

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2006

Educational Assessment Unit - Education Division

FORM 2

HOME ECONOMICS

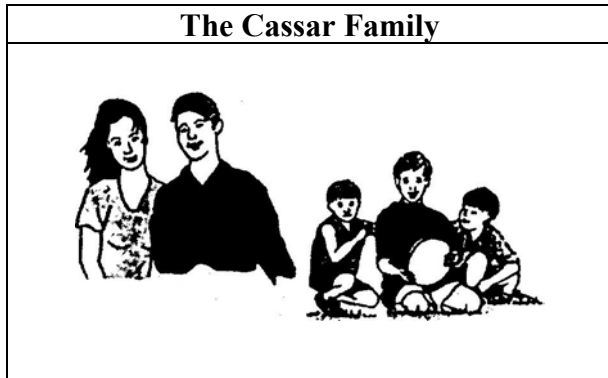
TIME: 1h 30min

NAME: _____

CLASS: _____

Answer all questions.

1. Mr and Mrs Cassar need help to encourage their children to eat a healthier diet.



The Cassar Family Shopping List
Sugar Puffs
Beef Burgers
Fish Fingers
Orange Squash
Frozen frying chips
White Bread
Chocolate biscuits
Ice-creams

- a) From the shopping list above, suggest three that can make it healthier, giving **three** different reasons for your choice.

(i) **Change:** _____ to _____

Reason: _____

(1, 2 marks)

(ii) **Change:** _____ to _____

Reason: _____

(1, 2 marks)

(iii) **Change:** _____ to _____

Reason: _____

(1, 2 marks)

- b) The following is a list of food Mr and Mrs Cassar have come across at the supermarket and which all contain a high amount of fat.

pork sausages	lard	olive oil
Vitalight margarine	fresh cream	peanut butter

- (i) Place each type of food under the correct column.

Mostly Saturated Fat

Mostly Unsaturated Fat

(3 marks)

(ii) Why should the Cassar family try to choose less foods high in saturated fat?

- _____
- _____

(2 marks)

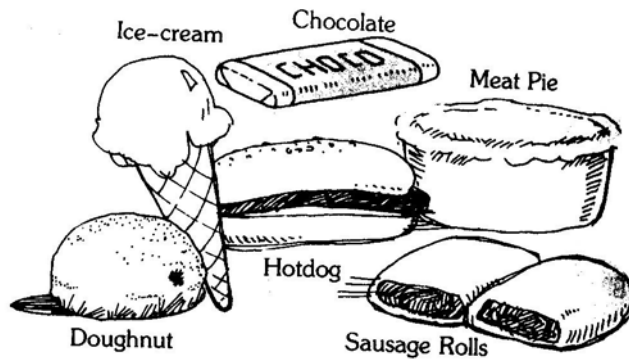
2. The eating habits of some families have changed over recent years. They are often eating:

too much salt

too much sugar

not enough fibre

too much saturated fat



a) Suggest **three** measures to follow to avoid each of the above bad eating habits.

too much salt

- _____
- _____
- _____

too much sugar

- _____
- _____
- _____

not enough fibre

- _____
- _____
- _____

too much saturated fat

- _____
- _____
- _____

(12 marks)

b) A poor diet can cause ill-health.
Tick the box next to the correct answer.

(i) One of the causes of diabetes is:

- not eating enough food.
- eating too many sugary foods.
- eating too many vegetables.

(ii) One of the causes of obesity is:

- not eating enough food.
- eating too much fibre.
- overeating/too much food.

(iii) One of the causes of osteoporosis is:

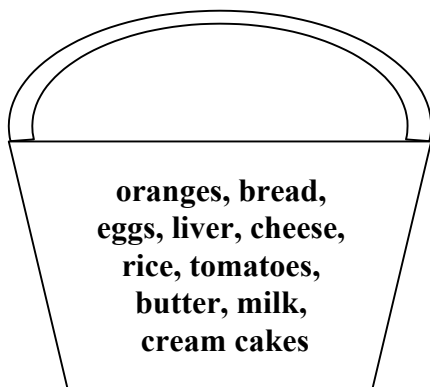
- lack of fat in the diet.
- lack of calcium in the diet.
- lack of sugar in the diet.

(iv) One of the causes of constipation is:

- not eating enough fibre rich foods.
- eating too many sugary foods.
- eating too many fatty foods.

(4 marks)

3.



The food found in this shopping bag contains a good source of a particular nutrient.

a) Place these foods under the name of the nutrient they are rich in:

**oranges, bread,
 eggs, liver, cheese,
 rice, tomatoes,
 butter, milk,
 cream cakes**

Carbohydrates

Fats

Vitamins

Minerals

(5 marks)

b) Give the function of Protein and Vitamins in the body.

