FOR OFFICIAL USE			

	KU	HI
Total Marks		

1660/27/01

NATIONAL 2013

TUESDAY, 7 MAY QUALIFICATIONS 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 Scottish candidate number 1 Try to answer every question in this paper. 2 Read the questions carefully before you answer the	
3 Write your answers in the spaces provided.4 If you need to do any rough work, use the spaces provided.	rovided.
5 Before leaving the examination room you must give not, you may lose all the marks for this paper.	





DO NOT

				WR IN T MAR	HIS
1.		we the correct answer to the following questions by ticking (\checkmark) the propriate box(es).	Marks	KU	HI
	(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		

[1660/27/01] $Page\ two$

					IN T MAR	
1.	(co	ntinued)		Marks	KU	НІ
			haar in a successful atoms d in this matrice water.			
	(<i>a</i>)	which two loods have	been incorrectly stored in this refrigerator?			
			Salad			
			Cake			
			Chicken			
		GANA June	Eggs			
			Beans	2		
				_		
	(e)	Choose two rules to fo	llow for safety on the stairs.			
		Have dim lighting				
		Have non-slip flooring	g			
		Do not use the hand ra	nil			
		Allow children to play				
				2		
		Remove all items from	the stairs	2		
	(<i>f</i>)	Identify one "white go	ood" from the list below.			
		Toaster				
		Handblender				
		Washing machine				
		Sink		1		
	(g)	Which one of these is	a design feature?			
	(8)		a design reactive.			
		Cost				
		Strength				
		Hood				
		Waterproof		1		

DO NOT WRITE IN THIS

IN THIS
MARGIN

1.	(co	ntinued)		Marks	KU	HI
	(<i>h</i>)	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 follosleepsuit?	owing fastenings is most suitable for a bab	y's		
		Hook and Eye				
		Poppers				
		Buttons				
		Ribbons		1		
	(<i>j</i>)	Which method of paym	ent is not a form of credit?			
		Credit Card				
		Hire Purchase				
		Debit Card				
		Store Card		1		
	(<i>k</i>)	Identify one advantage	of internet shopping.			
		You can try the goods of	on before you buy			
		You can choose from a	large variety			
		You can touch the good	ls			
		You may be charged for	r delivery	1		

[Turn over for Question 2 on Page six

KU HI

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

25 g margarine 25 g flour 250 ml milk 50 g cheese (grated) 2·5 ml English mustard Seasonings		
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7. Remove from heat. Add mustard and cheese, stir in macaroni.		turn to heat. Bring to boil, stirring to prevent lumps.
		nmer gently for 2 minutes.
(i) 1 Which one ingredient should be grated?		move from heat. Add mustard and cheese, stir in macaroni.
2 How much mustard is used in this recipe?	1	
	1	
3 Why should you stir the sauce?		Why should you stir the sauce?
4 How many minutes should the sauce be simmered for?	1	
·	1	How many minutes should the sauce be simmered for?

[1660/27/01]

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Marks

1

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1

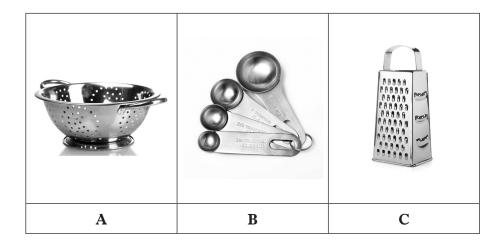
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2	(~)	(continued)
Z. ((a)	(continuea)

(ii) Look at the equipment shown below.



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

Draining macaroni

Measuring mustard_____

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

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

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

1_____

2_____

[Turn over

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

	Home Economics	Department Food	Order
Recipe: Frui	t Sponge	Date required: 1	6th March 2013
Dairy	Meat/Eggs	Stores	Extra equipment
outter 150 ml	2 medium eggs	100 g self raising flour 100 g caster sugar	Electric whisk 2 × 15 cm sponge tins Greaseproof paper
whipping cream	Fruit/Vegetables 50 g tinned mandarins	5 ml vanilla essence	Nylon piping bag with nozzle
(i)	What is the item bein	g made?	
(ii)	How much caster sug	ar has been ordered)
(iii) What size are the sponge tins?			
(iv)	How much vanilla ess	sence is required?	
(v)	What type of cream is	s used?	
(vi)	What is the piping ba	g made from?	

