

**JUNIOR LYCEUM ANNUAL EXAMINATIONS 2006**

Educational Assessment Unit - Education Division

**FORM 3**

**HOME ECONOMICS**

**TIME: 1h 30min**

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

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

**Answer all questions.**

1.

<b>A</b>		<b>B</b>	
<b>NUTRITION INFORMATION</b>		<b>NUTRITION INFORMATION</b>	
<b>TYPICAL VALUES PER 100ml OF THIS MILK PROVIDE</b>		<b>TYPICAL VALUES PER 100ml OF THIS MILK PROVIDE</b>	
ENERGY	200kJ/47kcal	ENERGY	269kJ/64kcal
PROTEIN	3.4g	PROTEIN	3.2g
CARBOHYDRATE	4.9g	CARBOHYDRATE	4.8g
FAT	1.6g	FAT	3.6g

a) (i) Which nutritional label shown above refers to full-fat Milk **A** or **B**? (½ mark)

(ii) What can be the name of the other type of milk?  
\_\_\_\_\_ (½ mark)

(iii) What makes these two types of milk different?  
\_\_\_\_\_  
\_\_\_\_\_ (1 mark)

b) Suggest persons for whom each type of milk is suitable.

**Type A** • \_\_\_\_\_  
• \_\_\_\_\_

**Type B** • \_\_\_\_\_  
• \_\_\_\_\_

(2 marks)

c) As the label shows, milk is very high in Protein.  
Why is protein so important in the diet?

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

d) Milk is a good source of **H.B.V.** (*High Biological Value*) protein.  
Explain what is meant by **H.B.V.** protein.

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

e) Mention **four** other foods which are of **H.B.V.** protein.

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

f) It is important to eat **H.B.V.** protein foods and **L.B.V.** protein foods at the same time. Give practical examples how this can be done when preparing:

**Breakfast** • \_\_\_\_\_

**Main Course** • \_\_\_\_\_

**Dessert** • \_\_\_\_\_ (3 marks)

g) Suggest **three** ways of including milk in a child's daily diet.  
e.g. apple crumble and custard

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

h) Give **two** reasons why some people might prefer to use soya milk.

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

2. It is important that all children eat a healthy, balanced diet.

a) What do you understand by a healthy balanced diet?

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

b) Fill in the correct nutrient needed for each of the following functions.

	<b>Nutrient</b>	<b>Function</b>
i)	_____	provides the body with energy.
ii)	_____	forms red blood cells.
iii)	_____	helps build strong bones and teeth.
iv)	_____	helps to prevent spina bifida
v)	_____	needed for healthy eyes and skin.

(5 marks)

c) The Zammit family has just had a take-away meal.



MENU
Beef burger
White bun
French fries
Tomato ketchup
Lemonade

(i) Is this a balanced meal?  
Tick (✓) the correct box.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

(½ mark)

(ii) Suggest **three** changes that would make the meal healthier, giving a reason for each choice.

An example is given for you.

Food	Change to	Reason why
Example: <i>lemonade</i>	<i>Fresh orange juice</i>	<i>More Vitamin C</i>
• _____	_____	_____
• _____	_____	_____
• _____	_____	_____

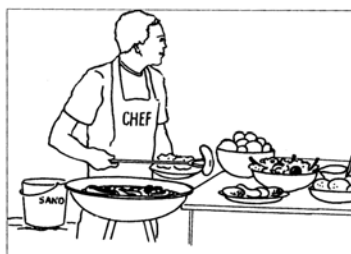
(3 marks)

3. a) Give **three** reasons why food is cooked?

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

(3 marks)

b) James is preparing a barbecue for his friends.



(i) Name **three** foods suitable for cooking on a barbecue.

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

(1½ marks)

(ii) Suggest a suitable salad he could serve giving **one** reason for your choice.

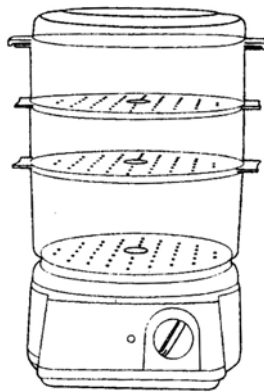
**Salad** \_\_\_\_\_

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

(iii) List **two** safety rules he should follow.

