

Meal Planning

1 Study the recipe below for chicken kebabs.

Ingredients:

- 1 piece of chicken breast meat with skin
- 4 pineapple cubes (canned)
- 4 button mushrooms (canned)
- 2 tbsp butter (for basting)

Seasonings:

- 1 Tbsp dark soya sauce
- 2 Tbsp tomato ketchup

(a) Suggest three ways of modifying the recipe to make it healthier. [3]

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(b) Suggest how we can reduce the fat content of the kebabs. [2]

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2 Refer to the data below and answer the following questions.

Daily Protein Requirement		
Group	Male	Female
Infants	18g	18g
Children	64g	62g
Teenagers	80g	60g
Adults	68g	58g
Pregnant mothers	-----	67g

(a) What is the protein requirement of : [2]

- (i) a male teenager :
- (ii) a pregnant mother :

(b) Explain why males require more protein than females. [1]

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(c) Explain why the protein requirement for a pregnant mother is higher than that of a female adult. [1]

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3 (a) Give three reasons why some people choose to follow a vegetarian diet. [3]

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(b) What is the difference between vegan and lacto-vegetarians? [2]

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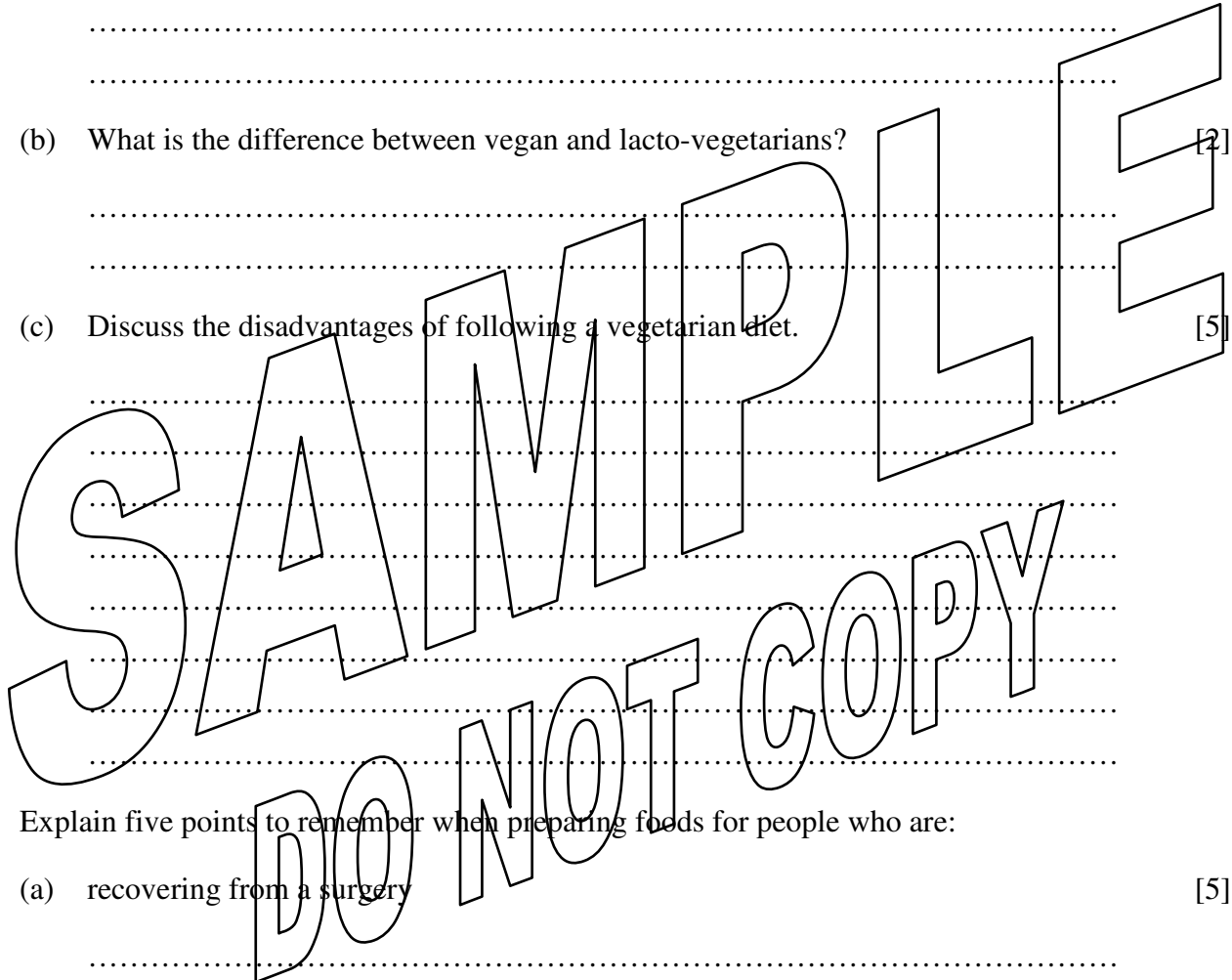
(c) Discuss the disadvantages of following a vegetarian diet. [5]

