

FOR OFFICIAL USE

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F

	KU	HI
Total Marks		

1660/27/01

NATIONAL
QUALIFICATIONS
2012

THURSDAY, 3 MAY
9.00 AM - 10.00 AM

HOME ECONOMICS
STANDARD GRADE
Foundation 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 If you need to do any rough work, use the spaces provided.
- 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

1. Give the correct answer to the following questions by ticking (✓) the appropriate box(es).

(a) Choose **two** sources of Vitamin D from the list below.

- Sunlight
- Rice
- Cabbage
- Milk
- Apple

2

(b) Which **two** of the following foods help to meet the dietary target “eat more oily fish”?

- Prawns
- Salmon
- Sole
- Mackerel
- Haddock

2

(c) Which **two** nutrients should a pregnant woman increase in her diet?

- Calcium
- Fat
- Folic Acid
- Sodium
- Vitamin A

2

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Marks

1. (continued)

(d) From the following list, choose **two** personal hygiene rules.

Use separate chopping boards for raw and cooked food

Remove nail polish before cooking

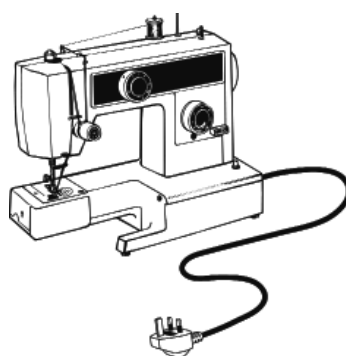
Cover food

Use blue plasters to cover cuts

Pets should not be allowed in the kitchen

2

(e) Which **two** accidents could happen when using this piece of equipment?



Scald

Fall/Trip

Electrocution

Poisoning

Burn

2

(f) What does this symbol mean?



Suitable for vegetarians

Free range product

Can be recycled

Toy Safety

1

(g) One of the properties of wool is absorbency.

From the list below, select **one** other property of wool.

Fast drying

Easy to wash

Non shrink

Warm to wear

1

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(d)		
(e)		
(f)		
(g)		

Marks

1. (continued)

(h) Which **one** of the following Acts ensures that food sold is safe to eat?

Trade Descriptions Act

Consumer Protection Act

Food Safety Act

Sale of Goods Act

1

(i) What is the name of the organisation that gives free, confidential advice on debt?

Environmental Health Department

National Consumer Council

Citizens Advice Bureau

Trading Standards Department

1

(j) Identify **one advantage** of paying for goods with cash.

Item belongs to you immediately

Can be easily lost

May have to pay interest

Must be over 18 to use

1

(k) Which **one** of the following is a way to increase income?

Use a credit card to pay for goods

Cut back on luxury items

Rent out a room in the home

Give away unwanted items

1

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[Turn over for Question 2 on *Page six*

Marks

2. (a) Look at the recipe below and answer the questions that follow.

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Swiss Roll

Ingredients

- 75 g self raising flour
- 75 g caster sugar
- 3 eggs
- 25 g jam

Method

1. Pre heat oven to 200 °C/Gas 6.
2. Line and grease Swiss roll tin.
3. Sieve flour onto a plate.
4. Whisk eggs and sugar in a bowl until double in size.
5. Using a metal spoon, gradually fold the sieved flour into the mixture.
6. Pour mixture into prepared tin.
7. Bake in oven for 8 to 10 minutes until well risen and golden brown.
8. Remove from oven and turn onto sugared paper.
9. Trim edges of sponge.
10. Spread jam over sponge and roll up.

(i) What type of flour is used in this recipe?

1

(ii) Which **two** ingredients are whisked together?

