

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2006

Educational Assessment Unit - Education Division

FORM 5

HOME ECONOMICS

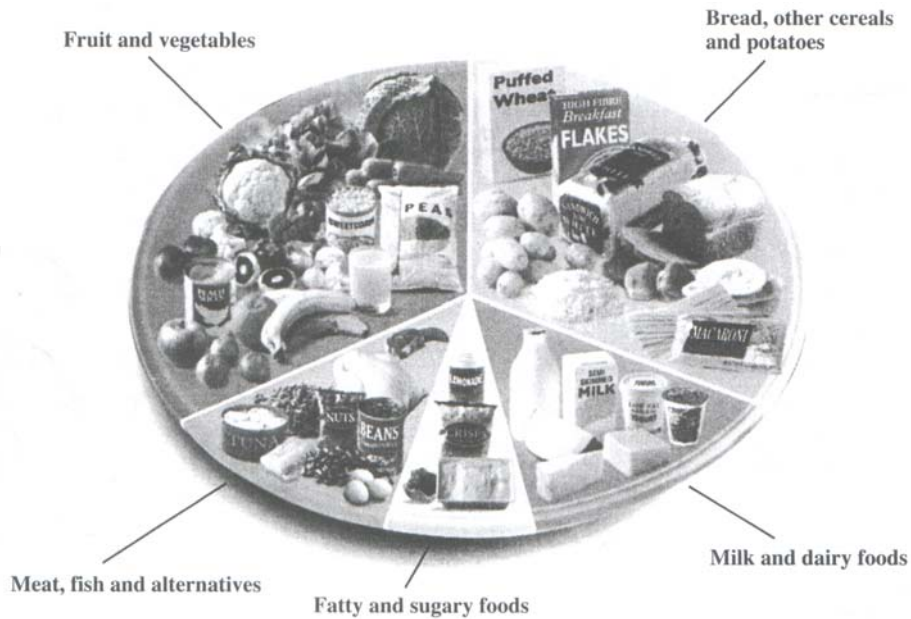
TIME: 1h 45min

NAME: _____

CLASS: _____

Answer all questions.

1. Eating a well-balanced diet is important for all the family.



a) What is meant by a balanced diet?

(2 marks)

b) Outline the benefits that fruits and vegetables have on our health.

- _____
- _____
- _____

(3 marks)

c) Name **five** ways in which fruits and vegetables can be used to add variety and interest to the diet.

- _____
- _____
- _____
- _____
- _____

(5 marks)

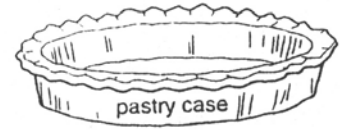
2. Convenience foods are still growing in popularity.

a) Name **five** reasons for this.

- _____
- _____
- _____
- _____
- _____

(5 marks)

b) The following are examples of convenience foods.



Suggest dishes that could be made using each of the convenience foods named below, keeping the dietary guidelines in mind.

An example is given for you.

Convenience foods	Dish
<i>Example: Frozen mixed vegetables</i>	<i>Vegetable soup</i>
• Dried mashed potatoes	• _____
• Jar of bolognese sauce	• _____
• A ready prepared pastry case	• _____
• Dessert mix	• _____

(2 marks)

c) Using **two** of the above dishes, plan a nutritious two-course meal for a family of four where both parents work. Give reasons for your choice of dishes.

Meal	Reasons for choice
• _____	• _____
• _____	• _____

(1, 2 marks)

3. Food additives have particular functions in food.

a) Fill in the table below with the correct additive/function.

Additive	Function
Preservative	• _____
• _____	Stops fat going rancid.
Emulsifiers	• _____
• _____	Improve the taste of food.
Colours	• _____

(5 marks)

b) Some people are concerned about the presence of additives in food. Give **three** possible reasons for this.

- _____
- _____
- _____

(3 marks)

c) Why is it important that all manufacturers of food list all the additives used in their products?

- _____
- _____

(2 marks)

4. a) Assess the value of frozen foods in the diet and lifestyle of a family of four where both parents work full time.

- _____
- _____
- _____

(3 marks)

b) Outline **five** rules necessary for freezing food successfully.

- _____
- _____
- _____
- _____
- _____

(5 marks)

c) Describe how you would freeze some fresh green peppers.

- _____
- _____
- _____
- _____

(4 marks)

d) Suggest ways how these frozen green peppers could be used.

- _____
- _____
- _____

(3 marks)

5. a) Explain what is meant by obesity.

(2 marks)

b) Why is obesity regarded as a dietary-related disorder?

- _____
- _____

(2 marks)

c) Suggest reasons how the Maltese lifestyle contributes to an increase in obesity.

- _____
- _____
- _____
- _____

(4 marks)

d) Assess the role played by the media in contributing to obesity in Malta.

(3 marks)

6. A person wishes to return an automatic kettle which does not turn itself off.

a) Describe the complaint procedure you would recommend for getting matters resolved.

- _____
- _____
- _____
- _____

(4 marks)

b) If you return the faulty kettle and cannot get any satisfaction from the shopkeeper, suggest the course of action you could take.

- _____
- _____

(2 marks)

7. a) What considerations should a couple with two children living on a moderate income take into account when choosing a home?

- _____
- _____
- _____
- _____
- _____
- _____

(6 marks)

b) List the basic needs that a home should provide.

- _____
- _____
- _____

(3 marks)

c) Name the type of house you would suggest for the family.

Type of House: _____

(1 mark)

Reasons for choice:

- _____
- _____
- _____

(3 marks)

d) How can the layout of the house help to provide a welcoming atmosphere to all family members?

(3 marks)

8. a) Name **three** factors which contribute to increased stress levels.

- _____
- _____
- _____

(3 marks)

b) Name situations which can cause stress.

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

(4 marks)

c) A young mother will be returning to work after having the first baby.

Suggest ways how she can prevent getting herself in a stressful situation.

- _____
- _____
- _____
- _____
- _____

(5 marks)

9. a) Describe the ways how state and voluntary organizations can help:

(i) **disabled persons**

- _____
- _____
- _____

(3 marks)

(ii) elderly people

- _____
 - _____
 - _____
- (3 marks)

b) Suggest how teenagers can help the following groups of persons to improve their quality of life.

(i) disabled persons

- _____
 - _____
- (2 marks)

(ii) elderly people

- _____
 - _____
- (2 marks)