

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2003

Educational Assessment Unit - Education Division

FORM 3

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all questions:

1. a) Complete the chart below:

Nutrient	Function	Examples of Food Sources
_____	Needed for strong bones and teeth.	• _____ • _____
Iron	• _____ _____	• Red Meat • Breakfast cereals
_____	Protects vital organs, provides energy and insulating layer.	• _____ • _____
Vitamin D	• _____ _____	• Action of sunlight on skin • oily fish

(6 marks)

b) Which groups of people need foods that are:

- (i) high in energy _____
- (ii) low in energy _____
- (iii) low in salt _____
- (iv) high in fibre _____
- (v) high in iron _____
- (vi) low in saturated fat _____

(6 marks)

2. It is recommended that we eat Vitamin C rich foods everyday.

a) Give **three** reasons why Vitamin C is needed by the body.

- _____
- _____
- _____

(3 marks)

b) We must be careful when preparing and cooking vegetables to keep their Vitamin C content.

Suggest **two** ways how this can be done when :

preparing vegetables

cooking vegetables

- _____
- _____
- _____
- _____

(4 marks)

- c) (i) Vitamin C is needed to help the body absorb a particular mineral.
Name this mineral _____ . (1 mark)
- (ii) What is the function of this mineral in the body?
• _____ (1 mark)

d) Name foods that you can have for breakfast and dinner, which are good sources of Vitamin C and Iron.

	Vitamin C	Iron	
Breakfast	• _____	• _____	
Dinner	• _____	• _____	(2, 2 marks)

3. Sugar and starch are both types of carbohydrates.

a) What is the main function of carbohydrates in the diet?
• _____ (1 mark)

b) Eating lots of sugary foods may lead to certain health problems.
Name **two** of these problems.
• _____
• _____ (2 marks)

c) Pasta is a starchy food.
Why is pasta so popular with Maltese families?
• _____
• _____
• _____
• _____ (4 marks)

d) Suggest the names of **three** dishes made with pasta.
Names of Dishes
• _____
• _____
• _____ (3 marks)

4. Fresh milk is found almost in every home.

a) Name **four** other different types of milk.
• _____ • _____
• _____ • _____ (2 marks)

b) Describe how fresh milk should be stored.
• _____
• _____ (2 marks)

c) Name **four** recipes in which milk is used as a main ingredient.

- _____
- _____
- _____
- _____

(4 marks)

d) Why is milk such an important food for children?

- _____
- _____

(2 marks)

5. Chips is a popular food.

a) Name **two** methods of cooking potatoes which help to reduce fat content in the diet.

Method i _____

Method ii _____ (2 marks)

b) During cooking, heat is transferred to foods in different ways.

Match the cooking methods below with the correct heat transference used.

Cooking Methods

Heat Transference

i) grilling

convection

ii) boiling

radiation

iii) baking

conduction

(3 marks)

c) Suggest different methods of cooking the following foods.

Foods

Cooking Method

• eggs

• _____

• pork chops

• _____

• apples

• _____

• pies

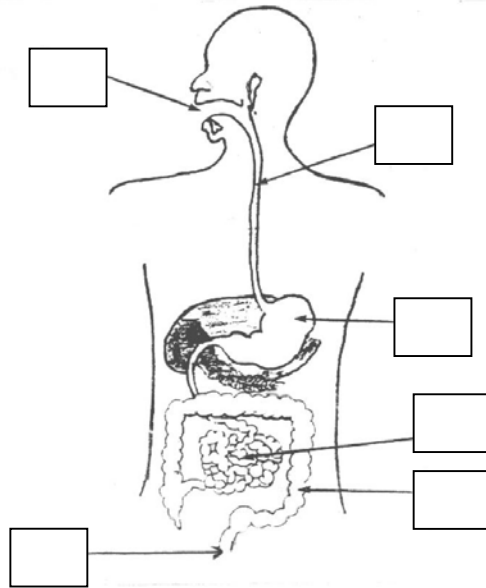
• _____ (4 marks)

d) Give **three** reasons why food is cooked.

- _____
- _____
- _____

(3 marks)

6. Match the digestive process below with the correct part where it occurs (happens) in the body.



- (i) bits of food which the body cannot use move through this.
- (ii) food is mixed with gastric juice and acids and turned into chyme.
- (iii) food is chewed, mixes with saliva and broken into small pieces.
- (iv) solid waste is passed out through this.
- (v) food is broken down into small molecules before being absorbed into the blood.
- (vi) chewed food is lowered through this into the stomach. **(6 marks)**

7. a) Complete the following list of ingredients for a sponge mixture.

_____ eggs

75g sugar

_____ flour

(2 marks)

- b) Give the name of the method used to prepare a sponge mixture.

• _____ **(1 mark)**

- c) Suggest, with reason, the type of flour you would use to prepare a sponge mixture.

Type of flour: _____ **(1 mark)**

Reason: _____ **(2 marks)**

- d) At what oven setting would you cook a sponge mixture?