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

c) Electric food steamers are a popular choice in many kitchens.



(i) Give **two** reasons why steamers are useful.

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

(ii) Name **four** foods suitable for steaming.

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

(iii) For whom is this method of cooking particularly suitable?

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

d) You are allowed to use frying as a method of cooking only once a week. Which **one** of the following would be least harmful to health?

Chips

Omelette

Bacon

Pork chop

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Tick (✓) the correct  
answer

(1 mark)

Why? \_\_\_\_\_  
\_\_\_\_\_ (2 marks)

4. a) The method of making a whisked sponge has been printed below in the wrong order.  
**Re-arrange the stages into the correct order.**

Method of making a whisked sponge		Correct order
(i)	Sieve 50g of plain flour over the mixture.	<input type="checkbox"/>
(ii)	Whisk together 50g sugar and 2 eggs until thick and creamy.	<input type="checkbox"/>
(iii)	Fold in carefully using a metal spoon.	<input type="checkbox"/>
(iv)	Turn onto a wire rack and leave to cool.	<input type="checkbox"/>
(v)	Pour into greased tin. Bake immediately.	<input type="checkbox"/>
(vi)	Light the oven gas mark 5 (190°)	<input type="checkbox"/>

(3 marks)

- b) Why will this cake keep fresh for two or three days only?

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

- c) Many things can go wrong when making a whisked sponge.  
Explain what happens if:

- (i) not enough air is added during whisking.

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

- (ii) the flour is not folded in correctly.

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

- d) This sponge mixture will be used to prepare a dessert for a mid-day meal.  
Suggest **four** healthy ingredients that could be used with it.

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

5. You need to buy a labour-saving device which is not very expensive to help you prepare meals for children.

- a) (i) Suggest a piece of equipment you would choose.

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

- (ii) Give **two** reasons for your choice.

- \_\_\_\_\_

• \_\_\_\_\_ (2 marks)

b) Suggest **three** different uses of this device.

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

6. For your birthday you have received a money gift which you would like to use to buy a new mobile phone.

a) List the factors you would consider before making your final choice as an informed consumer.  
Justify each of the factors you have chosen.

**Factor**

**Justification**

- |         |         |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |

(3, 3 marks)

b) After a few weeks of use the mobile phone develops a fault.  
Write down the action you would take to complain about the fault.

1

↓

2

↓

3

↓

4

↓

5

(5 marks)

7. Play helps in the development of children.

a) Explain how play can help children to develop:

**Physically** \_\_\_\_\_

\_\_\_\_\_

**Intellectually** \_\_\_\_\_

\_\_\_\_\_

**Socially** \_\_\_\_\_

\_\_\_\_\_

(6 marks)

b) Suggest **three** play materials that could be found in a kindergarten class to create an enjoyable environment for young children.

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_ (3 marks)

c) Why should all children be immunised before they start to attend the kindergarten?

\_\_\_\_\_

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

d) At this stage in life, children are very likely to get infections. How can parents help prevent the spread of infections amongst young children?

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_ (3 marks)

e) What safety precautions should be taken in a kindergarten class to make it as safe as possible?

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_ (4 marks)



8. a) **Fill in the blanks.**

Most boys and girls smoke to feel \_\_\_\_\_. In Malta it is illegal to smoke in bars, restaurants and other \_\_\_\_\_ places. Friends and \_\_\_\_\_ can encourage teenagers to smoke.

\_\_\_\_\_ is a disease caused by smoking for a long time.

Smoking makes hair and clothes \_\_\_\_\_ bad.

Cigarettes cost a lot of money so they are \_\_\_\_\_ to buy.

Teenagers who are not yet \_\_\_\_\_ cannot buy cigarettes.

Smoking during \_\_\_\_\_ can harm the unborn baby.

The \_\_\_\_\_ in cigarette smoke is a black chemical which damages the lungs.

If you do not smoke but stay around people who do smoke, you are a \_\_\_\_\_  
\_\_\_\_\_. (10 marks)

b) A friend has decided to stop smoking. How can you help him to stop this habit?

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