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4 Explain five points to remember when preparing foods for people who are:

(a) recovering from a surgery [5]

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(b) pregnant

[5]

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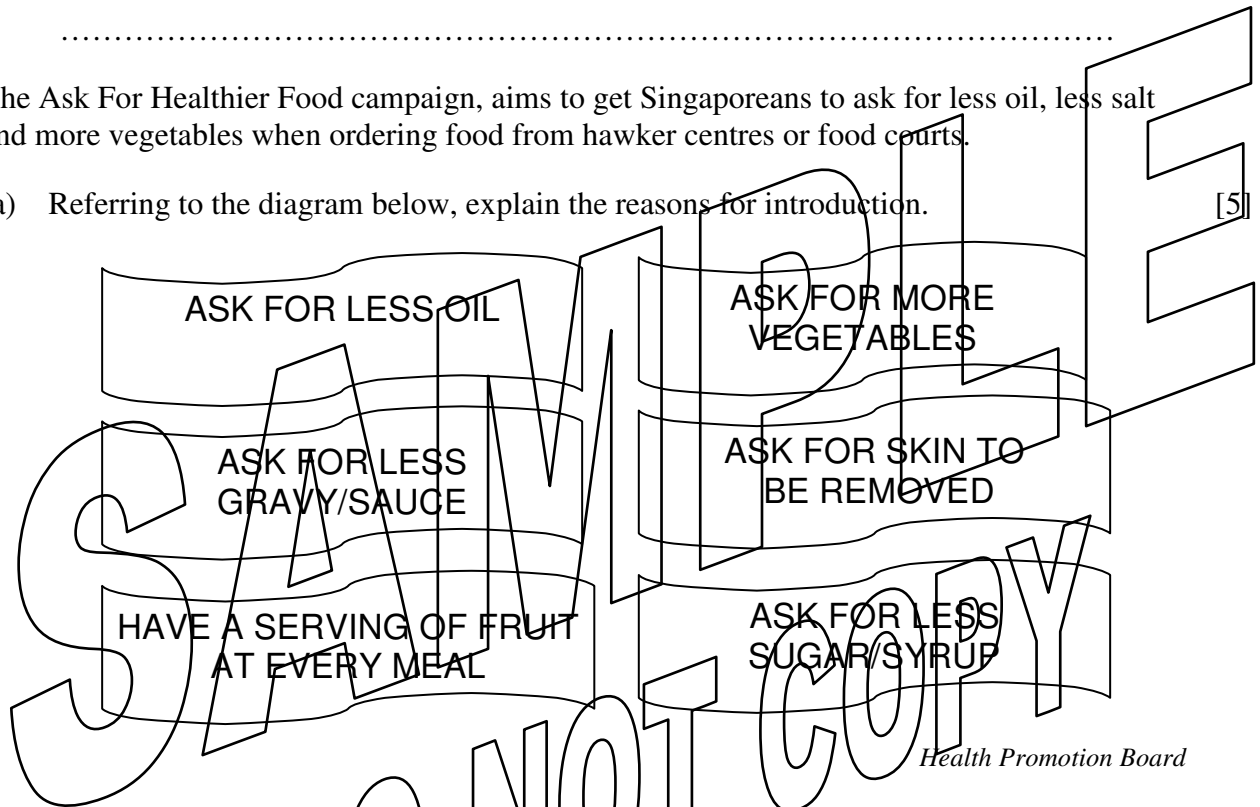
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5 The Ask For Healthier Food campaign, aims to get Singaporeans to ask for less oil, less salt and more vegetables when ordering food from hawker centres or food courts.