Ingredient 1 _____

1

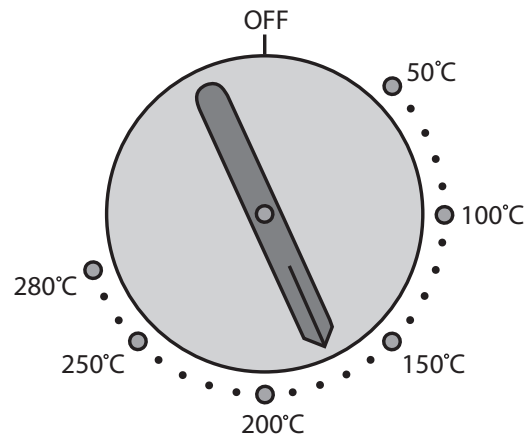
Ingredient 2 _____

1

Marks

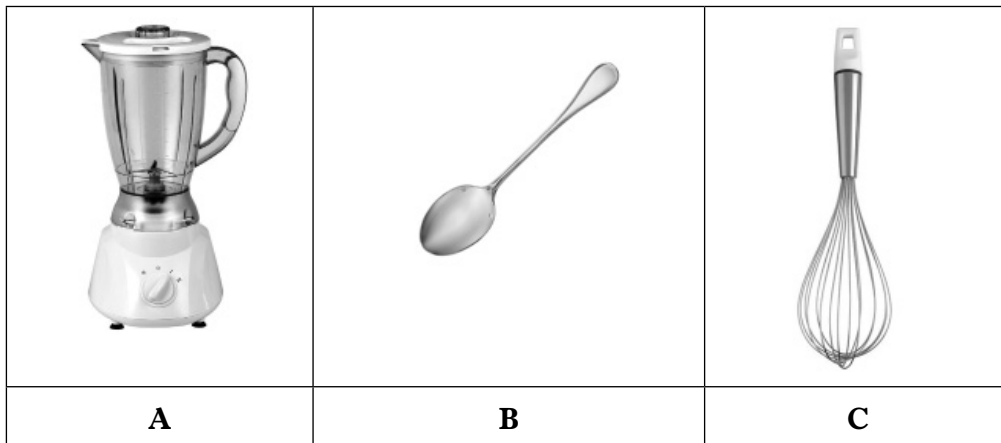
2. (a) (continued)

(iii) Is this the correct oven temperature for this recipe?



Yes
No

(iv) Look at the equipment shown below.



Which piece of equipment should be used for the following tasks?

Folding in flour _____

Whipping cream _____

1

1

1

Marks

2. (continued)

(b) (i) Why is it important to grease and line a cake tin?

1

(ii) What would you use to safely take a hot cake out of the oven?

1

(iii) Give **one** rule to follow when

- buying fresh cream
- storing fresh cream.

Buying fresh cream _____

1

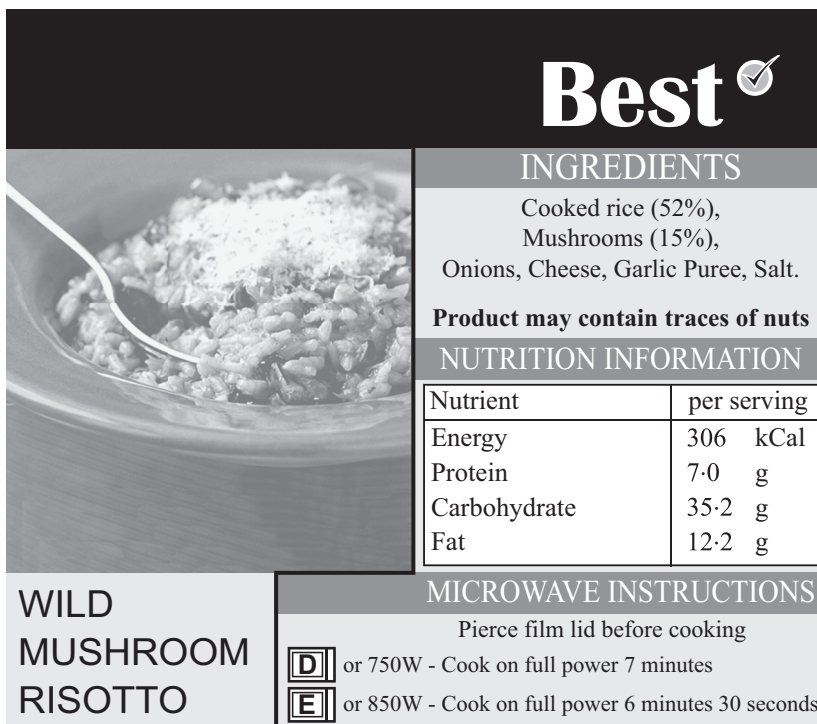
Storing fresh cream _____

1

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[Turn over for Question 3 on *Page ten*

3. (a) The information below can be found on a mushroom risotto ready meal.



3. (a) (continued)

Marks

- (i) What is the weight of the risotto?

- (ii) What percentage of the dish is mushroom?

- (iii) How many grams of protein are in a serving?

- (iv) Before cooking in the microwave, what should you do to the packaging?

- (v) How long would it take to cook the risotto in a **750 W** microwave?

- (vi) How many servings are in the pack of risotto?

- (vii) Is the risotto suitable for someone with a nut allergy?

