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	KU	HI
Total Marks		

1660/31/01

NATIONAL QUALIFICATIONS 2012

THURSDAY, 3 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

Scottish candidate number

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.

SQA ©

1. (*a*) Mrs Brady is a busy mum with four children at school.

She runs a business from home ironing clothes and needs a new ironing board.

She is going to expand her business by ironing table cloths and napkins for local restaurants.

Her teenage son is going to help her in the evenings.

Study the information about ironing boards below.

Information about ironing boards			
	A	**B**	**C**
	Air plus ironing board	Padded ironing board	Table top ironing system
Surface Size	150 × 45 cm	135 × 45 cm	93 × 31 cm
Height Adjustable	10 settings	6 settings	2 settings
Cover	Heat reflecting cover	100% cotton	Washable cover
Guarantee	10 years	10 years	5 years
Iron Rest	Compatible with standard and steam generator irons	Silicon rubber ironing pad	Stainless steel iron rest
Additional Information	• Non slip feet • Child lockable stand(1) • Sleeve attachment included • Laundry rack included • Free ironing stool included(2)	• Fragrance release system • Child lockable stand(1) • Cord binder and stretch system(3) • Wrinkle free cover • Heavyweight	• Non scratch feet • Spare cover • Folds flat • Drawstring cover • Lightweight

Key:

(1) Ironing board cannot collapse accidentally

(2) Stool folds flat

(3) Ironing board cover is kept taut when ironing

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1. (*a*) (continued)

(i) Choose the **most suitable** ironing board for Mrs Brady.

Ironing board _____ **1**

(ii) Give **four** reasons for your choice and explain why **each** reason is important to Mrs Brady.

Reason 1 _____

2

Reason 2 _____

2

Reason 3 _____

2

Reason 4 _____

2

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1. (*a*) (continued)

(iii) A student in a small bedsit wants to buy an ironing board for occasional use.

Which ironing board would be the **most suitable** for the student?

Ironing board _____ **1**

(*b*) Darren is 16 and needs to buy a new winter jacket.

He goes to an indoor snow slope once a week to snowboard and ski.

Darren delivers newspapers at the weekend on his bike.

Using your knowledge of design, identify **three** design features of a winter jacket. Explain why **each** is important to Darren.

Design feature 1 _____

_____ **1**

Explanation _____

_____ **1**

Design feature 2 _____

_____ **1**

Explanation _____

_____ **1**

Design feature 3 _____

_____ **1**

Explanation _____

_____ **1**

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1. (continued)

(*c*) Thinking about nutrition, complete the table below by giving **one** food source and **one** function in the body for **each** of the nutrients.

Nutrient	One food source	Function in the body
Vitamin D		
Vitamin K		

1

1

1

1

(*d*) Give **two** safety rules to follow when using a tumble dryer.

Rule 1 _____

1

Rule 2 _____

1

[Turn over

2. (*a*) Mr and Mrs Hamill are a young couple who run a busy bed and breakfast (B&B). They need a fridge freezer for their spacious modern kitchen. They do a large weekly shop. They often have left overs which they freeze.

Study the information about the fridge freezer below.

Information about fridge freezer
• Extra large storage shelves • Vitamin fresh storage* • Temperature display on door • Stainless steel doors • Auto defrost • Water and ice dispenser • Hygiene active system** • Large freezer section
Key: * fruit and vegetables are kept fresher for up to 3 times longer ** refreshes the air in the fridge section every 20 minutes, removing any bacteria

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2. (*a*) (continued)

Evaluate the suitability of the fridge freezer for Mr and Mrs Hamill by:

- explaining **why** it is suitable for them
- indicating **how** it is useful to them.

Evaluation 1 _____

2

Evaluation 2 _____

2

Evaluation 3 _____

2

Evaluation 4 _____

2

[Turn over

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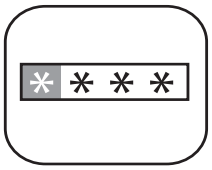
2. (continued)

(*b*) Explain the meaning of the following label.



Explanation _____

1

(*c*) Identify **four** points to consider when reheating food to prevent food poisoning.

Point 1 _____

1

Point 2 _____

1

Point 3 _____

1

Point 4 _____

1

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2. (continued)

(*d*) State **two** duties of an Environmental Health Officer.