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1

1

1

1

3. (continued)

(b) Thinking about current dietary advice, look at the dietary diseases listed below.

Match the Scottish Dietary Target with the dietary disease that it helps to prevent. Use each dietary disease once.

One is done for you.

Obesity	Constipation	Tooth decay	Coronary heart disease	High blood pressure
A	В	С	D	Е

Scottish Dietary Targets	
Eat less sugar	
Eat less fat	
Eat more oily fish	D
Eat less salt	
Eat more Total Complex Carbohydrates	

[Turn over

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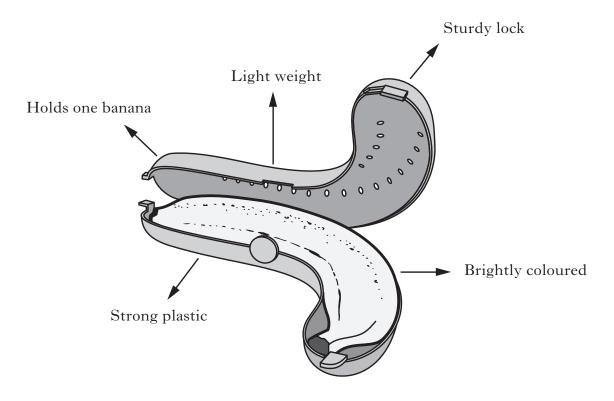
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4. A youth worker is going on a sponsored walk and is taking a banana as a snack. He will put the banana in his backpack along with other essentials for the walk.

The youth worker is going to use a banana guard.



(a) Give **three** reasons why the banana guard is suitable for the youth worker and explain why **each** reason is important to him.

Reason 2			
Reason 3			

[1660/27/01]

Reason 1 __

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4.	(00	ntinued)	Marks	WR IN T MAR	HIS GIN
т.		State two benefits of walking.	warks	KU	HI
	()	Benefit 1	_		
			_		
			_ 1		
		Benefit 2	_		
			_		
			_ 1		
		[Turn over	r		

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	В	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	

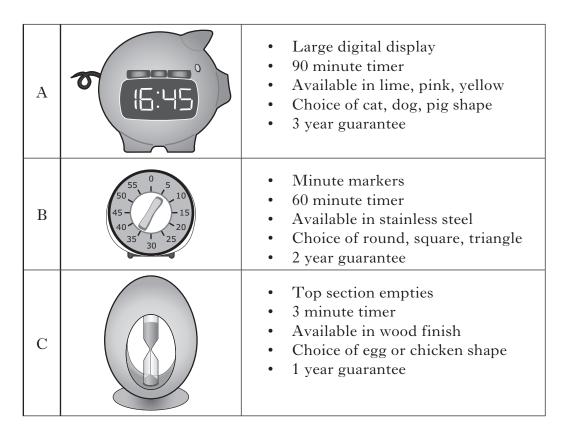
M	arks	

5.	(a)	(con	ntinued)		wanks	KU	HI
		(i)	Choose the most suitable top for the school.				
			Top		1		
		(ii)	Give two reasons for your choice and explain why ea important for the school and its pupils.	ch reason is			
			Reason 1				
					2		
			Reason 2				
					2		
					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	e 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.



6.	(a)	(con	atinued)	Marks	KU	НІ
		(i)	Choose the most suitable kitchen timer for the elderly single person.			
			Kitchen timer	1		
		(ii)	Give two reasons for your choice and explain why each reason is important for the elderly single person.			
			Reason 1			
				2		
			Reason 2			
				2		
		(iii)	Which kitchen timer would be most suitable for cooking boiled eggs?			
			Kitchen timer	1		
(b)	Nar	ne tw	vo sources of income.			
	Sou	rce o	f income 1	1		
	Sou	rce o	f income 2	1		
			$[END\ OF\ QUESTION\ PAPER]$			

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1		16		0
2		4		6
3		4		6
4		2		6
5		2		6
6		2		6
Γotal Marks		30		30

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