

# JUNIOR LYCEUMS ANNUAL EXAMINATIONS 2001

Educational Assessment Unit – Education Division

**FORM 2**

**HOME ECONOMICS**

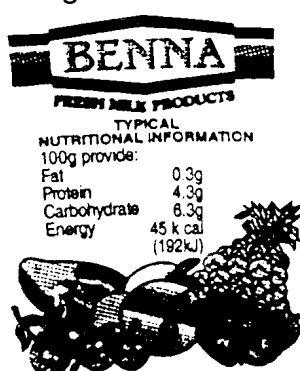
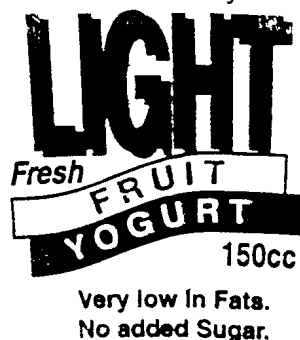
**TIME: 1h 30min**

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**Answer all questions**

1. Look carefully at the following label.



a. Name **three** nutrients found in the yoghurt.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

(3 marks)

b. What are the functions of each of these nutrients?

**Functions**

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

(3 marks)

c. Since the label says that no sugar is added, for whom is this yoghurt particularly suitable?

- i) \_\_\_\_\_ ii) \_\_\_\_\_ (2 marks)

d. Suggest **two** different ways how you can reduce the amount of sugar you eat.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

2. Carbohydrates are made up of three types.

a. Give **two** sources of each type of Carbohydrate.

Carbohydrate	Found in	
sugar		
starch		
N.S.P. Dietary Fibre		

(3 marks)

b. Why should we increase the intake of starch to follow the dietary guidelines?

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

- c. Give the name of a healthy dish you have prepared at school which is rich in starch.

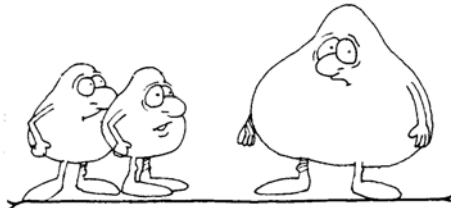
**Name of Dish** \_\_\_\_\_ (1 mark)

- d. What can you serve with the dish to have a healthy well-balanced mid-day snack?

Mid-day Snack	
<b>Name of dish</b>	_____
	• _____
	• _____

(2 marks)

### 3. Being too fat is a health hazard.



- a. Name **four** foods which are high in saturated fat.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

- b. These foods can be the cause of **two** major diseases.  
Give the name of these diseases.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

- c. Suggest **four** ways how teenagers can reduce the amount of fat they eat.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

### 4. Fruits and vegetables are high in NSP/Dietary Fibre.



- a. Plan a well-balanced packed school lunch for a teenager who badly needs to increase the fibre content in the diet.

	Food
<b>Packed school lunch</b>	• _____
	• _____
	• _____

(3 marks)

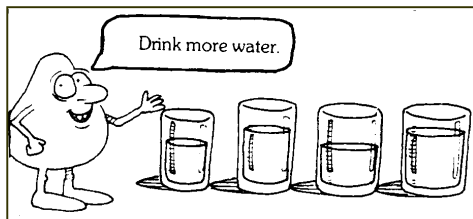
b. Why is it important to eat foods which are high in fibre?

- \_\_\_\_\_
- \_\_\_\_\_ (2 marks)

c. Suggest **four** ways how teenagers can add more fibre in their diet?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (4 marks)

5.



**Water is vital for the human body to maintain good health.**

a. Give **three** reasons why this is so.

- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_ (3 marks)

b. How much water should we drink everyday?

\_\_\_\_\_ (1 mark)

6. Jane, who is very conscious about her health decided to prepare some rikotta pies for her evening snack.

Suggest with reason:

a. What type of flour to use for the pastry? \_\_\_\_\_

**Reason** \_\_\_\_\_  
\_\_\_\_\_ (1, 2 marks)

b. What type of fat to choose? \_\_\_\_\_

**Reason** \_\_\_\_\_  
\_\_\_\_\_ (1, 2 marks)

c. What should Jane serve with the Rikotta Pies to have a well-balanced evening snack?

Evening Snack	Menu
	Rikotta Pies
	• _____
	• _____

(2 marks)

7. Below are the names of **four** utensils used for preparing food.
- Give **one** example to show the use of each utensil.
    - Name a dish that could be made by using the utensil.

