

**SECONDARY SCHOOL ANNUAL EXAMINATIONS 2006**  
EDUCATIONAL ASSESSMENT UNIT- EDUCATION DIVISION

**FORM 3**

**HOME ECONOMICS**

**Time: 1h 30min**

NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

Answer all the Questions

1.

A		B	
NUTRITION INFORMATION		NUTRITION INFORMATION	
TYPICAL VALUES PER 100ml OF THIS MILK PROVIDE		TYPICAL VALUES PER 100ml OF THIS MILK PROVIDE	
ENERGY	200kJ/47kcal	ENERGY	269kJ/64kcal
PROTEIN	3.4g	PROTEIN	3.2g
CARBOHYDRATE	4.9g	CARBOHYDRATE	4.8g
FAT	1.6g	FAT	3.6g

a. i) Which of the two nutritional labels shown above is usually found on the full-fat milk-carton A or B?

A

Tick  near the correct answer

B

(1 mark)

ii) Suggest the name of another type of milk which will have the other label?

\_\_\_\_\_

(1 mark)

iii) What makes these two types of milk different?

\_\_\_\_\_

(1 mark)

b. Give the names of different groups of people for whom each type of milk is suitable

**Type A** Suitable for: \_\_\_\_\_

**Type B** Suitable for: \_\_\_\_\_

(2 marks)

c. Milk is a good source of High Biological Value (H.B.V.) protein.

List **four** other foods which also give us H.B.V. protein

• \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_

(4 marks)

- d. It is important to eat H.B.V. and L.B.V. protein food together.  
(eg; a cheese sandwich)  
Give practical examples how this can be done when preparing:

**Breakfast:** • \_\_\_\_\_  
**A Main Dish:** • \_\_\_\_\_  
**A Dessert:** • \_\_\_\_\_ (3 marks)

- e. i) Why do some people prefer to use soya milk?  
 • \_\_\_\_\_ (1 mark)  
 ii) Does soya milk provide H.B.V. protein or L.B.V. protein?  
 \_\_\_\_\_ (1 mark)

2. Complete the chart below. (The first one has been done for you.)

NUTRIENT	Function in the Diet	Example of Food
<b>Vitamin B</b>	• <u>helps release energy from food</u>	• <u>meat</u>
<b>Protein</b>	• _____ _____	• _____ _____
<b>Iron</b>	• _____ _____	• _____ _____
<b>Calcium</b>	• _____ _____	• _____ _____
<b>Vitamin D</b>	• _____ _____	• _____ _____
<b>Dietary Fibre</b>	• _____ _____	• _____ _____

(5, 5 marks)

3. a. Name the **three** different groups of fish and give an example for each one.  
Choose your answers from the list below.

<b>shell fish</b> dorado (lampuki)	<b>tuna fish</b> white fish	<b>oily fish</b> mussels
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**Groups of Fish:**

• \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_

**Examples:**

• \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_

(3, 3 marks)

b. You have been asked to buy some fresh fish for lunch.  
List **five** points you would keep in mind to make sure that the fish is really fresh.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_
- v) \_\_\_\_\_

(5 marks)

c. We are being encouraged to eat fish at least once a week.  
Give **two** reasons for this.

- i) \_\_\_\_\_
- ii) \_\_\_\_\_

(2 marks)

4. a. Fruit and Vegetables are important in the diet because they provide:

- i) Vitamin D and Calcium
- ii) Dietary Fibre and Iron
- iii) Vitamin C and Dietary Fibre

Tick  near  
Correct answer

(1 mark)

b. Complete the paragraph below by choosing the correct word from the list.

Brown	Apples	Lemon Juice	Chemical	Enzymes
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When some fruit, for example \_\_\_\_\_ are cut up they will go \_\_\_\_\_. This is a \_\_\_\_\_ change caused by the \_\_\_\_\_ in the food being exposed to the air. When making a fruit salad, \_\_\_\_\_ can be used to stop this happening.

(5 marks)

c. Suggest how fruit can be used when preparing the following meals for teenagers:

- breakfast • \_\_\_\_\_ • \_\_\_\_\_
- a cooked dessert • \_\_\_\_\_ • \_\_\_\_\_
- a packed lunch • \_\_\_\_\_ • \_\_\_\_\_

(6 marks)

5. The Azzopardi family has just had a take-away meal.



<p>MENU          Beef burger          White bun          French fries          Tomato ketchup          Lemonade</p>
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- a. Is this a balanced meal?