Protein: _____

Vitamins: _____

(2 marks)

c) Although water is not a nutrient it is still vital for good health.
Give **two** of its function in the body.

- _____
- _____

(2 marks)

d) From the list below choose a healthy snack and a drink for a 13-year-old teenager.
Give a reason for your choice.

Snacks
Pocket of crisps
Cheese sandwich
Chocolate Bar
Banana

Drinks
Fruit Juice
Orange Juice
Fizzy Lemonade
Milk

Snack: _____

Reason: _____

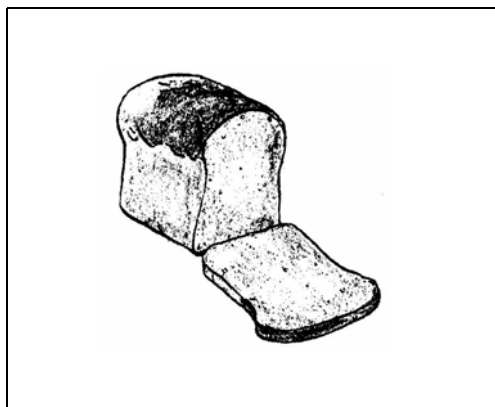
Drink: _____

Reason: _____

(1, 1, 1, 1 marks)

4. Wholemeal bread provides a good source of carbohydrates.

a) Name the **two** types of carbohydrates found in wholemeal bread.



_____ (i)

_____ (ii)

(2 marks)

b) Give the function of each type of carbohydrates in the body.

(i) **Function:** _____

(ii) **Function:** _____

(2 marks)

c) List **six** foods rich in each type of carbohydrates you can eat everyday for:

Breakfast

School Lunch

Main Meal

(3 marks)

5. The food we eat affects the condition of our teeth.

a) Name **four** foods which children should eat regularly to help develop strong healthy teeth.

• _____ • _____

• _____ • _____ (2 marks)

b) Explain the harm that sugary foods can have on our teeth.

_____ (2 marks)

c) Name **two** nutrients which help to build and protect our teeth.

• _____ • _____ (2 marks)

d) What advice would you give to young mothers when preparing the lunch for a kindergarten child?

• _____

• _____

• _____ (3 marks)

6. Your mother needs some advice on making Short Crust pastry to keep in line with the dietary guidelines.

a) Suggest:

(i) the type of flour she can use.

Type of flour: _____

Reason: _____

(1, 2 marks)

(ii) the type of fat she can use.

Type of fat: _____

Reason: _____

(1, 2 marks)

b) She wants to make a sweet pie for the family to eat as a dessert. Mention **two** healthy ingredients she can use for the filling of the pie.

- _____
- _____ (2 marks)

c) At what oven temperature should this pie be baked?

_____ (1 mark)

d) She has some leftover pastry which she would like to keep for future use. Say how she could store it properly.

_____ (2 marks)

7. Every household needs to have a refrigerator/freezer.

a) Give **two** reasons why the refrigerator/freezer is a necessity in every home.

- _____
- _____ (2 marks)

b) Mr and Mrs Cassar have just returned home with their shopping. Suggest in which part of the refrigerator/ freezer should store the following food items.

- a packet of milk
- a packet of frozen chicken breast
- sliced ham
- fresh tomatoes
- yoghurt
- a tub of margarine

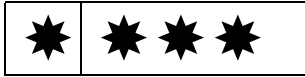


(3 marks)

c) List **three** rules that Mr and Mrs Cassar should follow when storing food in the refrigerator/ freezer.

- _____
- _____
- _____ (3 marks)

d) The following label was found on a packet of frozen peas.



What does this label indicate?

_____ (1 mark)

8. Our garbage bag at home contains all sorts of rubbish.

a) Name **four** different items that can be found in your garbage bag.

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

b) Suggest how these items could be disposed of correctly to help protect the environment.

_____ (2 marks)

c) You have decided to encourage your friends to reduce the amount of waste from your homes.

List **four** hints that you could give them to achieve your aims.

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

9. Children need to be taken care of all the time.

a) Suggest **three** ways how parents or carers might help to prevent certain accidents from happening to children in the:

bathroom: • _____
• _____
• _____

garage: • _____
• _____
• _____

garden: • _____
• _____
• _____

(9 marks)

b) John is an only child but his parents often take him to play with other children.

Name **two** things that John can learn when playing with other children.

- _____
- _____ (2 marks)

c) John's mother loves to read a story to John before she puts him to sleep.

Explain how this can help John.

- _____
- _____ (2 marks)