

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2003

Educational Assessment Unit - Education Division

FORM 5

HOME ECONOMICS

TIME: 1h 45min

Name: _____

Class: _____

Answer **all** the Questions.

1. a) Name **two** nutrients, other than fat, which provide energy.
i) _____ ii) _____ (1, 1 marks)

- b) What happens to fat and the **two** nutrients you have named if they are consumed in excess of body needs?

Fat: _____

Nutrient 1: _____

Nutrient 2: _____
_____ (1, 1, 1 marks)

- c) Give **three** uses of energy in the body.

(i) _____

(ii) _____

(iii) _____ (3 marks)

- d) Explain the term '*Basal Metabolic Rate*' (BMR).

_____ (1 mark)

- e) List **four** factors which affect a person's energy requirements.

(i) _____

(ii) _____

(iii) _____

(iv) _____ (4 marks)

- f) Plan a **two-course** mid-day meal suitable for a teenager who is a very keen sportsperson.

Give reasons for your choice of dishes.

Meal

Reasons for Choice

First Course: _____ • _____

Second Course: _____ • _____

(2, 2 marks)

2. A healthy lifestyle is important.

a) Suggest reasons for the loss of good eating habits among teenagers.

- _____
- _____
- _____ (3 marks)

b) What advice would you give to your friend who wishes to lose weight?

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

c) Plan a nutritious breakfast which your friend can have before going to school. Give reasons for your choice.

Breakfast

Reasons

- | | |
|---------|----------------------|
| • _____ | • _____ |
| • _____ | • _____ (2, 2 marks) |

3. For many people a packed lunch is an important part of their daily diet.

a) State **four** points to consider when planning a packed lunch.

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

b) The packed lunch described below could be modified to meet the recommended dietary guidelines.

Explain how you would do it.