_____ **(1 mark)**

- e) The sweet dish shown below is covered with fresh cream and tinned fruit.



Suggest how would you decorate this dish by using healthier ingredients.

Modified Ingredients

Reasons

(2, 2 marks)

8. a) Fill in the blanks by using the correct word from the list below.

- (i) One of the major health hazards of smoking is _____ .
- (ii) Tobacco contains a powerful drug, _____ which causes the user to become addicted.
- (iii) Smoking can damage the _____ by making it beat faster.
- (iv) _____ is a support group for persons with a drinking problem.
- (v) _____ are drugs which help to cure or prevent diseases.
- (vi) Using a drug for reasons other than those for which they are intended is an example of drug _____ .
- (vii) A glass of wine, a bottle of beer and a tot of whisky all provide _____ of alcohol.
- (viii) Smoking, drug abuse or heavy drinking in pregnancy can result in _____ .

nicotine, Alcoholic Anonymous, cancer, heart, 1 unit, abuse, medicine, small babies
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(8 marks)

- b) The number of teenagers who drink alcohol regularly seems to be increasing. What causes teenagers to abuse alcohol?

Give **three** reasons.

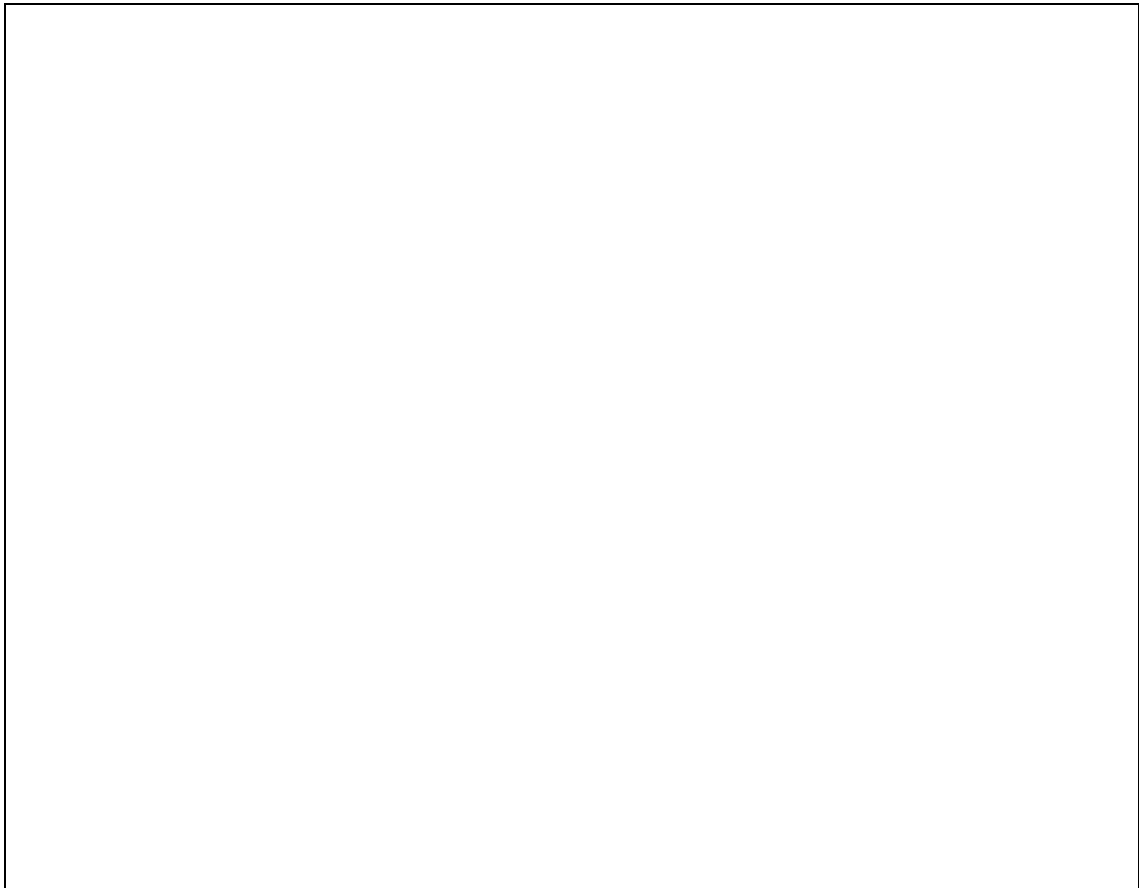
(i) _____

(ii) _____

(iii) _____

(3 marks)

- c) Design a poster which could be used in your local youth club to discourage your teenage friends from turning to alcohol.



(5 marks)

9. a) Name **two** activities which can help a child to develop socially.

- _____

- _____

(4 marks)

- b) Give **two** social skills which a child needs to learn to become socially acceptable to other people (to be accepted in a group).

(i) _____
(ii) _____

(2 marks)

- c) Explain how the following would have an effect on a child's social development.
(i) An only child living on the outskirts of the village far away from other children.

(2 marks)

- (ii) Being part of a family with many children.

(2 marks)