

FOR OFFICIAL USE

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	KU	HI
Total Marks		

1660/27/01

NATIONAL
QUALIFICATIONS
2013

TUESDAY, 7 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** water soluble vitamins from the list below.

- Vitamin A
- Vitamin B
- Vitamin E
- Vitamin D
- Vitamin C

2

(b) Identify **two** ways to increase Total Complex Carbohydrates in the diet.

- Use pasta or rice in meals
- Use semi skimmed milk instead of full fat milk
- Use low sodium salt in cooking
- Use oily fish instead of red meat
- Add peas or beans to soup

2

(c) Which **two** foods are suitable for a vegan?

- Bacon
- Milk
- Nuts
- Lentils
- Kidney

2

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Marks

1. (continued)

(h) What is the meaning of this label?



Suitable for vegetarians

Organically produced food

Toy is safe to use

Suitable for tumble drying

1

(i) Which **one** of the following fastenings is **most suitable** for a baby's sleepsuit?

Hook and Eye

Poppers

Buttons

Ribbons

1

(j) Which method of payment is **not** a form of credit?

Credit Card

Hire Purchase

Debit Card

Store Card

1

(k) Identify **one** advantage of internet shopping.

You can try the goods on before you buy

You can choose from a large variety

You can touch the goods

You may be charged for delivery

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.

Macaroni Cheese

Ingredients

75 g macaroni
 25 g margarine
 25 g flour
 250 ml milk
 50 g cheese (grated)
 2.5 ml English mustard

Seasonings

Method

1. Half fill large saucepan with boiling water. Add macaroni. Cook for 10 minutes. Drain.
2. Melt margarine, add flour, stir well. Cook for 1 minute.
3. Remove from heat onto pot stand.
4. Gradually add milk, stirring constantly.
5. Return to heat. Bring to boil, stirring to prevent lumps.
6. Simmer gently for 2 minutes.
7. Remove from heat. Add mustard and cheese, stir in macaroni.

(i) 1 Which **one** ingredient should be grated?

1

2 How much mustard is used in this recipe?

1

3 Why should you stir the sauce?

1

4 How many minutes should the sauce be simmered for?

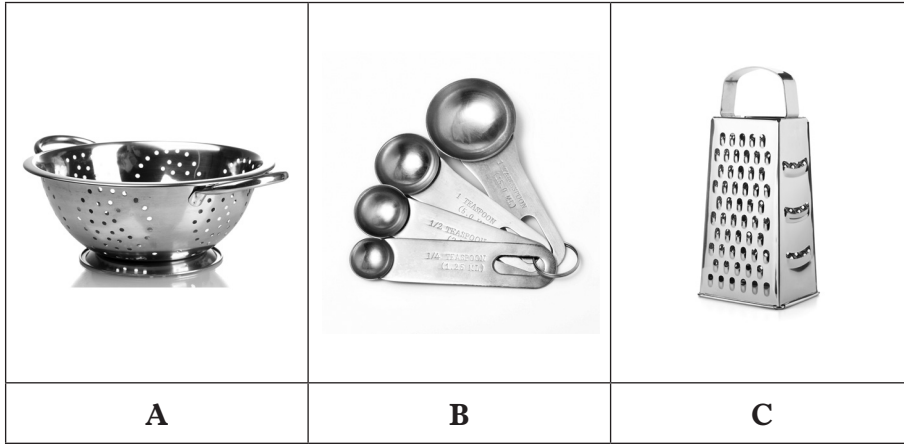
1

	KU	HI
1		
1		
1		
1		

Marks

2. (a) (continued)

(ii) Look at the equipment shown below.



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

Draining macaroni _____

1

Measuring mustard _____

1

(b) (i) State **one** safety rule to follow when draining pasta.

1

(ii) State **one** reason why it is important to use a pot stand.

1

(iii) List **two** nutrients found in cheese.

1 _____

1

2 _____

1

[Turn over

Marks

3. (a) Look at the food order below and answer the questions that follow.

Home Economics Department Food Order			
Recipe: Fruit Sponge		Date required: 16th March 2013	
Dairy	Meat/Eggs	Stores	Extra equipment
100 g unsalted butter	2 medium eggs	100 g self raising flour	Electric whisk
150 ml whipping cream	Fruit/Vegetables 50 g tinned mandarins	100 g caster sugar	2 × 15 cm sponge tins
		5 ml vanilla essence	Greaseproof paper
			Nylon piping bag with nozzle

- | | | | |
|--|----------|--|--|
| (i) What is the item being made? _____ | 1 | | |
| (ii) How much caster sugar has been ordered? _____ | 1 | | |
| (iii) What size are the sponge tins? _____ | 1 | | |
| (iv) How much vanilla essence is required? _____ | 1 | | |
| (v) What type of cream is used? _____ | 1 | | |
| (vi) What is the piping bag made from? _____ | 1 | | |

4. (continued)

Marks

(b) State **two** benefits of walking.

Benefit 1 _____

Benefit 2 _____

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1		
1		

[Turn over

5. (a) A primary school needs a top as part of the school uniform.

The top needs to be

- Hard wearing
- Easy to care for
- Suitable for all pupils
- Low cost

Look at the information about tops below.

	Information about tops		
	A	B	C
Durable	***	*	***
Sizes available	ages 2–5	ages 7–10	ages 4–12
Machine wash	Yes	No	Yes
Colours available	3	2	6
Cost	2 for £18	£11	£8

Key: Durability

* → ***
Poor Good

Marks

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5. (a) (continued)

(i) Choose the **most suitable** top for the school.

Top _____

1

(ii) Give **two** reasons for your choice and explain why **each** reason is important for the school and its pupils.

Reason 1 _____

Reason 2 _____

(iii) The school want a top for the nursery class.

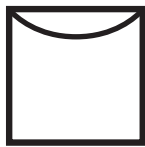
Choose the **most suitable** top for the nursery class.

Top _____

1

(b) The following care labels are found on clothing.

State what each symbol means.



Meaning: _____

1



Meaning: _____

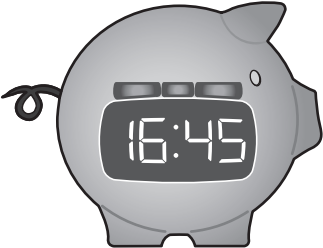
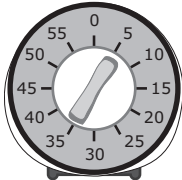
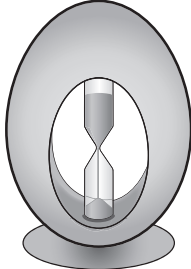
1

[Turn over

6. (a) An elderly single person wants to buy a kitchen timer.



Look at the information about kitchen timers below.

A		<ul style="list-style-type: none"> • Large digital display • 90 minute timer • Available in lime, pink, yellow • Choice of cat, dog, pig shape • 3 year guarantee
B		<ul style="list-style-type: none"> • Minute markers • 60 minute timer • Available in stainless steel • Choice of round, square, triangle • 2 year guarantee
C		<ul style="list-style-type: none"> • Top section empties • 3 minute timer • Available in wood finish • Choice of egg or chicken shape • 1 year guarantee

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