

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2005

Educational Assessment Unit - Education Division

FORM 3

HOME ECONOMICS

TIME: 1h 30min

NAME: _____

CLASS: _____

Answer all questions.

1. Eating habits are changing and snacking is on the increase, especially amongst teenagers.

a) Suggest reasons for this trend.

- _____
- _____ (2 marks)

b) How can the nutritional guidelines help teenagers to choose healthy foods?

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

c) Food habits can be formed early in life. How might parents encourage their two-year-old child to develop healthy eating habits?

- _____
- _____
- _____ (3 marks)

2. Protein can be of **High Biological Value (H.B.V.)** and of **Low Biological Value (L.B.V.)**.

a) Explain what is **H.B.V.** and **L.B.V.** protein?

High Biological Value _____

Low Biological Value _____

_____ (2 marks)

b) What is the function of protein in the body?

_____ (2 marks)

c) Suggest **two** examples how **L.B.V. protein** could be eaten with **H.B.V. protein**.

- _____
- _____ (2 marks)

3.

CALCIUM CONTENT OF SOME FOODS		
Food	Serving Size	Calcium Content (mg)
Cheddar cheese	1 small piece (30g)	216
Cooked Spring greens	1 portion (100g)	75
Orange	1 medium (160g)	75
White Bread	2 slices (72g)	72
Sesame seeds	1 tablespoon (10g)	67
Wholemeal bread	2 slices (72g)	39
Cooked broccoli	One portion (85g)	34
Unsalted peanuts	One bag (50g)	30

Source: Learning about Foods & Nutrition Dairy Council

- a) The **R.D.A.** of calcium for a fourteen-year-old is 1000mg.
Using foods from the table above, plan a packed lunch for a fourteen-year-old boy or girl which will provide approximately half of his/her R.D.A. for calcium.

Packed lunch

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

- b) What is the function of calcium in the body?

_____ (2 marks)

- c) Name the vitamin which helps the body with the absorption of calcium.

Vitamin _____ (1 mark)

- d) Name **two** groups of people who need to eat more calcium-rich foods.

Group of People	Reason
• _____	• _____
• _____	• _____

(1, 2 marks)

4. In Malta, we have a high percentage of school children who are obese.

- a) Name **two** sport activities that teenagers can practise to use up energy.

Sport Activities

- _____
- _____ (2 marks)

b) Identify the health benefits teenagers may enjoy when practising a sport.

Health Benefits

- _____
- _____ (2 marks)

c) List **five** suggestions you could make to a friend which would help her to lose weight.

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

d) (i) Plan **two** healthy evening snacks for teenagers.

Snack i

Snack ii

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

(ii) Give reasons for your choice.

- _____
- _____ (2 marks)

5. Food is cooked for different reasons.

a) State **four** reasons.

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

b) Suggest suitable cooking methods for the following food.

dorado (*lampuki*) _____

chicken breasts _____

potatoes _____

rikotta pie _____

sausages _____

frozen beef _____

(6 marks)

- c) Name **two** cooking methods which can be used by an obese person who wants to reduce weight.

Cooking Methods

- _____
- _____ (2 marks)

- d) Your mother is trying to lose weight. Suggest a kitchen appliance which would be useful when preparing her meals.

Kitchen Appliance _____ (1 mark)

6. a) Give the names of **three** different methods of cake-making and suggest **two** cakes/buns which can be made by each method.

Method 1: _____ **Suggested cakes** • _____

• _____

Method 2: _____ **Suggested cakes** • _____

• _____

Method 3: _____ **Suggested cakes** • _____

• _____

(6 marks)

- b) Choose a method of cake-making and write down the steps you would follow to carry it out.

Name of cake-making _____

Method

i) _____

ii) _____

iii) _____

iv) _____

v) _____ (5 marks)

- c) At what temperature would you bake your cake?

(1 mark)

- d) List **two** electrical appliances which might help you to prepare this cake.

• _____ • _____ (2 marks)

- e) How would you store the cake for future use?

• _____

• _____ (2 marks)

7. At school you have learnt how to make short crust pastry.

a) Suggest **three** ways how you can prepare pastry dishes and still be in line with the dietary guidelines.

- _____
- _____
- _____ (3 marks)

b) You need certain skills to be successful when making pastry. Name **five** rules that should be followed.

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

c) You are preparing some short crust pastry in advance. Say how you will store it.

- _____
- _____ (2 marks)

d) Mention **two sweet** and **four savoury** dishes which could be made with short crust pastry for a teenager's birthday party.

Sweet Dishes

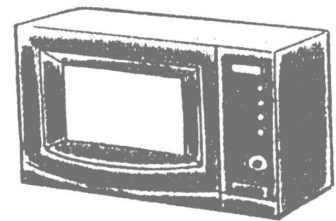
- _____
- _____

Savoury Dishes

- _____
- _____
- _____
- _____ (3 marks)

8. a) When showing around for this appliance, name the points you would look out for before making your choice.

- _____
- _____
- _____ (3 marks)



b) Suggest **two** ways how your mother can make full use of this appliance.

- _____
- _____ (2 marks)

c) If a fault occurs after using it for a few times, what action should she take?

- _____
- _____
- _____
- _____

(4 marks)

9. a) Explain how the home environment can help a child to develop.

Physically _____

Emotionally _____

Intellectually _____

Socially _____

(8 marks)

b) How can the kindergarten give the child opportunities to develop more social skills?

- _____
- _____
- _____

(3 marks)