

**SECONDARY SCHOOL ANNUAL EXAMINATIONS 2006**

Educational Assessment Unit – Education Division

**FORM 2**

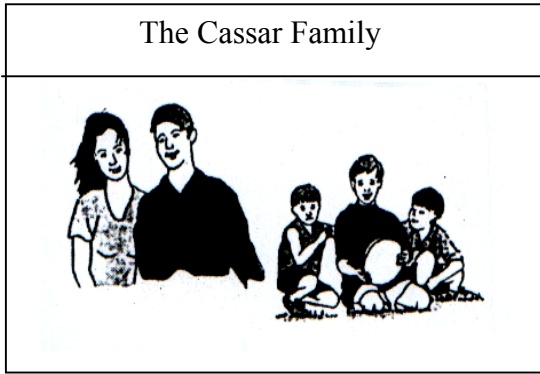
**HOME ECONOMICS**

**Time: 1h 30min**

Name: \_\_\_\_\_

Class: \_\_\_\_\_

1. Mr. and Mrs. Cassar need help to encourage their children to eat healthier foods.



This is the shopping list of the Cassar family.

Sugar Puffs  
Beef Burgers  
Orange Squash  
White Bread  
Ice-cream

a. Suggest healthier foods to choose:

**Instead of Sugar Puffs, choose** \_\_\_\_\_

**Instead of Beef Burgers, choose** \_\_\_\_\_

**Instead of Orange Squash, choose** \_\_\_\_\_

**Instead of Ice-cream, choose** \_\_\_\_\_

(5 marks)

b. Give **two** reasons why you have chosen healthier foods.

Reason (i) \_\_\_\_\_

\_\_\_\_\_

Reason (ii) \_\_\_\_\_

\_\_\_\_\_

(4 marks)

c. The following is a list of food all containing a high amount of fat which Mr. and Mrs. Cassar have come across at the Supermarket .

<b>Vitalight margarine</b>	<b>Butter</b>	<b>Peanut butter</b>	<b>Lard</b>
<b>Fresh cream</b>	<b>Olive oil</b>	<b>Pork sausages</b>	<b>Flora margarine</b>

Place each type of food under the correct column.

*The first one has been done for you.*

**Mostly Saturated Fat**

eg Lard

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Mostly Unsaturated Fat**

eg Flora margarine

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(3 marks)

d. Why should the Cassar Family try to choose less foods high in saturated fat?

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

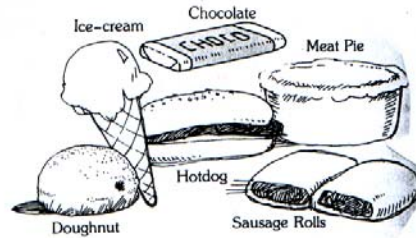
2a. Nowadays some families are eating:

**too much salt**

**too much sugar**

**not enough fibre**

**too much saturated fat**



Suggest **three** ways how families could avoid each of the above eating habits.

**Too much salt**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Too much sugar**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Not enough fibre**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Too much saturated fat**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

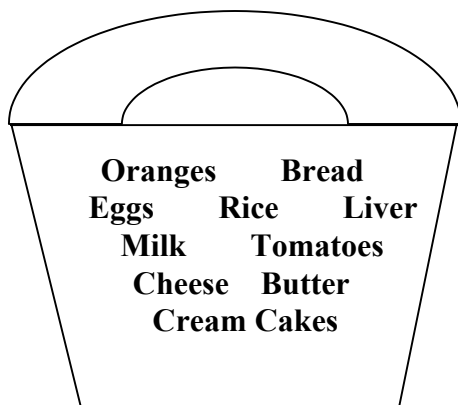
(12 marks)

b. A poor diet can cause ill-health.  
*Tick the box next to the correct answer.*

- (i) **One of the causes of diabetes is:**  
 not eating enough food   
 eating too many sugary foods   
 eating too many vegetables
- (ii) **One of the causes of Obesity is:**  
 not eating enough food   
 eating too much fibre   
 eating too much food
- (iii) **One of the causes of brittle bones / osteoporosis is:**  
 lack of fat in the diet   
 lack of calcium in the diet   
 lack of sugar in the diet
- (iv) **One of the causes of constipation is:**  
 not eating enough fibre rich foods   
 eating too many sugary foods   
 eating too many fatty foods

(4 marks)

3.



The food found in this shopping bag is rich in different nutrients.

a. Place this food under the correct nutrient it is rich in.

Carbohydrates	Fats	Proteins	Vitamins	Minerals
• _____	• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____	• _____

(5 marks)

b. Give the function of Protein and Vitamins in the body by **underlining the correct answer**.

