

# JUNIOR LYCEUM ANNUAL EXAMINATIONS 2005

Educational Assessment Unit - Education Division

**FORM 5**

**HOME ECONOMICS**

**TIME: 1h 45min**

**NAME:** \_\_\_\_\_

**CLASS:** \_\_\_\_\_

**Answer all questions.**

1. Fat can cause health problems when consumed in excess.

a) Give **three** reasons for this.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

b) We are being encouraged to increase the fibre content in our meals.

Why? \_\_\_\_\_

\_\_\_\_\_ (1 mark)

c) There are two types of fibre.

Name the **two** types of fibre we can find in food.

Give **two** examples of each.

**Type of fibre (i)** \_\_\_\_\_

**Type of fibre (ii)** \_\_\_\_\_

**Foods rich in fibre (i)** • \_\_\_\_\_ • \_\_\_\_\_

**Foods rich in fibre (ii)** • \_\_\_\_\_ • \_\_\_\_\_ (1, 2 marks)

d) Describe changes which would increase the fibre content and reduce the fat content of this lasagne.

<b>Ingredients for Lasagne</b>	
200g minced steak	<b>Meat Sauce</b>
50g streaky bacon	
1 clove garlic	
1 onion	
1 tablespoon tomato pureè	
1 teaspoon dried herbs	
1 large tin tomatoes	
150g lasagne	<b>Cheese Sauce</b>
50g cheddar cheese	
250ml whole milk	
25g plain flour	
25g butter	

**Changes**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3 marks)

e) Give reasons for your changes.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3 marks)

f) This dish is served for lunch.

Suggest a healthy dessert and a drink which could be served with it. Give a reason for your choice.

**Dessert** \_\_\_\_\_ **Drink** \_\_\_\_\_ (1 mark)

**Reason** \_\_\_\_\_  
 \_\_\_\_\_ (2 marks)

2. We have a high rate of obese school children in Malta.

a) Suggest **three** reasons for this.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3 marks)

b) Assess the role played by fast food outlets and trends in relation to obesity in Malta.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (4 marks)

c) Plan **three** different packed lunches that could be prepared for school age teenagers.

**Lunch i**

**Lunch ii**

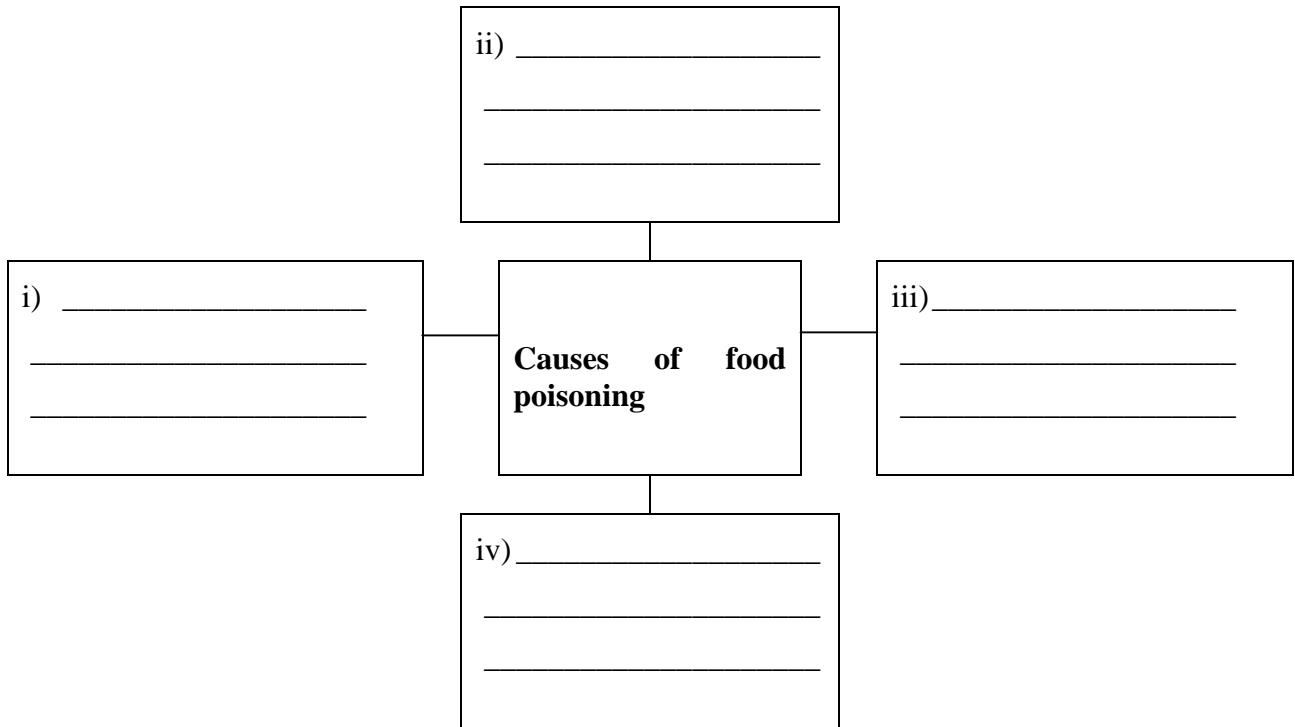
**Lunch iii**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3 marks)