Duty 1 _____

1

Duty 2 _____

1

(*e*) Explain the benefit to the consumer of **each** of the following pieces of information found on food labels.

Country of origin _____

1

Weight _____

1

Serving suggestion _____

1

[Turn over

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3. (*a*) Tom is a 17 year old school pupil. His hobbies include playing 5-a-side football and swimming.

Taking account of the Dietary Reference Values (DRVs) for this age group, **evaluate** the suitability of this day's nutritional intake for Tom.

Dietary Reference Values for males aged 15–18					
Estimated Average Requirement	Guideline Daily Amount	Reference Nutrient Intakes			
Energy	*NSP*	*Protein*	*Calcium*	*Vitamin B1*	*Iron*
11·54 MJ	18 g	55·2 g	1000 mg	1·1 mg	11·3 mg

Dietary Analysis of day's intake for Tom					
Energy	*NSP*	*Protein*	*Calcium*	*Vitamin B1*	*Iron*
10·78 MJ	15 g	74 g	1035 mg	1·4 mg	8·9 mg

Evaluation 1 _____

3

Evaluation 2 _____

3

Evaluation 3 _____

3

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3. (*a*) (continued)

Evaluation 4 _____

3

(*b*) Identify **three** Scottish dietary targets that may help to reduce the risk of coronary heart disease, and give a **different explanation for each** target.

Dietary target 1 _____

1

Explanation _____

1

Dietary target 2 _____

1

Explanation _____

1

Dietary target 3 _____

1

Explanation _____

1

[Turn over

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3. (continued)

(*c*) Identify and explain **two** factors that affect the food choice of a woman who is breastfeeding.

Factor 1 _____

1

Explanation _____

1

Factor 2 _____

1

Explanation _____

1

[Turn over for Question 4 on *Page fourteen*

4. (*a*) Sam works part time.

Three afternoons a week he takes his fourteen month old daughter to the park to meet her friends.

He wants to buy a snack for them to eat at the park.

Sam would like them to eat a healthy diet.

Study the information about snacks below.

Information about snacks			
	A	**B**	**C**
	Banana Custard	**Oaty Fruit Pot**	**Apple & Rice Cakes**
Claims	Approved by baby food experts	No artificial colours	No artificial preservatives
Age Range	From 8 months	From 2 years	From 12 months
Preparation	Heat by standing in a bowl of hot water	Serve required portion into a clean bowl, eat with spoon	No preparation required
Storage Instructions	Keep refrigerated	Once opened store in fridge for 48 hours	Reseal pack with zip closure
Ingredients	Banana, whole milk, cornflour, water	Apricots, peaches, oat flour, wheat starch	Wholegrain brown rice, apple juice, lactose, vitamin C
Nutrition information per serving	Energy 98 Kcal Protein 1·1 g Carbohydrates (sugars) 3 g Sodium 0·04g	Energy 146 Kcal Protein 1·4 g Carbohydrates (sugars) 3·4 g Sodium 0·09 g	Energy 109 Kcal Protein 1·6 g Carbohydrates (sugars) 2 g Sodium 0·01 g
Cost per serving	41p	46p	34p

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4. (*a*) (continued)

(i) Choose the **most suitable** snack for Sam to buy.

Snack _____ **1**

(ii) Give **four** reasons for your choice and explain why **each** reason is important to Sam.

Reason 1 _____

2

Reason 2 _____

2

Reason 3 _____

2

Reason 4 _____

2

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4. (*a*) (continued)

(iii) Which snack would be **most suitable** for an active three year old who has an allergy to dairy products?

Snack _____ **1**

(*b*) Identify and explain **three** steps to take to spend less money when shopping for food.

Step 1 _____ **1**

Explanation _____

_____ **1**

Step 2 _____ **1**

Explanation _____

_____ **1**

Step 3 _____ **1**

Explanation _____

_____ **1**

(*c*) Give **one** example of fixed income and **one** example of variable income.

Fixed income _____ **1**

Variable income _____ **1**

[*END OF QUESTION PAPER*]

DO NOT WRITE IN THIS MARGIN

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ADDITIONAL SPACE FOR ANSWERS

DO NOT WRITE IN THIS MARGIN

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ADDITIONAL SPACE FOR ANSWERS

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ADDITIONAL SPACE FOR ANSWERS

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