(a) Referring to the diagram below, explain the reasons for introduction.

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- (b) Chicken rice is a local delicacy. Suggest how we can apply the tips above to have a healthier diet. [3]

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Essay Questions

- 6 Discuss five points to remember when planning meals for: [15]
- (a) children
 - (b) teenagers
 - (c) elderly

- 7 Explain the importance of Singapore National Dietary Guidelines in meal planning. [15]

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Meat

1 Explain why meat is an important food in our diet and identify two disadvantages of it. [3]

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2 Explain how the muscles of the meat affect its tenderness. [2]

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3 State and explain two ways how meat can be tenderized. [2]

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4 Differentiate between collagen and elastic [4]

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5 What is offal? Give two examples of it. [2]

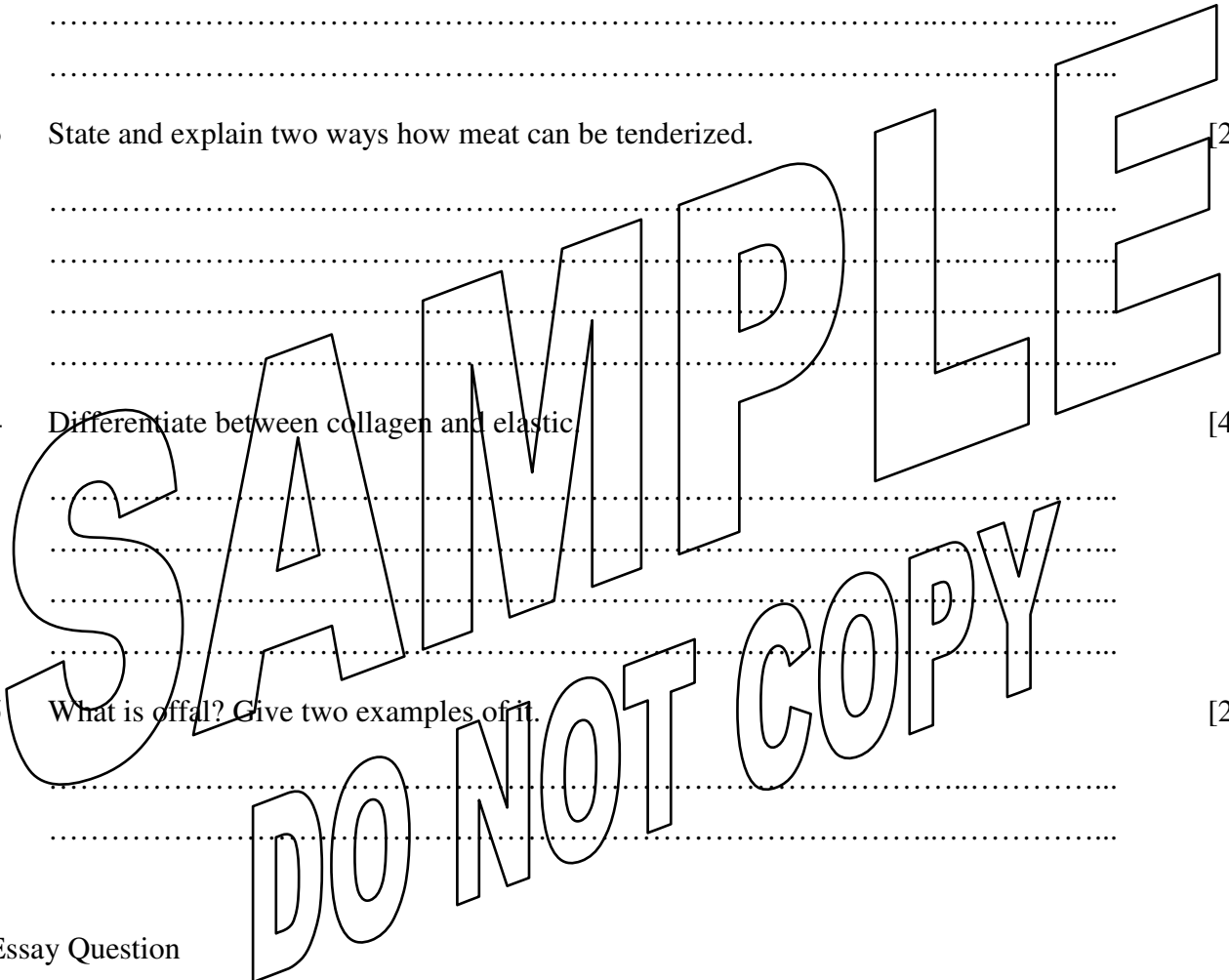
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Essay Question

