

SECONDARY SCHOOLS ANNUAL EXAMINATIONS 2001

Educational Assessment Unit – Education Division

FORM 2

HOME ECONOMICS

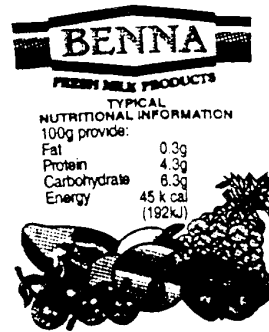
TIME: 1 hour 30 min.

Name: _____

Class: _____

Answer all questions.

1. Look carefully at the following label.



- a. Name the nutrients found in the yoghurt.

- _____
- _____
- _____

(3 marks)

- b. In the following table you find the functions (*work*) of the above nutrients. Write the correct nutrient next to its function.

Nutrient	Function
	• provides energy.
	• provides energy for warmth.
	• provides material for growth and repair.

(3 marks)

- c. Which diseases can be caused by eating too much sugar?

constipation
tooth decay
anaemia
diabetes

Tick the correct
answers

(2 marks)

- d. Show how you can reduce the amount of sugar that you eat.

Choose _____ instead of chocolates.

Choose _____ instead of cakes.

Choose _____ instead of soft drinks.

(3 marks)

2. Carbohydrates are made up of **three** types.

a. Name **two** foods sources of each type.

Carbohydrate	Food Sources	
sugar		
starch		
N.S.P. Dietary Fibre		

(3 marks)

b. Why are we advised to eat food rich in starch?

_____ (1 mark)

c. Give the name of a dish you have prepared at school which is rich in starch.

Name of Dish _____ (1 mark)

d. What can you serve with the dish to have a healthy well-balanced mid-day snack?

A fresh fruit

A bar of Chocolate

A soft drink

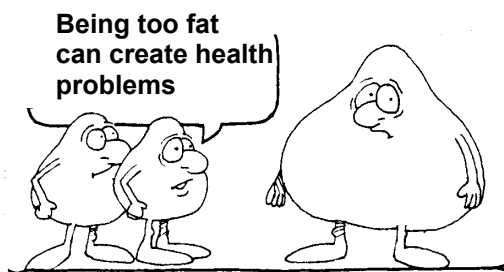
A fruit drink

Water

**Tick the correct
answers**

(2 marks)

3.



a. Name **four** foods which are high in saturated fat.

- _____
- _____
- _____
- _____

(2 marks)

b. Too much fat can cause

constipation

heart disease

anaemia

Obesity

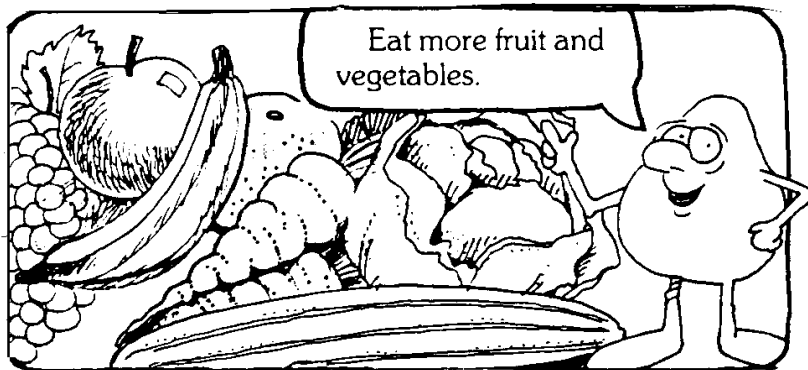
**Tick the correct
answers**

(2 marks)

- c. Give **four** ways how teenagers can reduce the amount of fat they eat.

Choose _____	Instead of fresh cream	
Choose _____	Instead of fatty meat	
Choose _____	Instead of cheese cakes	
Choose _____	Instead of full fat milk	
Choose _____	Instead of fried chips	(5 marks)

4. Fruits and vegetables are very high in fibre.



- a. Plan a well-balanced mid-day snack for a teenager who needs to add fibre in the diet.

(i)

Mid-day Snack	
main dish	
dessert	
drink	

- (ii) Underline the foods in (i) which are high in fibre. (3, 2 marks)

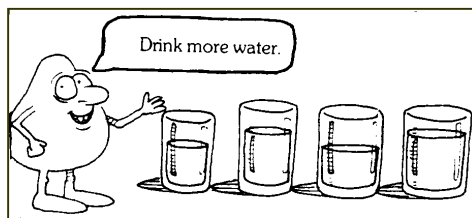
- b. What is the work of fibre in the body?

- _____
 - _____
- (2 marks)

- c. Suggest **four** ways how you can add more fibre in your diet.

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

5.



a. Why is water needed for the human body?

- _____
- _____
- _____

(3 marks)

b. How much water should you drink everyday?

1 litre





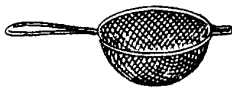

3 litres

2 litres

**Tick the
correct box.**

(1 mark)

6. Below are the diagrams of **five** utensils used for preparing food.
Give **one** example to show the use of each utensil.
Name a dish that could be made by using the utensil.
The first one has been done for you.

Utensil	Example of Use	Name of dish
	<i>to bake rock cakes</i>	<i>Rock Cakes</i>
		
		
		
		
		

(10 marks)

b. Explain how you would wash the non-stick baking sheet after using it.

- _____
- _____
- _____

(3 marks)

7.

Jane decided to prepare some rikotta pies for her evening snacks.

Answer the following questions by ticking the correct answers.

