

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2005

Educational Assessment Unit - Education Division

FORM 2

HOME ECONOMICS

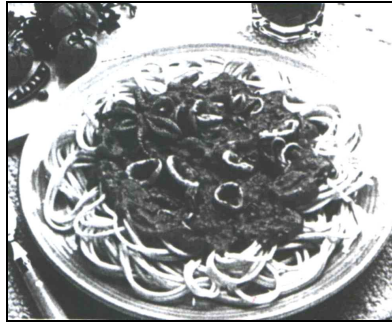
TIME: 1h 30min

NAME: _____

CLASS: _____

Answer all questions.

1. Pasta is a very popular food. It is also high in **one** type of carbohydrate.



a) Which is this type of carbohydrate?

(1 mark)

b) Name the **two** other types of carbohydrate.

(2 marks)

c) What is the function of carbohydrate in the body?

(2 marks)

d) Name **two** pasta dishes which are popular with Maltese teenagers.

Pasta dishes

• _____

• _____

(2 marks)

e) Suggest **two** foods which can be added to these dishes to increase their fibre content.

Food rich in fibre

i) _____

ii) _____

(1 mark)

f) What is the function of fibre in the body?

(2 marks)

g) Suggest **three** ways how teenagers can include more fibre rich foods in their diet.

• _____

• _____

• _____

(3 marks)

h) Name **two** diseases which may be prevented when eating fibre rich foods.

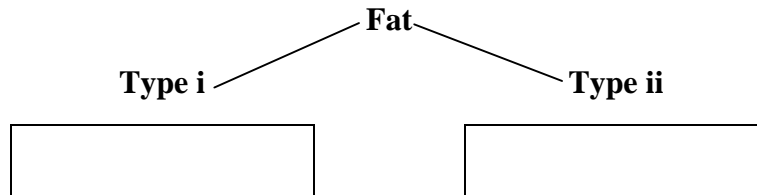
Diseases

- _____
- _____

(1 mark)

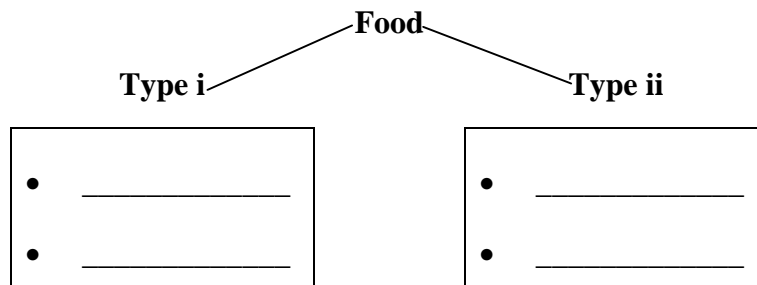
2. One of the dietary guidelines recommends to reduce the amount of fat we eat.

a) Fat can be of two types.
Give the name of each type.



(1 mark)

b) Name **two** foods rich in each type of fat.



(2 marks)

c) Which type of fat should be avoided?

(1 mark)

d) Explain why? _____

_____ (2 marks)

e) Your school wants to launch a campaign to reduce the rate of obesity amongst children. Suggest **four** ways how school children can reduce the amount of fat they eat.

- _____
- _____
- _____
- _____

(4 marks)

f) Besides following a healthy diet, how can school children reduce their weight?

_____ (1 mark)

3. a) Complete the chart below.

	Function in the body	Examples of food
Protein	_____	• _____ • _____
Calcium	_____	• _____ • _____
Vitamin C	_____	• _____ • _____
Iron	_____	• _____ • _____

(8 marks)

b) Although water is not a nutrient, it is vital for life.
Give **two** functions of water in the body.

- _____
- _____ (2 marks)

c) How can a parent encourage a young child to drink water?

- _____ (1 mark)

4. Your friend has asked you to help her make 200g short crust pastry.

a) Write down the quantities of the **two** main ingredients.

- _____
- _____ (2 marks)

b) Suggest the type of flour and the type of fat she can use to keep in line with the dietary guidelines.

Type of flour _____

Type of fat _____ (2 marks)

c) List **five** useful tips to your friend to keep in mind when making short crust pastry in order to have good results.

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

d) Give the oven temperature at which short crust pastry should be baked.