d) Suggest ways how the school tuck shop could be of help to reduce this high rate of obesity.

- \_\_\_\_\_
- \_\_\_\_\_ (2 marks)

3. a) Complete the web diagram with possible causes of food poisoning.



(2 marks)

b) Suggest how each cause could be prevented.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_

(4 marks)

4. Nearly all the food we buy today is packaged.

a) Describe how careful choice of packaging can benefit both the environment and the consumer.

- i) **the environment**
  - \_\_\_\_\_
  - \_\_\_\_\_
- ii) **the consumer**
  - \_\_\_\_\_
  - \_\_\_\_\_

(4 marks)

b) Name materials that can be used for packaging food.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

c) Give **two** statements found on labels of convenience foods which could help a person identify foods which contribute to a healthier diet.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

d) Discuss changes which Maltese families could make to their lifestyle and eating habits in order to minimise the incidence of coronary heart disease and diabetes in Malta.

**Lifestyle**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

**Eating Habits**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

5. Babies and young children have special needs when it comes to food. Study the label below and answer the following questions.



a) i) Suggest a reason why the product is 'gluten free'.

**Reason** \_\_\_\_\_ (1 mark)

ii) What makes this food suitable for babies?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

b) A fat baby could develop into an overweight teenager.  
Explain how this may be prevented.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

c) Assess why a high percentage of babies today is regularly given commercially prepared baby foods.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

6. Families with an only child are on the increase.

a) How can parents help an only child to develop socially?

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

b) Sometimes, without knowing, these parents can be overprotective.

Suggest **three** ways how the child could be helped to develop into an independent child.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (3 marks)

c) Going to school is a very big step for such a child.

How can parents prepare this child for his/her first day at school?

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

7. Many parents go to work and also manage a home and family.

a) Describe **four** problems faced by parents of very young children if they both work.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (4 marks)

b) What provisions could be made available for new mothers with young children who would like to go back to work?

**by the state** \_\_\_\_\_

\_\_\_\_\_

by the employer \_\_\_\_\_

\_\_\_\_\_ (4 marks)

c) Suggest how the family benefits when both parents work?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

8. Mr Borg, a widower, is in his 70's. His only income is the state pension. He is gradually becoming less physically active.

a) Discuss how this situation could affect his social life.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

b) Since his wife died, he has found it increasingly difficult to eat wisely. Explain **three** steps which he could take to be helped with this problem.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

c) Suggest ways, how his family could help him to overcome the problem of loneliness.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

9. Accommodation in flats has become quite popular with young couples.

a) Suggest reasons why young couples may decide to live in flats.

**Reasons**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

b) Discuss measures a young couple would need to take to finance the flat.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(4 marks)

c) The young couple plan to keep their electricity bills as low as possible.

The flat will have an airconditioner and an electric water heater among other electrical appliances.

Give **six** pieces of advice they would find useful when using electricity in their flat. Support each piece of advice with a valid reason.

**Advice**

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_
- vi. \_\_\_\_\_

(3 marks)

**Reason**

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_
- vi. \_\_\_\_\_

(6 marks)