- (i) **Protein is needed for**
- strong bones and teeth
  - growth and repair
- (ii) **Vitamins are needed for**
- energy
  - protection against disease. (2 marks)

c. Although water is not a nutrient, it is still very important for good health. Tick ✓ near the correct functions of water in the body

- it cleanses the body
- it helps digestion
- it keeps the body warm

(2 marks)

d. From the list below choose a healthy snack and a drink for a 13-year old teenager. Give a reason for your choice

Snacks	Drinks
Packet of crisps Cheese sandwich Chocolate Bar Banana	Fruit Juice Orange Squash

**Snack:** \_\_\_\_\_

**Reason:** \_\_\_\_\_

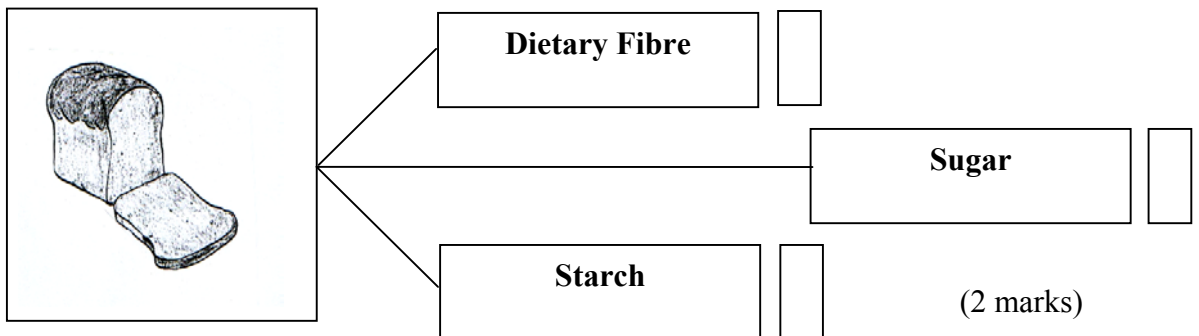
**Drink:** \_\_\_\_\_

**Reason:** \_\_\_\_\_

(1, 1, 2, 2 marks)

4. Wholemeal bread contains a good amount of Carbohydrates.

a. Tick the correct type of Carbohydrate found in Wholemeal bread.



(2 marks)

b. Why do we need to eat carbohydrate rich foods?

\_\_\_\_\_ (2 marks)

c. List **four** foods rich in carbohydrates which you often eat.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

5. Your mother needs help on making Short Crust pastry to follow the dietary guidelines.

a. **Suggest:**

(i) **the type of flour to use:**

white flour

wholemeal flour

**Tick the correct boxes**

a mixture of both flours

**Why?**

\_\_\_\_\_  
\_\_\_\_\_

(1, 2 marks)

(ii) **the type of fat to use:**

saturated fat

**Tick the correct box**

unsaturated fat

**Why?**

\_\_\_\_\_  
\_\_\_\_\_

(1, 2 marks)

b. She wants to make a sweet pie for tea-time.

Choose **two** healthy ingredients to use for the filling of the pie.

**strawberry jam**

**walnuts**

**apples**

**tinned fruit**

Underline the correct answers.

(1 mark)

c. At what oven temperature should this pie be baked?

Gas Mark   °C

(1 mark)

d. She has some leftover pastry which she would like to keep for future use. Describe how to store it correctly.

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(2 marks)

6. The food we eat affects the health of our teeth.

a. Underline the foods which children should eat to help them have strong and healthy teeth.

Milk	Cheese	Apples	
Fizzy drinks	Yoghurts	Sausage rolls	(2 marks)

b. Sugary foods can:  
help develop strong gums

harm our teeth

**Tick the correct box**

(1 mark)

c. Which of the following nutrients help to build and protect our teeth?

Carbohydrates

Calcium

Vitamin D

Fat

**Tick the correct answer**

(2 marks)

d. What advice would you give to young mothers in preparing the lunch for a four-year old child?

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

7. Every household needs to have a refrigerator / freezer.

a. Give **two** reasons why a refrigerator / freezer is important to have in every home.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

b. Mr. and Mrs. Cassar have just returned home with their shopping.

Suggest in which part of the refrigerator/freezer should they store the following foods:

- a packet of milk
- a packet of frozen chicken breast
- a tub of margarine
- sliced ham
- a portion of cheese
- fresh tomatoes



(3 marks)

c. List **three** rules which Mr. & Mrs. Cassar should follow when storing food in the refrigerator / freezer.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

d. The following label was found on a packet of frozen peas.



What does this picture mean?

- It can be stored in the freezer for three months

- it could be stored in the freezer for one week

**Tick the correct answer**

(1 mark)

8. Our garbage bag at home is filled with all sorts of rubbish.

a. Name **four** different items that can be found in your garbage bag.

\_\_\_\_\_

\_\_\_\_\_

(4 marks)

b. These items could be disposed of (*thrown away*) correctly by:

putting everything in the same garbage bag.

sorting them correctly and disposing of them at the bring in sites in the different skips.

**Tick the correct answer**

(1 mark)

c. You want to encourage your friends to reduce the amount of waste from their homes.

List **three** hints you could give them to achieve your aims.

*The first one has been done for you.*

- Re-use cereal bags to pack your school lunch.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

9. Children need to be taken care of all the time.
- a. Suggest **three** ways how parents might help to prevent certain accidents from happening to their children in the:

**Bathroom:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Garage:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Garden:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(9 marks)

- b. John is an only child but his parents often take him to play with other children.

Suggest **two** things John can learn when playing with other children.

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

(4 marks)

- c. John's mother loves to read a story to John before she puts him to sleep. Explain how this can help John.

\_\_\_\_\_

\_\_\_\_\_

(2 marks)