

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2005

Educational Assessment Unit – Education Division

FORM 2

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all Questions

1. Pasta is a very popular food.



a. It is rich in

Starch

Tick the
or **correct**

Sugar

answer.

(1 mark)

b. Both starch and sugar form part of

Carbohydrates

Tick the
or **correct**

Minerals

answer.

(1 mark)

c. Dietary Fibre also forms part of

Carbohydrates

Tick the
or **correct**

Minerals

answer.

(1 mark)

d. What is the function (*work*) of carbohydrates in the body?

_____ (2 marks)

e. Name **two** pasta dishes that are popular with Maltese teenagers.

Pasta Dishes

• *e.g. Pasta with Ham and Mushrooms.*

- _____
- _____

(2 marks)

f.

lentils	ham	peas	cheese	corn
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Which of the above foods could be added to pasta dishes to add more fibre?

Underline the correct answer.

(3 marks)

g. What is the function (*work*) of fibre in the body?

(2 marks)

h. How can teenagers eat more fibre rich food during the day?

- *e.g. add dried or fresh fruit to breakfast cereals.*

- ---
- ---
- ---

(3 marks)

i. Mark the diseases which may be avoided when eating fibre rich foods.

diverticulites	<input type="checkbox"/>
heart disease	<input type="checkbox"/>
tooth decay	<input type="checkbox"/>
constipation	<input type="checkbox"/>

Tick with a ✓

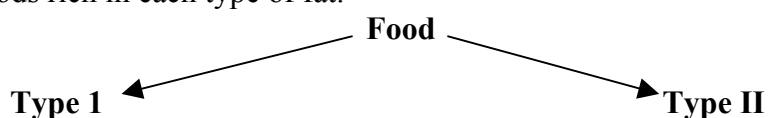
(2 marks)

2. One of the dietary guidelines advises us to eat less fat.
Fat can be of **two** types.

Type 1 Animal - Saturated

Type II Plant - Polyunsaturated

a. Name **two** foods rich in each type of fat.



<ul style="list-style-type: none"> • e.g. suet • <hr/> • <hr/> 	<ul style="list-style-type: none"> • e.g. safflower oil • <hr/> • <hr/>
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(2 marks)

b. i. Which type of fat should be avoided?
 _____ (1 mark)

ii. Why? _____
 _____ (2 marks)

c. Your school wants to help overweight children to lose some weight.
 Suggest a healthier type of food which these children should eat instead of the ones given below.

The first one has been done for you.

e.g. Eat light yoghurt instead of fresh cream.

- Drink _____ instead of full fat milk.
- Eat _____ instead of chocolate.
- Eat _____ instead of cheddar cheese.
- Eat _____ instead of fast food.
- Eat _____ instead of sausage rolls. (5 marks)

d. Besides not eating foods rich in fat, how can school children reduce their weight?

- e.g. *walking instead of taking the bus.*
- _____
- _____
- _____ (3 marks)

3a. Fill in the chart below.

Match the following nutrients to the correct functions.

Nutrient		Function
i.	Protein	<input type="text"/> helps to fight infections.
ii.	Calcium	<input type="text"/> builds the red blood cells
iii.	Vitamin C	<input type="text"/> provides material for growth and repair.
iv.	Iron	<input type="text"/> builds strong bones and teeth. (4 marks)

b. From the list below, name **two** foods rich in each nutrient.

	Foods	
Protein	_____	_____
Calcium	_____	_____
Vitamin C.	_____	_____
Iron	_____	_____

beef	oranges	milk	cheese
nuts	fish	lettuce	eggs

(4 marks)

c. Why is it important to drink plenty of water?

- _____
- _____

(2 marks)

d. How can a parent encourage a young child to drink water?

(1 mark)

4. Your friend has asked you to help her make 200g Short Crust pastry.

a. Write down the quantities of the **two** main ingredients.

- **flour**
- **fat**

(2 marks)

b. Suggest the type of flour and the type of fat she can use to keep in line with the dietary guidelines.

Type of flour _____

Type of fat _____

(2 marks)

c. Give **four** useful tips to your friend to keep in mind when making short crust pastry to have good result.

- e.g. *use cold ingredients*
- _____
- _____
- _____
- _____

(4 marks)

d. Give the oven temperature at which Short Crust pastry should be baked.

Gas Mark

°C.

(1 mark)

- e. Your friend wants to use the pastry to make a pie for supper.
Name the utensils she requires and give the use of each.

Utensils	Use
• _____	_____
• _____	_____
• _____	_____
• _____	_____
• _____	_____
• _____	_____