1

1

1

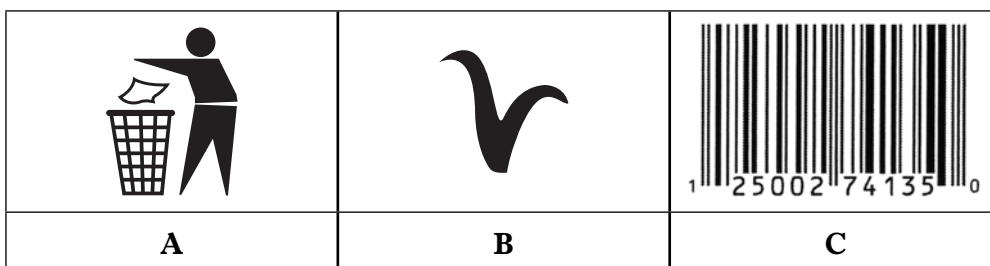
1

1

1

1

(b) The following symbols were found on a food packet.
Choose **two** of the symbols and explain what they mean.



Symbol _____

Explanation _____

1

Symbol _____




Explanation _____

1

Marks

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4. (a) Samia has a brown living room sofa and needs to buy new cushions.
 Her husband is allergic to feathers.
 They eat their dinner whilst sitting on the sofa watching TV.
 Their cats like to sleep on the sofa cushions.
 Look at the information about cushions below.

Information about Cushions		
A	B	C
		

Filling	<ul style="list-style-type: none"> • Lavender and wheat grains 	<ul style="list-style-type: none"> • Duck down 	<ul style="list-style-type: none"> • Micro fibre
Colours available	<ul style="list-style-type: none"> • Pink • Purple 	<ul style="list-style-type: none"> • Black Check • White 	<ul style="list-style-type: none"> • Brown • Cream
Washing instructions	<ul style="list-style-type: none"> • Wipe clean with damp cloth 	<ul style="list-style-type: none"> • Dry clean only 	<ul style="list-style-type: none"> • Machine wash
Special features	<ul style="list-style-type: none"> • Heat in microwave to soothe aches and pains 	<ul style="list-style-type: none"> • Satin piping around edges 	<ul style="list-style-type: none"> • Tumble dry on low heat

(i) Choose the **most suitable** cushion for Samia.

Cushion _____

1

Marks

4. (a) (continued)

- (ii) Give **two** reasons for your choice and explain why **each** reason is important for Samia.

Reason 1 _____

Reason 2 _____

- (iii) Jo often suffers with back pain.
Which cushion would be **most suitable** for her?

Cushion _____

- (b) The following are design features.

A	Non stick blade
B	Heat resistant handle
C	Dispenser tap
D	4 point harness
E	Combination lock

Choose the correct design feature for each item below by putting the correct letter in each box. The first one has been done for you.

- 1 Chef's knife
- 2 Smoothie maker
- 3 Briefcase
- 4 Wok
- 5 Highchair

2

2

1

1

1

1

1

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5. (a) Claire is 8 years old.


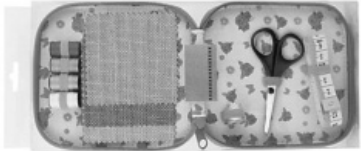
Claire wants to purchase a craft kit she can use on her own.

Claire has a £10 gift voucher to spend.

Claire enjoys reading.

Look at the information about the craft kit below.

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Cross Stitch Bookmark Kit	
	<ul style="list-style-type: none"> Suitable for age 5+ Can be used without adult supervision Easy instruction leaflet £9.95 Kit contains thread, needle, fabric, mini plastic scissors
	

Give **three** reasons why the craft kit is suitable for Claire and explain why **each** reason is important to her.

Reason 1 _____

2

Reason 2 _____

2

Reason 3 _____

2

(b) Give **two** rules for the safe use of scissors.

1 _____

1

2 _____

1

	KU	HI

Marks

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6. (a) John runs a busy coffee shop and urgently needs to replace the dishwasher.

He wants one which is energy efficient and can clean a wide range of dishes and equipment.

He does not have much money to spare.

Study the information about dishwashers below.

Information about dishwashers			
	A	B	C
Number of place settings	10	14	8
Number of programmes	5	8	4
Energy rating	***	***	*
Free installation	No	Yes	Yes
Delivery details	Store pick up only	Free next day	£30 next day

Key	
*	***
Low efficiency	High efficiency

(i) Choose the **most suitable** dishwasher for John.

Dishwasher _____

1

(ii) Give **two** reasons for your choice and explain why **each** reason is important for John.

Reason 1 _____

2

Reason 2 _____

2

Marks

6. (continued)

(b) One Scottish dietary target is to eat less fat.

State **two** other dietary targets which advise us to “eat less”.

Dietary target 1

Eat Less _____

1

Dietary target 2

Eat less _____

1

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[END OF QUESTION PAPER]

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	KU		HI	
1		16		0
2		4		6
3		2		7
4		4		6
5		2		6
6		2		5
Total Marks		30		30