Utensil	Example of Use	Name of dish
Grater	_____	_____
Colander	_____	_____
Wooden Spoon	_____	_____
Sieve	_____	_____

(8 marks)

- Explain how you would wash a non-stick-baking sheet after using it.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

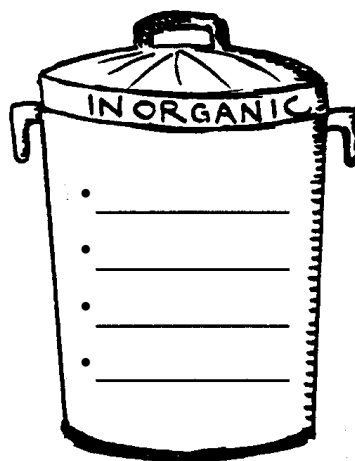
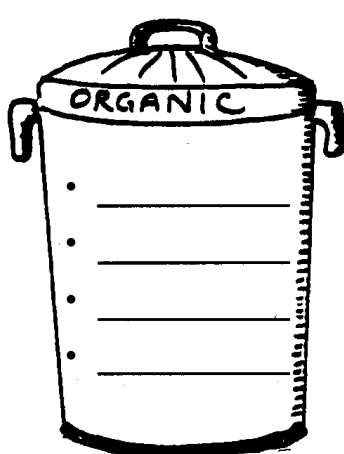
8. Waste is anything which is not needed anymore.  
It can be of **three** types.

- Which are they? Give **two** examples of each.  
*The first one has been done for you.*

Type of Waste	Examples
e.g. i) Gas	<ul style="list-style-type: none"> <li>• <i>smoke</i></li> <li>• _____</li> <li>• _____</li> </ul>
ii) _____	<ul style="list-style-type: none"> <li>• <i>fumes</i></li> <li>• _____</li> <li>• _____</li> </ul>
iii) _____	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>

(2, 2 marks)

- Our dustbin at home consists of a mixture of organic and inorganic waste.  
Mention **four** items found in the dustbins which are organic and **four** items which are inorganic.



(4 marks)

- c. In Malta, organic waste is treated at the Sant'Antnin Solid Waste Composting Plant to produce compost.

What is this compost used for?

\_\_\_\_\_ (1 mark)

- d. Suggest **three** ways how you can reduce and recycle inorganic waste.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

- e. Name **two** environmental problems that are associated with waste disposal.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

- f. Say how you can reduce the negative impact (*ill-effects*) on the environment.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

9. **The Fridge/Freezer is a necessity in every home.**

- a. Give **three** reasons why this is so.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

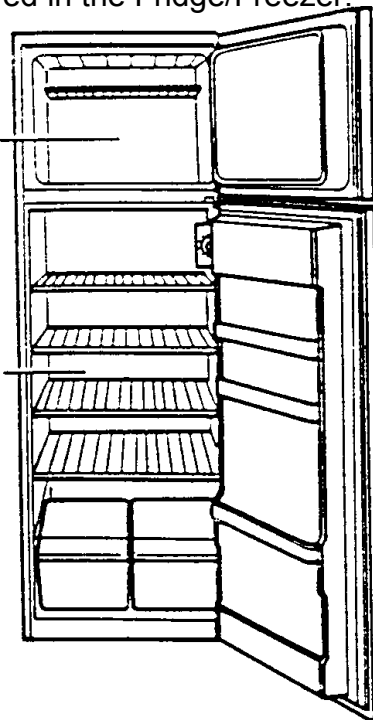
- b. Below there is a list of food items Jason has just bought.

Mark where each of these items is to be stored in the Fridge/Freezer.

- a packet of fish burgers
- a packet of milk
- Edam Cheese
- margarine
- chicken breast to be cooked on the same day
- fresh tomatoes

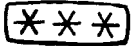
Freezer

Larder  
refrigerator



(3 marks)

- c. Write down the meaning of the following star-rating.




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(4 marks)

10. **Good dental care means knowing how to look after your teeth and visiting your dentist regularly.**

- a. Besides visiting the dentist, list **three** things you would do to keep your teeth healthy.

- ---
- ---
- ---

(3 marks)

- b. Give **one** reason why you should visit the dentist regularly.

- ---

(2 marks)

- c. What advice would you give to parents of very young children to help them care for their children's teeth?

- ---
- ---

(2 marks)

11. a. The Vella Family consists of the mother and father, a teenage boy, a ten-year-old girl and a new born baby.  
Suggest how each member of the family can co-operate and share the household responsibilities (*jobs*).

Mrs Vella • 

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• 

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Mr Vella • 

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• 

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Teenage boy and • 

---

ten year old girl • 

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 (6 marks)

- b. Name **two** leisure activities the Vella family can share to keep each other happy and united.

- ---
- ---

(2 marks)