

FOR OFFICIAL USE

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C

KU HI

Total Marks

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1660/403

NATIONAL
QUALIFICATIONS
2009

FRIDAY, 29 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 questions carefully before you answer them.
- 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.



Marks

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1	
1	

1. (continued)

(c) Baking ingredients may have the following labels on the packaging.

Label 1



Label 2



Explain why **each** label is useful.

Label 1 explanation _____

Label 2 explanation _____

[Turn over for Question 1 (d) on *Page six*

1. (continued)

- (d) Carol wants to expand her business to make more money. She is going to introduce a healthy home bake product. Her teenage daughter is going to help her because her workload will increase.

Study the information about home bake products below.

Information about home bake products			
	A	B	C
Main ingredients	Rolled oats, golden syrup, butter, dried apricots, caster sugar	Wholemeal self raising flour, carrots, sultanas, polyunsaturated margarine, soft brown sugar, eggs, cinnamon	Self raising flour, porridge oats, butter, sugar, eggs, cranberries, honey, cinnamon, natural yogurt, flaked almonds, baking powder
Preparation time	10 minutes	15 minutes	25 minutes
Cost of packaging for 12 portions	8 pence	5 pence	9 pence
Eat within	7–10 days	7–10 days	1–2 days
Ease of making	***	***	*
Nutritional information per portion			
• Carbohydrate of which sugars	31 g 20 g	27 g 10 g	28 g 15 g
• Fat of which saturates	12 g 7 g	9 g 1 g	10 g 3 g
• Sodium	0.08 g	0.04 g	0.08 g

Key:
* —————> ***
Difficult Easy

Marks

1. (d) (continued)

- (i) Choose the **most suitable** home bake product for Carol.

Home bake product _____

- (ii) Give **four different** reasons for your choice and explain why **each** reason is important for Carol.

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____

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2		

[Turn over

Marks

2. (a) One of the Scottish dietary targets is for the proportion of mothers breastfeeding their babies in the first six weeks of life to increase to more than 50%.

Identify and explain **three different** health benefits of breastfeeding.

Health benefit 1 _____

Explanation _____

Health benefit 2 _____

Explanation _____

Health benefit 3 _____

Explanation _____

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1	
1	
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1	

[Turn over

[Turn over for Question 2 (c) on *Page twelve*

2. (continued)

- (c) Gemma is a student moving into a flat on her own. She enjoys cooking home made meals including stir fries, home made soup and salads, for herself and her friends. She needs utensils for her small kitchen and is considering purchasing a student starter kit.

Student Starter Kit

- storage container set ¹
- 3 colour coded chopping boards
- measuring jug
- silicone spatula and spoon
- wok
- knife block ²
- non-stick pan
- cutlery set ³

Key: ¹set of 3 freezer and microwave safe containers with lids
²knife block includes vegetable knife, chopping knife and peeler
³4 knives, 4 forks, 4 spoons, 4 teaspoons

Evaluate the suitability of the student starter kit for Gemma by:

- explaining **why** it is suitable for Gemma
- indicating **how** it is beneficial to Gemma.

Marks

3. (continued)

(b) Thinking about nutrition, complete the following table.

Nutrient	Function	Rich food source
Vitamin B ₂	_____	

	_____	_____

Folic Acid	_____	

	_____	_____

2

2

(c) Explain the term 'balanced diet'.

2

[Turn over

Marks

3. (d) (continued)

Evaluation 2 _____

Evaluation 3 _____

Evaluation 4 _____

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3

3

3

[Turn over

Marks

4. (a) (continued)

- (i) Choose the **most suitable** jacket for Michael.

Jacket _____

1

- (ii) Give **four different** reasons for your choice and explain why **each** reason is important for Michael.

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____

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[Turn over

Marks

4. (continued)

(c) Elderly people can choose to live in sheltered housing.

Give **two** advantages of living in this type of accommodation.

Advantage 1 _____

Advantage 2 _____

(d) Give **two** rules to follow to prevent accidental poisoning in the home.

Rule 1 _____

Rule 2 _____

	KU	HI
1		
1		
1		
1		

[END OF QUESTION PAPER]

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