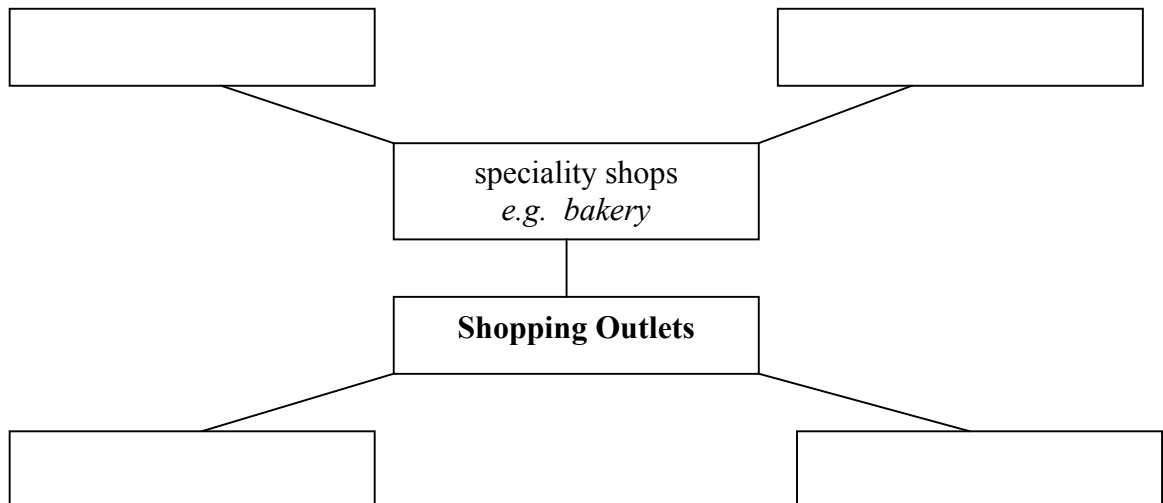
(6 marks)

- f. Draw the place setting to serve this pie for one person. Also include the place setting for a drink.



(4 marks)

5. In Malta, we find several outlets where we can do our shopping.
a. List **four** of these outlets.



(4 marks)

- b. Name **three** points which your family considers before deciding which outlets (*shops*) to choose to do your shopping.
- e.g. *if prices are reasonable.*
 - _____
 - _____
 - _____
- (3 marks)
- c. List **two** sensible ways how you can save money when doing your shopping.
- _____
 - _____
- (2 marks)
6. Study the food label below.



HEINZ

FROM ABOUT **7** MONTHS OLD



e 163 g

BEST BEFORE END: SEE BASE

Carrots & Potatoes with Chicken

A substantial blend of carrots and potatoes with chicken and a sprinkling of parsley



- ✓ NO ADDED SUGAR
- ✓ NO ADDED SALT
- ✓ NO ADDED PRESERVATIVES
- ✓ NO ARTIFICIAL COLOURS
- ✓ NO ARTIFICIAL FLAVOURS





Made in England
© J. Heinz Co. Ltd.
Harrow, Middlesex, U.K.A.

INGREDIENTS

Water, Carrots, Potatoes
(Chicken, Parsley, Herbs)
Iron Sulphate (Iron 2mg/100g)

5 000157 008725



Do not use a can opener. If ring-pull fails, return to Heinz for a full refund.

From about 7 months old your baby is ready for food that is a little more substantial. This recipe, developed by Heinz Nutritionists, has a soft finely chopped texture similar to your own home-cooked baby food. Every Heinz Baby recipe contains only natural, wholesome ingredients and will help provide your baby with a varied and nutritionally balanced diet.

PREPARATION This baby recipe can be served cold or warm. Spoon the required amount into a clean bowl. (do not add sugar or salt). To heat, stand the bowl in hot water and allow to warm. Any remaining unwarmed portions can be placed in a suitable container and safely stored in a refrigerator for up to 48 hours. For Heinz Baby Club and safety brochures (UK only), feeding guide or advice, write to Susan Baxter at the address opposite. In all correspondence please quote quality code on base.

NUTRITION INFORMATION			
TYPICAL VALUES	PER 100 g	PER 100 g CAN	PER 100 g
ENERGY	332 kJ	541 kJ	
	79 kcal	129 kcal	
PROTEIN	3.2 g	5.2 g	
CARBOHYDRATE	9.4 g	15.3 g	
of which sugars	(2.5 g)	(4.1 g)	
FAT	3.2 g	5.2 g	
of which saturated	(1.2 g)	(2.2 g)	
FIBRE	1.2 g	2.0 g	
SODIUM	17mg	17mg	

Courtesy of Heinz

- a. For whom is this food suitable?
- (1 mark)
- _____
- b. What is the weight of this product?
- (1 mark)
- _____

- c. Name **four** important pieces of information given on this label.

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

- d. How can this information help parents to choose the right kind of food for their children?

(2 marks)

7. Caring for the environment is everyone's responsibility.

- a. How can we reduce the amount of rubbish in our home?

- e.g. *make use of the concentrated form of detergents.*
 - _____
 - _____
 - _____
- (3 marks)

- b. Presently we are being asked to separate our waste and dispose of it in **four** different skips at the ***'Bring in site'***.

Write the name of the content of each skip.

Four identical, empty house-shaped boxes are arranged horizontally. Each box is designed for a drawing, with a rectangular base and a triangular roof. The boxes are intended for the student to draw the four houses mentioned in the text.

(4 marks)

- c. Draw a poster to encourage people in your town or village to use this practice of disposing properly of our waste.

Write a message about the benefits of this practice.

Message

(2, 4 marks)

8. This mother is feeding her child.



“Come on darling, eat
some more and mummy
will get you sweets.”

- a. Why should parents never follow the example of the above mother and use sweets to reward their children?
- _____
 - _____ (2 marks)
- b. Explain the harm that sweets and other sugary foods can do to a child's teeth.
- _____
- _____ (2 marks)
- c. How can parents establish (*set*) good eating habits with their children?
- _____
- _____ (2 marks)
- d. Sometimes children do need to be punished for bad behaviour.
Describe how you would treat such behaviour in children.
- _____
- _____ (2 marks)
- e. Explain why parents should never send their children to sleep without showing them that they have forgiven them.
- _____
- _____ (2 marks)
- f. Name **two** activities that parents can share with children before they put them to sleep.
Activities
- _____
 - _____ (2 marks)