Gas Mark ° C

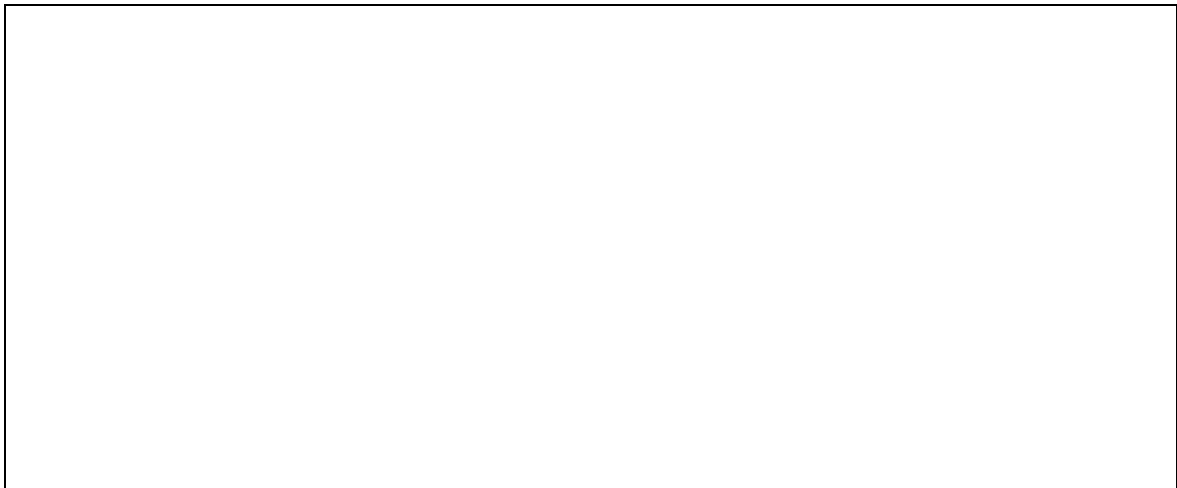
(1 mark)

e) Your friend wants to use the pastry to make a savoury pie for supper.
Name the utensils she requires and give their use.

Utensils	Use
• _____	_____
• _____	_____
• _____	_____
• _____	_____
• _____	_____
• _____	_____
• _____	_____

(6 marks)

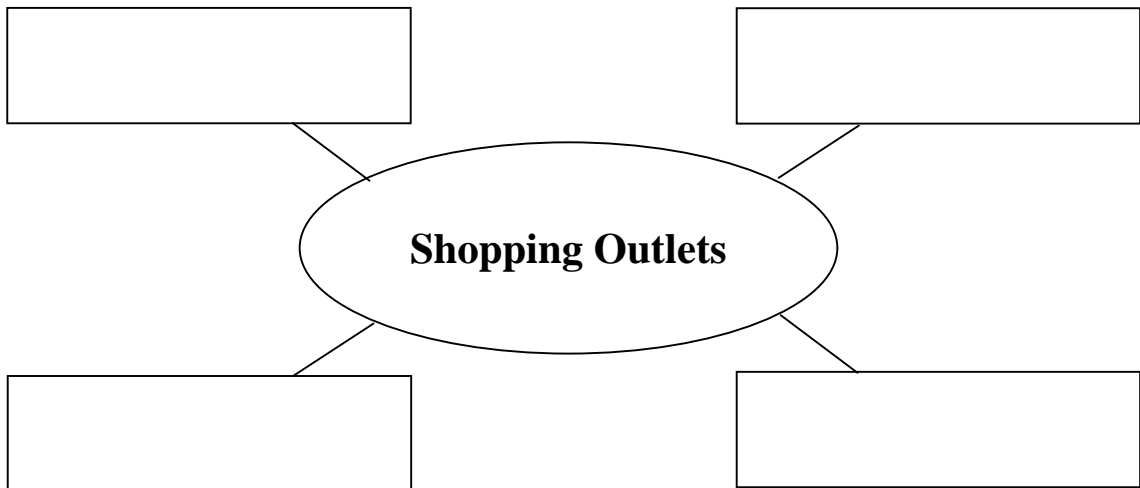
f) Draw the place setting to serve this pie for one person. Also include the place setting for a drink.



(4 marks)

5. In Malta we find several outlets where we can do our shopping.

a) List **four** of these outlets.



(2 marks)

b) Which shopping outlet will you suggest for:

- **an elderly person** who cannot drive.

- **a family of four** where both parents work during the day.

(2 marks)

c) Name **four** points which your family considers before deciding which outlet to choose to do your shopping.

- _____
- _____
- _____
- _____

(4 marks)

d) List **two** sensible ways how you can save money when doing your shopping.

