

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2002

Educational Assessment Unit - Education Division

FORM 5

HOME ECONOMICS

TIME: 1h 45min

Name: _____

Class: _____

Answer **all** the Questions.

1. The list of ingredients below was taken from the packet of a fruit dessert.

sugar, digestive biscuits, low fat soft cheese, whipping cream, black currants, double cream, butter skimmed milk powder, pasteurized egg, demerara sugar, modified starch, wholemeal crumb, stabiliser (gelatine), acidity regulator, emulsifier, salt, preservative, flavouring

a) (i) Why are the ingredients placed in this order?

_____ (2 marks)

(ii) Why is the dessert not suitable for Vegans (*strict vegetarians*)?

_____ (2 marks)

b) Explain the difference between skimmed and liquid whole milk?

_____ (2 marks)

c) (i) Identify **four** additives in the list of ingredients.

• _____ • _____
• _____ • _____ (2 marks)

(ii) Explain the function of **two** named additives from your list.

• _____

• _____
_____ (2, 2 marks)

d) Why should packaged desserts of this type not appear too often in family meals?

• _____

• _____
_____ (2 marks)

e) Name and explain the importance of **four** other pieces of information found on the labels of convenience foods.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(4 marks)

2) (a) Give reasons for the decrease in the use of red meat in the Maltese Diet.

• _____

• _____

(2 marks)

(b) List **five** alternative foods to red meat and assess the nutritional value of each.

Food	Nutritional Value
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

(5 marks)

(c) Plan a high-protein mid-day family meal where these foods could be included as a main ingredient.

first-course _____

second-course _____

third-course _____

(3 marks)

3. Food found in catering outlets does not always follow current nutritional recommendations.

a) What are the current nutritional recommendations and why are they important?

Recommendations	Why?
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

(5, 5 marks)

b) Suggest practical ways how a school tuck shop can introduce a healthy choice of food.

- _____
- _____
- _____
- _____
- _____ (5 marks)

c) Technological changes have made it possible for a wide range of food products to be available on the market. Identify **three** appliances which have helped in food production.

- (i) _____
- (ii) _____
- (iii) _____ (3 marks)

4. A family of four, where both parents have a full-time job, have recently bought a chest freezer.

a) Suggest how the family can make the maximum use of the freezer.

- _____
- _____
- _____ (3 marks)

b) List **four** rules that they must follow to ensure the safe use of the freezer.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____ (4 marks)

c) Suggest **two** main dishes which could be prepared in advance and frozen for later use.

- (i) _____ (ii) _____ (2 marks)

d) Plan **two** different meals where these dishes could be used. Give reasons for your choice.

Meal 1

Reason

first course _____

• _____

second course _____

• _____

third course _____

• _____

(2, 3 marks)

Meal 2

Reason

first course _____

• _____

second course _____

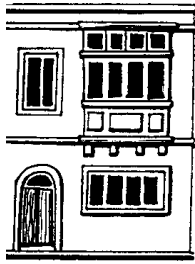
• _____

third course _____

• _____

(2, 3 marks)

5. John and Kathleen have two children, Daniela aged 15 and Shaun aged 10. Both parents work fulltime. They have decided to move house because they live in a small flat and the mother is expecting a third baby. They have been looking at a number of houses and have found two which they think may be suitable for their needs and which they can afford.



House A

- two storey terraced house
- 3 bed-rooms
- 1 bathroom and a shower
- near to shopping centre/sports facilities
- near to local school
- small yard at the back



House B

- semi-detached on outskirts of a village
- recently modernised
- large garage
- large back garden
- 3 bedrooms – 1 ensuite
- 1 bathroom and spare toilet

- a) List points that the family has to consider when deciding which house to choose.

- _____
- _____
- _____
- _____ (4 marks)

- b) Considering these points, which of the above houses would you suggest? Why?

- _____
- _____ (2 marks)

- c) Mention **two** difficulties which the children could face when moving into the new house.

- (i) _____
- (ii) _____ (2 marks)

- d) Daniela (*aged 15*) is independent and wants to go to the disco. Her parents are worried about this.

Suggest how they might come to an agreement to ensure that both Daniela and her parents are happy.

- _____
- _____ (2 marks)

e) Explain changes in the mother's nutritional needs now that she is pregnant.

- _____
- _____
- _____

(3 marks)

f) Give suggestions how the family meals could be modified to meet these needs.

- _____
- _____
- _____

(3 marks)

6. a) What is the role of the media in consumer education?

- _____
- _____

(2 marks)

b) How does the media influence the consumer?

- _____
- _____

(2 marks)

c) Through the media people have become aware of their rights and responsibilities as consumers.
Give **three** suggestions how the media is putting this message into practice.

(i) _____

(ii) _____

(iii) _____

(3 marks)

d) Discuss how the media could also pass on the wrong message to the consumer.

- _____
- _____
- _____

(3 marks)

7. a) Name and explain **four** services available in Malta which could be of benefit to the elderly living alone.

Name of Service	Explanation
(i) _____	• _____
(ii) _____	• _____
(iii) _____	• _____
(iv) _____	• _____

(2, 4 marks)

b) Why is it important for an elderly person to keep on living at home?

- _____
- _____
- _____

(3 marks)