Packed Lunch

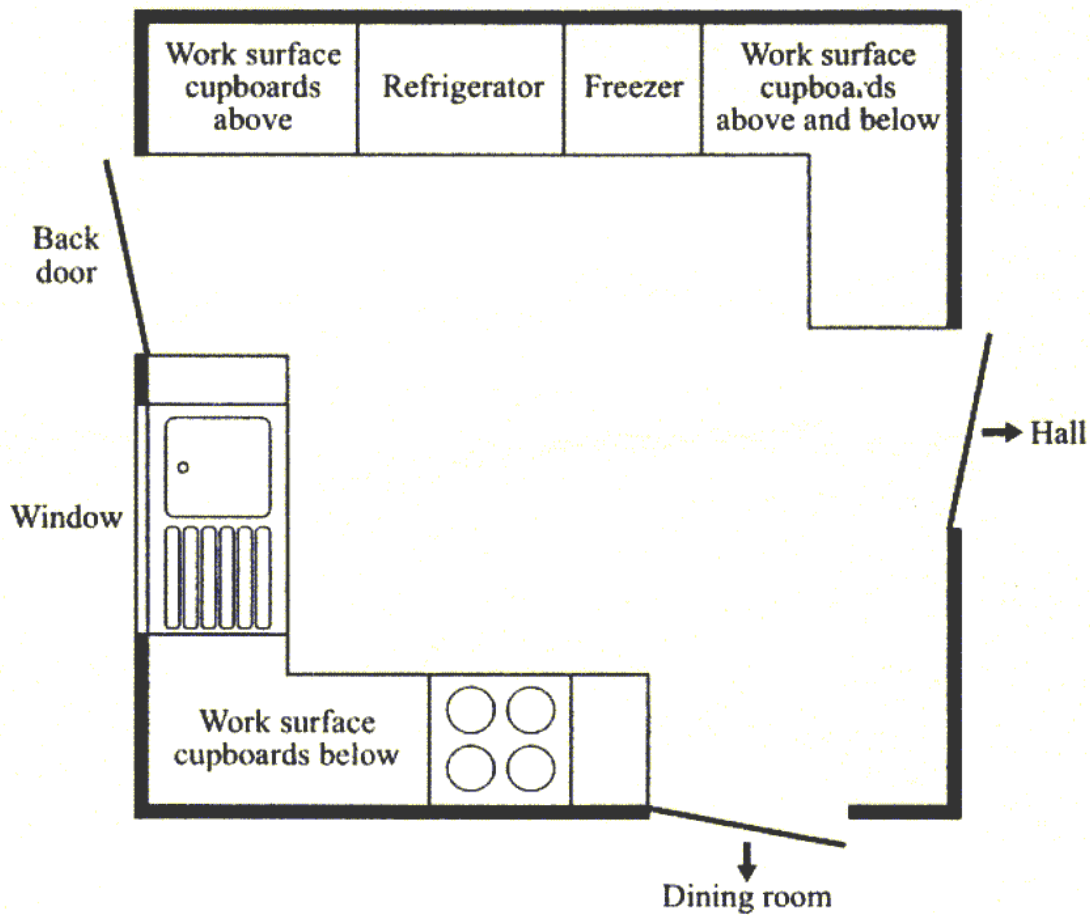
Modified Packed Lunch

- | | |
|--------------------------|-------------------|
| 2 slices white bread | • _____ |
| 1 sliced hard-boiled egg | • _____ |
| 25g butter | • _____ |
| 30g mayonnaise | • _____ |
| a bar of chocolate | • _____ |
| a bottle of cola | • _____ (3 marks) |

c) Give reasons for your changes.

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____
- vi) _____ (6 marks)

4. A well-planned kitchen can save human time and energy. Look carefully at the kitchen plan below and use it to answer the questions.



a) Give **one** reason for the position of each of the following pieces of equipment:

(i) **the cooker:** _____
 _____ (2 marks)

(ii) **the sink:** _____
 _____ (2 marks)

(iii) **the refrigerator:** _____
 _____ (2 marks)

b) (i) A family of four, living on a low income, needs to buy a new cooker. Name **two** ways how they pay for it.

method of payment 1: _____ (1 mark)

method of payment 2: _____ (1 mark)

(ii) Which do you consider to be the best method?
 Give a reason for your answer.

method of payment: _____

reason: _____

(2 marks)

c) Name **two** pieces of labour saving kitchen equipment you would recommend for a family with two small children.

Give **one** reason for each choice.

Labour Saving Equipment 1: _____ (1 mark)

Reason for Choice: _____
_____ (2 marks)

Labour Saving Equipment 2: _____ (1 mark)

Reason for Choice: _____
_____ (2 marks)

d) This label is often found on electrical appliances.
What does it tell you?



_____ (1 mark)

e) Suggest **four** ways of saving up on energy when using electricity in the home.

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

f) Name an alternative source of energy that can be used to help safeguard the environment in Malta.

_____ (1 mark)

g) Accidents in the kitchen could be serious.

Describe **five** precautions you could take in the kitchen to make it safe when preparing and cooking family meals.

- (i) _____
- (ii) _____
- (iv) _____
- (iv) _____
- (v) _____ (5 marks)

h) It is important to keep a First-aid box handy in the kitchen. List **six** items you would include.

Also explain the use of each item.

Item	Use
(i) _____	• _____
(ii) _____	• _____
(iii) _____	• _____
(iv) _____	• _____
(v) _____	• _____
(vi) _____	• _____

(3, 3 marks)

5. Play is an important part of a child's education.

a) Explain **two** benefits of play.

- _____
- _____ (2 marks)

b) Identify **four** safety points which you should consider when buying a toy for a small child.

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

c) You plan to buy a birthday present for your four-year-old niece.

Suggest a suitable toy you could choose giving **two** valid reasons for your choice.

Choice of toy: _____ (1 mark)

Reasons: • _____
• _____ (4 marks)

6. a) Explain what effects a child with special needs has on the family.

- _____
- _____
- _____ (4 marks)

b) Describe the help available to families having a child with disabilities.

- _____
- _____
- _____ (4 marks)

c) One of your neighbours has a physically disabled six-year-old child.

As a teenager, identify **three** measures that you can adopt to help your neighbour.

- (i) _____
- (ii) _____
- (iii) _____ (6 marks)