

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2005

Educational Assessment Unit – Education Division

FORM 3

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all Questions

1a. Protein is needed by the body for:

- (i) healthy eyesight
- (ii) strong teeth
- (iii) growth and repair

(Underline the correct answer.)

(1 mark)

b. Everybody needs to take in protein everyday, but some people require more.

Name **two** groups of people who need to eat more protein-rich foods.

i) _____ ii) _____ (2 marks)

c. Protein can be of High Biological Value (H.B.V.) or of Low Biological Value (L.B.V.)

Group these foods under the correct heading.

lentils	nuts	poultry	soya	eggs	cereals
meat	fish	seeds	milk	pasta	peas

H.B.V. Protein

L.B.V. Protein

(6 mark)

- d. Give **two** examples how H.B.V. protein could be eaten with L.B.V. protein when preparing meals for the family.

Example (i) _____

Example (ii) _____ (2 marks)

- e. Protein foods pass through different changes when being cooked.
On cooking, protein:

shrinks ☐ is lost ☐ sets ☐

melts ☐ loses its taste ☐ gets tough if over cooked ☐

tick ☒ near **three** correct answers (3 marks)

- f. If we have too much protein in our diet, the extra may be used for:

healthy blood ☐ energy ☐ digestion ☐

tick ☒ near the correct answer (1 mark)

- 2a. What is the function (*use*) of Calcium in the body?

- i) for strong bones and teeth
- ii) for healthy blood
- iii) for energy

(*Underline the correct answer*) (1 mark)

- b. Name the Vitamin which helps the body with the absorption of Calcium.

Vitamin: _____ (1 mark)

- c. List **four** foods which are good sources (*have a lot*) of Calcium.

i) _____ ii) _____ iii) _____ iv) _____
(4 marks)

- d. Suggest **two** groups of people who need to take more calcium rich foods in their meals.
Give a reason for your answer.

Group of People:	Reason:	
i) _____	• _____	
ii) _____	• _____	(2, 2 marks)

- 3a. Some children and teenagers have got into the habit of eating unhealthy food as snacks.

Suggest **two** reasons for this bad habit.

i) _____
ii) _____ (2 marks)

- b. Keeping the Nutritional Guidelines in mind, suggest healthy foods which can be used as snacks by the following:

i) a ten-year old's packed school lunch: _____
ii) a seven-year old while watching cartoons: _____
iii) a four-year old while playing: _____
iv) a fourteen-year old while studying: _____ (4 marks)

- c. Eating habits are formed in early life.

How can parents help their children to develop healthy eating habits?

- _____
- _____ (2 marks)

4. In Malta some teenagers are overweight.

- a. Suggest **two** sports activities that teenagers could practise to use up extra energy.

- i) _____ ii) _____ (2 marks)

- b. List **two** health benefits teenagers may enjoy when practising a sport.

- *They will not gain weight.*
- _____
- _____ (2 marks)

- c. Your friend would like to lose weight as she is a little overweight.

Give suggestions how she can do this.

- _____
- _____
- _____ (3 marks)

- d. Plan a healthy evening meal for your teenage friend. Give reasons for your choice of dishes.

Meal:

Reasons:

Main Dish: _____

- _____

Dessert: _____

- _____

(2, 2 marks)

5. At school you have learnt how to prepare Short Crust Pastry.

a. Suggest **three** ways how you can prepare pastry dishes and still follow the Nutritional Guidelines.

i) _____

ii) _____

iii) _____ (3 marks)

b. Write down **five** rules that you should follow when making Short Crust Pastry.

i) *weigh all the ingredients accurately.*

ii) _____

iii) _____

iv) _____

v) _____

vi) _____ (5 marks)

c. At what temperature would you set your oven when baking a Short Crust Pastry Dish?

Gas Mark _____ or _____ °C (1 mark)

d. Suggest healthy pastry dishes which you could prepare for:

● a child's packed lunch: _____

● a sweet dish for a party: _____

● a main dish for a family meal: _____ (3 marks)

- e. You would be preparing some Short Crust Pastry to use later on.

How would you store it?

- _____
- _____ (2 marks)

- 6a. Name **three** different methods of cake-making and suggest **two** different cakes/buns which can be prepared by each method.

Method i) _____ **Suggested Cake / Bun:** • _____ • _____

Method ii) _____ **Suggested Cake / Bun:** • _____ • _____

Method iii) _____ **Suggested Cake / Bun:** • _____ • _____

(3,6 marks)

- b. Choose **one** method of cake-making and write down the steps you would follow to carry it out.

Chosen method of cake-making: _____

Method:

i) *Collect utensils and measure all the ingredients.*

ii) _____

iii) _____

iv) _____

v) _____

vi) _____

(5 marks)

c. At what temperature would you bake your cake?

Gas Mark _____ or _____ °C

(1 mark)

d. How would you check that your cake is cooked?

- _____

(1 mark)

e. List **two** electrical appliances which might help you to prepare this cake.

(i) _____ (ii) _____

(2 marks)

f. You will be using the cake in a few days' time.

How will you store it?

- _____
- _____

(2 marks)

7. You have been chosen to give a talk to your classmates on the effects of alcohol abuse on teenagers.

a. List **five** points which you could discuss during your talk.

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____

(5 marks)

- b. Draw a poster and a suitable slogan which you could use when giving your talk.

POSTER



SLOGAN



(4, 2 marks)

- 8a. Suggest **three** sources from where you can get useful information before buying a new appliance for your home.

i) _____

ii) _____

iii) _____

(3 marks)

- b. List **four** points which could help you to make your final choice when choosing the appliance.

i) _____

ii) _____

iii) _____

iv) _____

(4 marks)

- c. The appliance you bought, develops a fault after a few weeks of use. What action would you take?

i) _____

ii) _____

iii) _____

iv) _____

(4 marks)