

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2003

Educational Assessment Unit - Education Division

FORM 3**HOME ECONOMICS****TIME: 1h 30min**

Name: _____

Class: _____

Answer all questions:

1. a) Complete the chart below by choosing the correct answer from the list below.

Nutrient	Function	Examples of Food Sources
_____	• Needed for strong bones and teeth.	• _____ • _____
Iron	• _____ • _____	• Red Meat • Breakfast cereals
_____	• Protects vital organs, provides energy and insulating layer.	• _____ • _____
Vitamin D	• _____ • _____	• Action of sunlight on skin • oily fish

Butter	to make strong bones and teeth	milk
Calcium	to make red blood cells	fat
Cheese	margarine	

(8 marks)

- b) Match the different persons listed below with the type of food they must include in their diet.

The first one has been done for you.

Persons	Type of Food
(i) sportspersons	low in animal fats
(ii) people who suffer from hypertension	high in fibre
(iii) people who suffer from constipation	low in energy
(iv) people who suffer from anaemia	(i) high in energy
(v) people who have high cholesterol	low in salt
(vi) people who are not very active	high in iron

(5 marks)

2. It is recommended that we eat foods rich in Vitamin C, everyday.

a) Why is Vitamin C needed by the body?

Underline the correct answer.

- (i) to help us fight infections
- (ii) for growth and repair
- (iii) for strong bones and teeth

(1 mark)

b) It is easy to lose Vitamin C when preparing and cooking vegetables.

Suggest **two** ways how this can be done when:

preparing vegetables

- by rinsing after peeling them

- _____

- _____

cooking vegetables

- by reheating them

- _____

- _____ (4 marks)

c) Vitamin C helps with the absorption of:

(i) calcium

☐

(ii) fluoride

☐

(iii) iron

☐

tick ☒ Near the correct answer

(1 mark)

d) Why is this mineral needed in the body?

_____ (1 mark)

e) Name foods which you can have for breakfast and dinner which are good sources of Vitamin C.

Breakfast

- _____

- _____

- _____

Dinner

- _____

- _____

- _____

(3 marks)

3. Sugars and starches are both carbohydrates.

a) Why do we need carbohydrates?

(i) to keep warm

☐

(ii) for energy

☐

(iii) to grow

☐

tick ☒ Near the correct answer

(1 mark)

b) Eating lots of sugary foods may lead to health problems.

Underline **three** of these health problems.

tooth decay

constipation

obesity

anaemia

rickets

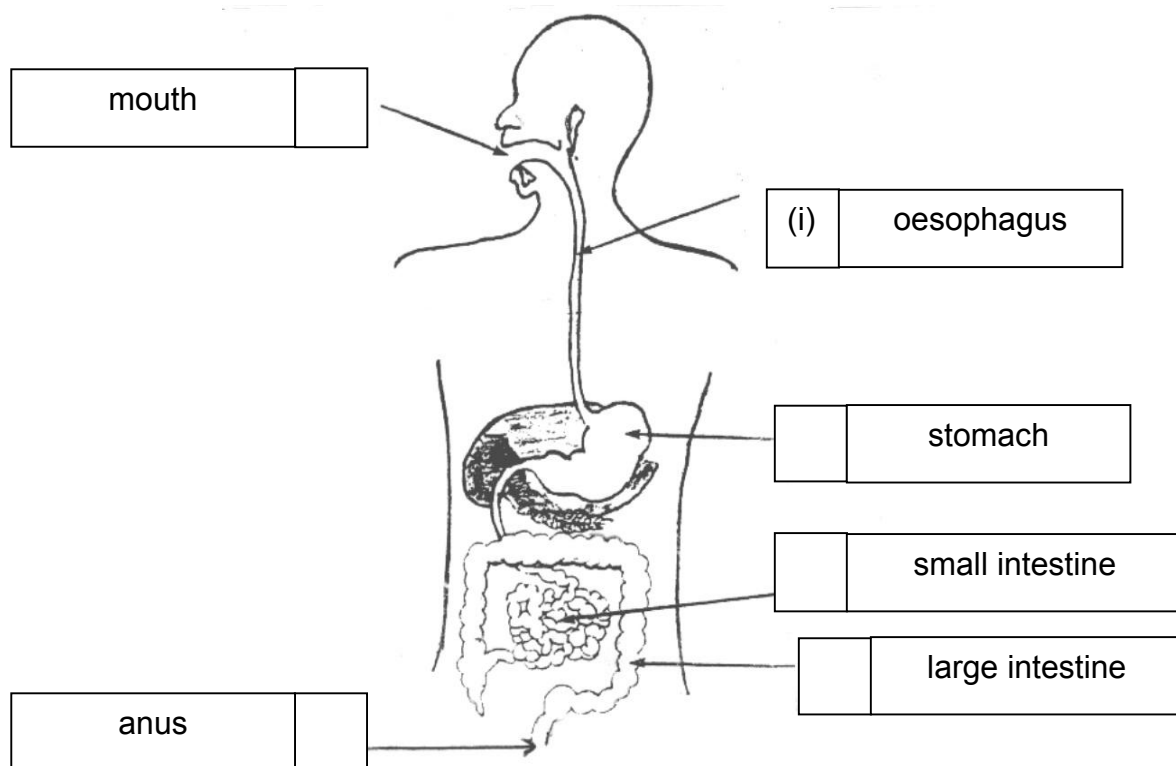
diabetes

(3 marks)