- _____
- _____

(2 marks)

6. Study the food label below

HEINZ
FROM ABOUT **7** MONTHS OLD

e 163 g
BEST BEFORE END SEE BASE

Carrots & Potatoes with Chicken

A substantial blend of carrots and potatoes with chicken and a sprinkling of parsley

- ✓ NO ADDED SUGAR
- ✓ NO ADDED SALT
- ✓ NO ADDED PRESERVATIVES
- ✓ NO ARTIFICIAL COLOURS
- ✓ NO ARTIFICIAL FLAVOURS

INGREDIENTS
Water, Carrots, Potatoes, Chicken, Flour, Herbs, Iron Sulphate (Iron 2mg/100g)

NUTRITION INFORMATION

TYPICAL VALUES	PER 100g	PER 100ml
ENERGY	332 kJ 79 kcal	549 kJ 130 kcal
PROTEIN	3.2 g	5.2 g
CARBOHYDRATE	5.4 g	15.3 g
(of which sugars)	(2.5 g)	(4.1 g)
FAT	3.2 g	5.2 g
(of which saturates)	(1.3 g)	(2.2 g)
FIBRE	1.2 g	2.0 g
SODIUM	trace	trace

PREPARATION This baby recipe can be served cold or warm. Spoon the required amount into a clean bowl, (do not add sugar or salt). To heat, stand the bowl in hot water and allow to warm. Any remaining unwarmed portion can be placed in a suitable container and safely stored in a refrigerator for up to 48 hours. For Heinz Baby Club and safety brochures (UK only), feeding guide or advice, write to Susan Baxter at the address opposite. In all correspondence please quote quality code on base.

5 000157 008725

Heinz Made in England
H.J. Heinz Co. Ltd.
Hazelton, Wiltshire, UK
H.J. Heinz Co. Inc.
Hazelton, PA, USA

Courtesy of Heinz

a) For whom is the food suitable?

(1 mark)

b) What is the weight of the product?

(1 mark)

c) Name **four** important pieces of information given on the label.

- _____
- _____
- _____
- _____ (2 marks)

d) How can this information help parents to choose the right kind of food for their children?

_____ (2 marks)

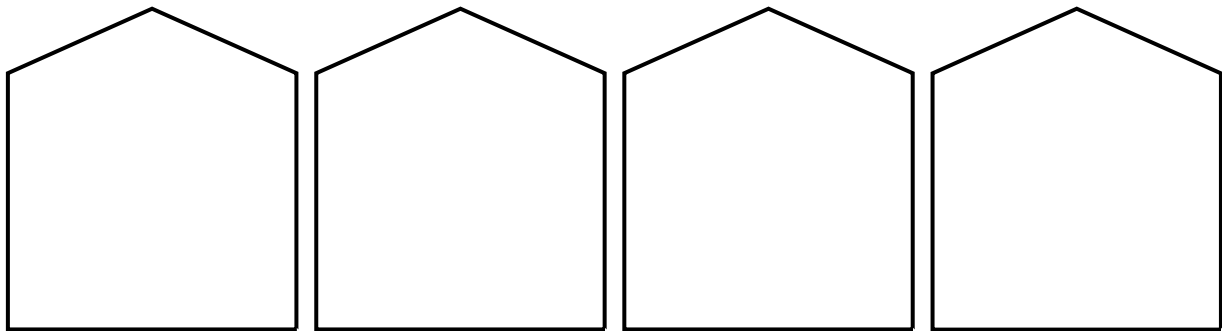
7. Caring for the environment is everyone's responsibility.

a) How can we reduce the amount of rubbish in our home?

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

b) Presently we are being asked to separate our waste and dispose of it in **four** different skips at the ***Bring in site***.

Write the name of the content of each skip.



(4 marks)

- c) Draw a poster to encourage people in your town and village to use this practice of disposing properly of our waste.
Give a written message about the benefits of this practice.

Message:	(2 marks)
	(4 marks)

8. The mother is feeding her child.



“Come on darling, eat some more and mummy will get you sweets.”

- a. Why should parents never follow the example of the above mother and use sweets to reward their children?
- _____
 - _____ (2 marks)
- b. Explain the harm that sweets and other sugary foods can do to a child’s teeth.
- _____
 - _____ (2 marks)
- c. How can parents establish (*set*) good eating habits with their children?
- _____
 - _____
 - _____ (3 marks)

- d. Sometimes children do need to be punished for negative (bad) behaviour. Describe how you would treat such behaviour in children.

(2 marks)

- e. Explain why parents should never send children to sleep without showing them that they have forgiven them.

(2 marks)

- f. Name **two** activities that parents can share with children before they put them to sleep.

Activities: • _____
• _____ (2 marks)