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F

	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

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 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.

SQA ©

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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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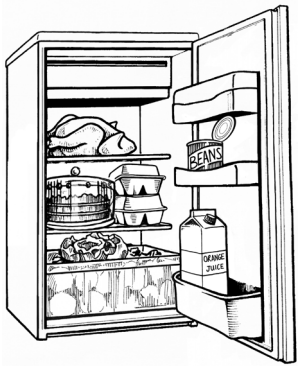
1. (continued)

(*d*) Which **two** foods have been incorrectly stored in this refrigerator?



Salad ☐

Cake ☐

Chicken ☐

Eggs ☐

Beans ☐ **2**

(*e*) Choose **two** rules to follow for safety on the stairs.

Have dim lighting ☐

Have non-slip flooring ☐

Do not use the hand rail ☐

Allow children to play on the stairs ☐

Remove all items from the stairs ☐ **2**

(*f*) Identify **one** "white good" from the list below.

Toaster ☐

Handblender ☐

Washing machine ☐

Sink ☐ **1**

(*g*) Which **one** of these is a design feature?

Cost ☐

Strength ☐

Hood ☐

Waterproof ☐ **1**

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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**

[Turn over for Question 2 on *Page six*

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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

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2. (*a*) (continued)

(ii) Look at the equipment shown below.

A	**B**	**C**

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

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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 100 g unsalted butter 150 ml whipping cream	**Meat/Eggs** 2 medium eggs	**Stores** 100 g self raising flour 100 g caster sugar 5 ml vanilla essence	**Extra equipment** Electric whisk 2 × 15 cm sponge tins Greaseproof paper Nylon piping bag with nozzle
	Fruit/Vegetables 50 g tinned mandarins		

(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**

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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	B	C	D	E

Scottish Dietary Targets			
Eat less sugar		**1**	
Eat less fat		**1**	
Eat more oily fish	*D*		
Eat less salt		**1**	
Eat more Total Complex Carbohydrates		**1**	

[Turn over

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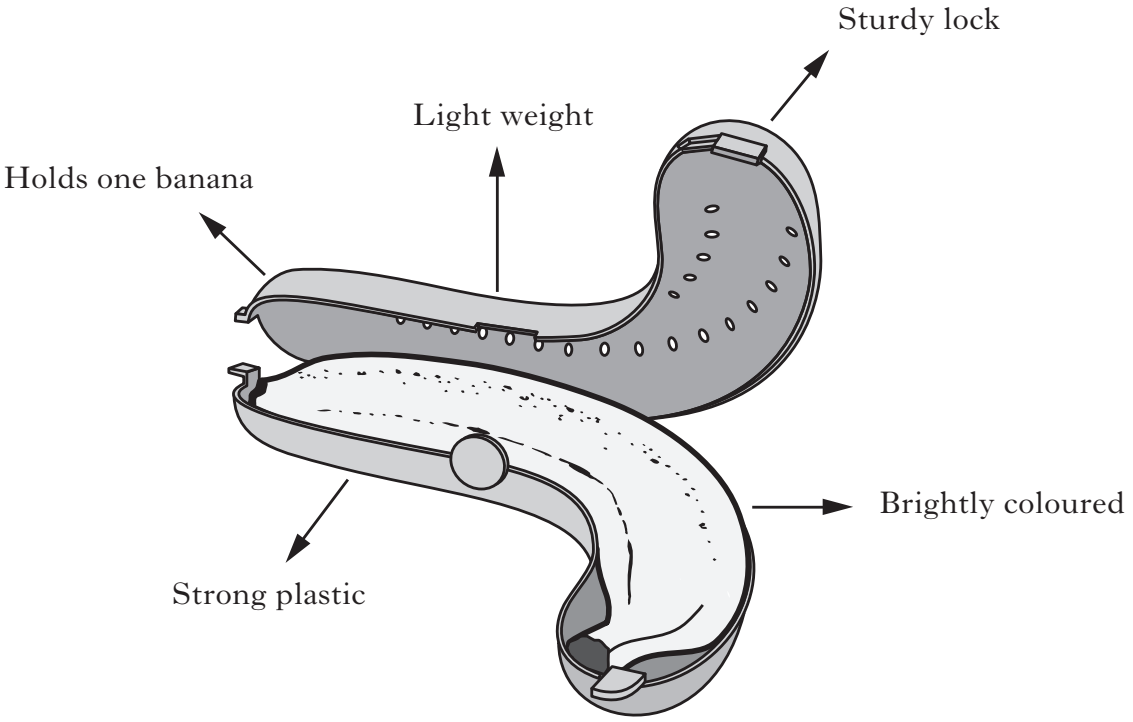
4. A youth worker is going on a sponsored walk and is taking a banana as a snack. He will put the banana in his backpack along with other essentials for the walk.

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 1 _____

2

Reason 2 _____

2

Reason 3 _____

2

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4. (continued)

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

Benefit 1 _____

1

Benefit 2 _____

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

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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 _____

2

Reason 2 _____

2

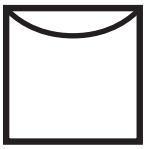
(iii) The school want a top for the nursery class.

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

Top _____ **1**

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

State what each symbol means.



Meaning: _____

1

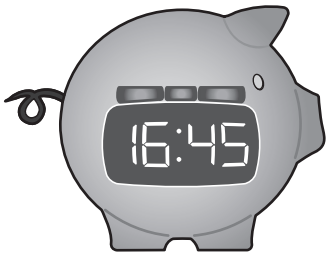
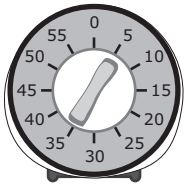
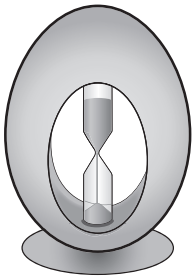
Meaning: _____

1

[Turn over

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

Look at the information about kitchen timers below.

A		• Large digital display • 90 minute timer • Available in lime, pink, yellow • Choice of cat, dog, pig shape • 3 year guarantee
B		• Minute markers • 60 minute timer • Available in stainless steel • Choice of round, square, triangle • 2 year guarantee
C		• Top section empties • 3 minute timer • Available in wood finish • Choice of egg or chicken shape • 1 year guarantee

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6. (*a*) (continued)

(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*) Name **two** sources of income.

Source of income 1 _____ **1**

Source of income 2 _____ **1**

[*END OF QUESTION PAPER*]

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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