- c) Pasta is a starchy food.
Why is pasta so popular with Maltese families?
- _____
 - _____ (2 marks)
- d) Give the names of **three** pasta dishes.
- (i) _____ (ii) _____ (iii) _____ (3 marks)
4. Fresh milk is found in almost every home.
- a) Name **two** other different types of milk.
- eg; condensed milk • _____ • _____ (2 marks)
- b) You have just bought a carton of fresh milk.
How would you store it?
- _____
 - _____ (2 marks)
- c) Name **four** recipes where milk is used as a main ingredient.
- eg; lasagne • _____ • _____
- _____ • _____ (4 marks)
- d) List four milk products (foods made from milk)
- eg; cream • _____ • _____
- _____ • _____ (4 marks)
- e) Why is milk such an important food for children?
Underline the correct answer.
- (i) because it is rich in calcium and protein.
- (ii) because it is rich in iron and Vitamin C.
- (iii) because it is rich in fibre and sugar. (1 mark)

5. Match the digestive process below with the correct part of the body where it takes place.

The first one has been done for you



- (i) chewed food is lowered through this into the stomach.
- (ii) unwanted waste products leave the body here.
- (iii) food is mixed with juices.
- (iv) food is chewed, mixed with saliva and broken into small pieces.
- (v) solid waste travels with water.
- (vi) nutrients are absorbed into the blood.

(5 marks)

6. a) Complete the following list of ingredients needed for a sponge mixture.

_____ eggs

75g sugar

_____ flour

(2 marks)

- b) Underline the name of the method used to prepare a sponge mixture.

- rubbing-in method
- creaming method
- all-in-one method
- whisking method

(1 mark)

- c) Which type of flour would you use to prepare the sponge mixture.
Give a reason for your answer.

Type of flour: _____ **(1 mark)**

Reason: _____ **(2 marks)**

d) Which oven setting would you use to bake a sponge mixture?

gas mark 3/170°C ☐

gas mark 5/190°C ☐

gas mark 7/210°C ☐

tick ☒ near the correct answer

(1 mark)

e) Name **two** sweet dishes which can be prepared with a sponge mixture

• _____ • _____ (2 marks)

f) The sweet dish shown below is covered with fresh cream and tinned fruit.



Suggest how you could decorate this dish by using healthier ingredients.
Give reasons for your changes.

Healthier Ingredients

Reasons

_____ instead of cream

• _____

_____ instead of tinned fruit

• _____

(2, 2 marks)

7. a) You are preparing some short crust pastry.

(i) How much fat would you use with 200g flour?

(1 mark)

(ii) Which type of flour would you use when preparing the pastry if you want to add fibre?

(1 mark)

(iii) Which type of fat would you use, if you want to follow the healthy diet guidelines?

☐ Saturated

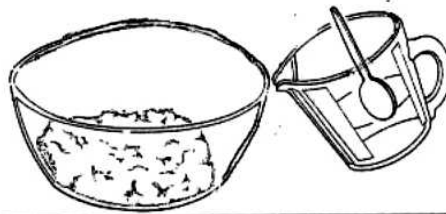
☐ Polyunsaturated

tick ☒ near the correct answer

(1 mark)

- b) With the help of the diagram below, write out the method for making short crust pastry.

START



STOP

- (ii) To bake a short crust pastry dish, you set the oven at gas mark _____ (4 marks)

(1 mark)

- c) Give rules you should follow to have successful pastry.
e.g. measure the ingredients carefully

- _____
- _____
- _____
- _____

(4 marks)

- d) You are preparing some short crust pastry.
How would you store it for future use?

- _____
- _____ (2 marks)

- e) Suggest **two** sweet and **two** savoury dishes you could prepare, using short crust pastry.

Sweet Dishes

Savoury Dishes

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

8. a) Fill in the blanks by using the correct word from the list below.

nicotine,	Alcoholic Anonymous,	cancer,	tar,	heart,
unit,	passive,	abuse,	medicines,	small babies

- (i) Smoking can cause _____ .
- (ii) Carbon monoxide, _____ and _____ are three harmful substances found in tobacco.
- (iii) Smoking can damage the _____ by making it beat faster.
- (iv) _____ smoking happens when we take in the harmful fumes produced by people smoking around us.
- (v) _____ are drugs which help to cure or prevent diseases.
- (vi) A glass of wine, a bottle of beer or a tot of whisky all give one _____ of alcohol.
- (vii) Using a drug when we do not need it is called drug _____ .
- (viii) _____ is the name of a support group for persons with a drinking problem.
- (ix) Smoking, drug abuse or heavy drinking in pregnancy can result in _____ .

(10 marks)

- b) More and more teenagers are drinking alcohol regularly.
What makes teenagers abuse alcohol?
Give **three** reasons.

(i) _____

(ii) _____

(iii) _____ **(3 marks)**

- c) Design a poster which could be used in your local youth club to discourage your teenage friends from turning to alcohol.



(6 marks)