6 (a) Discuss how meat and poultry should be stored to increase its shelf life. [5]

(b) Discuss guidelines on how to choose fresh and frozen meat. [5]

(c) Describe the changes that take place when meat is boiled. [5]



Fruits and Vegetables

- 1 Discuss the nutritive value of fruits and vegetables and its importance in our body. [6]

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- 2 State four guidelines in choosing fruits. [4]

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- 3 Explain how vegetables should be chosen. [3]

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- 4 Explain, with reasons, how we can conserve the nutrients found in vegetables. [6]

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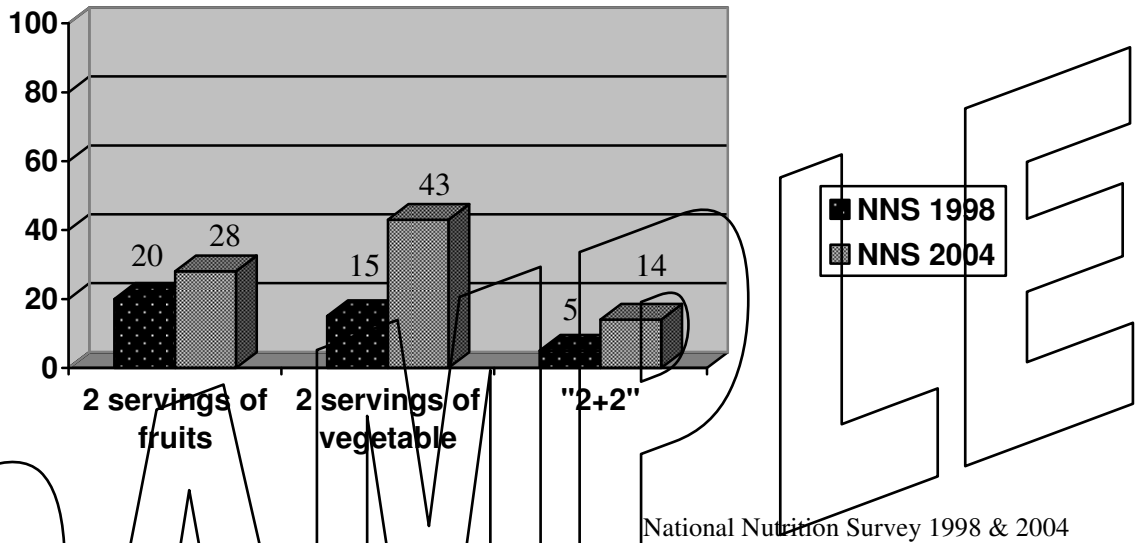
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5 Explain how vegetables should be stored at home. [2]

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6 Study the graph below and answer the following questions.

Proportion of Adult Singaporeans meeting Dietary Guidelines for Fruit & Vegetables



(a) Analyze the trend of the proportion of adult Singaporeans meeting dietary guidelines for fruit and vegetables and discuss the possible consequences that Singaporeans might face. [4]

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(b) Explain why the increase of consumption of fruits is lower than that of vegetables. [2]

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(c) Suggest three ways to increase the consumptions of fruits in our daily diet. [3]

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Essay Question

- 7 In the Food Consumption Survey conducted by Singapore, it was found that only 23% of Singaporeans eat vegetables daily. [15]
- (a) Explain the importance of vegetables in our diet and identify the possible consequences when there is a lack of vegetables in our diet.
 - (b) Suggest how vegetables can be included in our diet.

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