- a. Which type of flour will you use for the pastry?

- | | | |
|-------------------------|--------------------------|----------|
| (i) Plain flour | <input type="checkbox"/> | |
| Self-raising flour | <input type="checkbox"/> | |
| Wholemeal flour | <input type="checkbox"/> | |
| plain / wholemeal flour | <input type="checkbox"/> | (1 mark) |

- ii. Why? _____ (2 marks)

- b. What type of fat would you choose?

- | | | |
|---------------------------|--------------------------|----------|
| saturated margarine | <input type="checkbox"/> | |
| polyunsaturated margarine | <input type="checkbox"/> | (1 mark) |

- iii. Why? _____ (2 marks)

- c. Should you use

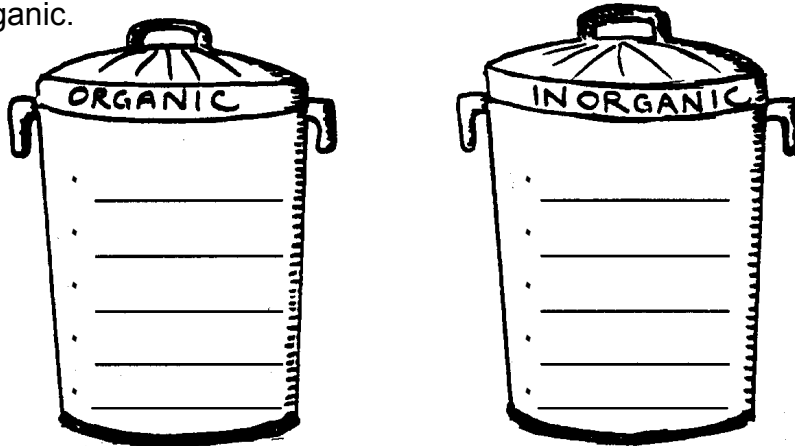
- | | | |
|-------------------------|--------------------------|----------|
| warm water | <input type="checkbox"/> | |
| or cold water | <input type="checkbox"/> | |
| when making the pastry? | | (1 mark) |

- d. What would you serve with the pie to make the evening snack more balanced and interesting?

- | | | |
|-----------|--------------------------|----------|
| a salad | <input type="checkbox"/> | |
| a custard | <input type="checkbox"/> | (1 mark) |

- e. Suggest a drink that you would prepare. _____ (1 mark)

8. Our dustbins at home consist of a mixture of **Organic** and **Inorganic** waste.
- a. Name **five** items found in the dustbins which are organic and **five** items which are Inorganic.



(5 marks)

- b. In Malta, organic waste is treated at the Sant Antnin Solid Waste Composting plant to produce compost.
What is this compost used for?

(1 mark)

- c. Give **three** ways how you can **reduce** and **recycle** inorganic waste.
e.g. used glass jars could be used to store food.

- _____
- _____
- _____

(3 marks)

- d. The following are environmental problems that are associated with waste disposal.

compost

pollution

huge dumping sites

**Tick the
correct answers.**

(2 marks)

- e. Design a poster for the School Corridor to encourage students to reduce the amount of inorganic waste around them.

Message

Poster

(2 marks)

(3 marks)

9. The Fridge / freezer is a necessity in every home.

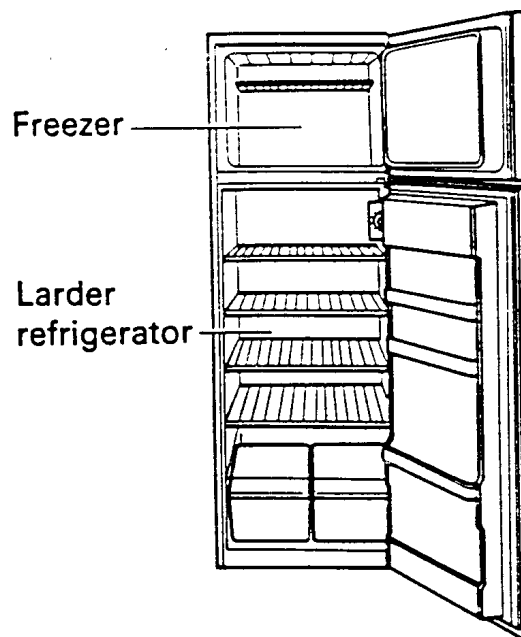
a. Give **three** reasons why this is so.

- _____
- _____
- _____

(3 marks)

b. Below there is a list of food items Jason has just bought.
Mark where each of these items is to be stored in the Fridge / Freezer.

- a packet of fish burgers
- a packet of milk
- Edam Cheese
- margarine
- chicken breast to be cooked on the same day
- fresh tomatoes



(3 marks)

10. Good dental care means knowing how to look after your teeth and visiting your dentist regularly.

a. Besides visiting the dentist list **three** things you would do to keep your teeth healthy.

- _____
- _____
- _____

(3 marks)

b. Give **one** reason why you should visit the dentist regularly.

- _____

(1 mark)

c. What advice would you give to parents of very young children to help them care for their children's teeth?

- _____
- _____

(2 marks)

- 11a. The Vella Family consists of the mother and father, a teenage boy, a ten year old girl and a new born baby.

Suggest how each member of the family can co-operate and share the household responsibilities (*jobs*).

Mrs Vella

- _____
- _____

Mr Vella

- _____
- _____

Teenage boy and
ten year old girl

- _____
- _____

(6 marks)

- b. Name **two** leisure activities the Vella family can share to keep each other happy and united.

- _____
- _____

(2 marks)