.5 mg	332.4 mg	2.4 mg	2 g



3. (continued)

(b) Gill has a six month-old brother who is ready to be weaned on to solid foods.

Identify and explain **three** points of advice, **other than nutrition**, to be considered when weaning the baby.

Point of advice 1 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

Point of advice 2 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

Point of advice 3 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

Marks

KU	HI

1

1

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1

**3. (continued)**

(c) Identify and explain **three** conditions that affect bacterial growth in food.

Condition 1 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

Condition 2 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

Condition 3 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

Marks

KU	HI
<b>1</b>	
<b>1</b>	
<b>1</b>	
<b>1</b>	
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**[Turn over**





4. (continued)

(d) A group of four students plan to prepare a meal before going out for the evening.

They enjoy cooking but have limited time available and do not own a microwave.

The students like to follow the dietary targets when possible.

Study the information about meals below.

Marks

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Information about meals			
	A	B	C
Main ingredients in meal	Rice 31% Chicken 16% Cream 4% Coconut 4.5%	Rice 40% Soya protein 20% Cream 4% Coconut 1.5%	Rice 44% Chicken 25% Cream 3% Coconut 7%
Preparation Time	None	None	10 minutes
Cooking Time	Microwave: 5 mins or Oven bake: 25-30 mins	Microwave: 13 mins or Oven bake: 50-55 mins	Pan method: 20 mins or Oven bake: 50 mins
Nutrition Typical values per serving	Energy 3700 kJ Protein 33.4 g Carbohydrate 77.6 g Fat 49.0 g Sodium 1.1 g	Energy 2484 kJ Protein 30.6 g Carbohydrate 61.7 g Fat 24.8 g Sodium 1.3 g	Energy 2681.3kJ Protein 34.5 g Carbohydrate 69.3 g Fat 21.7 g Sodium 0.9 g
Cost per portion	£1.78	£1.98	£1.09

Choose the **most suitable** meal for the students.

Meal \_\_\_\_\_

1

Give **four different** reasons for your choice.

Reason 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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2









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	KU		HI	
1		9		8
2		10		10
3		12		12
4		9		10
Total Marks		40		40