YES  NO  tick  near the correct answer  
 (1 mark)

- b. Suggest **three** changes that would make the meal healthier, give a reason for each change.  
 (The first one has been done for you.)

Food	Change to	Reason why
Example: lemonade	<i>Fresh orange juice</i>	<i>More Vitamin C</i>
• _____	_____	_____
• _____	_____	_____
• _____	_____	_____

(3, 3 marks)

6. a. The method of making a whisked sponge mixture has become mixed up. Place the different stages in the correct order.

Method of making a whisked sponge		Correct order
(i)	Sieve 50g of plain flour over the mixture.	<input type="checkbox"/>
(ii)	Whisk together 50g sugar and 2 eggs until thick and creamy.	<input type="checkbox"/>
(iii)	Fold in carefully using a metal spoon.	<input type="checkbox"/>
(iv)	Turn onto a wire rack and leave to cool.	<input type="checkbox"/>
(v)	Pour into greased tin. Bake immediately.	<input type="checkbox"/>
(vi)	Light the oven gas mark 5 (190°)	<input type="checkbox"/>

(3 marks)

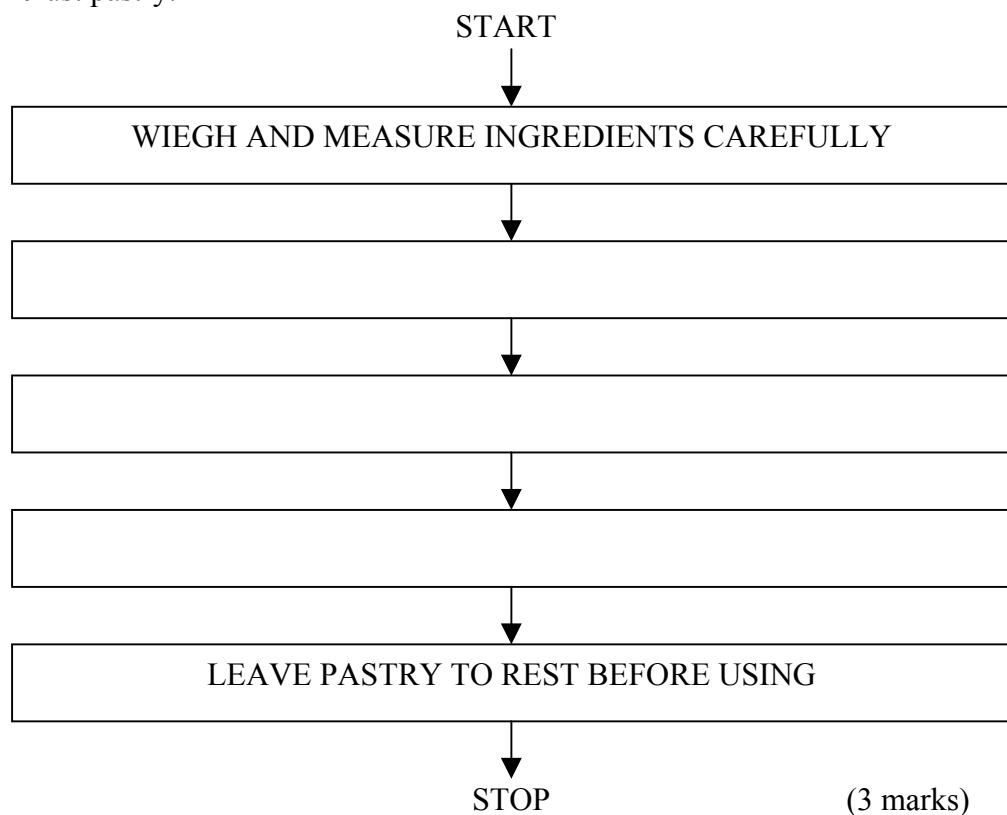
b. Give the name of **two** sweet dishes which can be prepared with this sponge mixture.

i) \_\_\_\_\_ ii) \_\_\_\_\_  
(2 marks)

c. Suggest **four** healthy ingredients that could be used with these two sweet dishes.

i) \_\_\_\_\_ ii) \_\_\_\_\_  
iii) \_\_\_\_\_ iv) \_\_\_\_\_  
(2 marks)

7. a. Follow the flow chart to write down the method you use to make short crust pastry.



b. At what temperature would you bake Short Crust Pastry?  
Gas Mark \_\_\_\_\_ or \_\_\_\_\_ C (1 mark)

c. Give the names of **two** sweet and **two** savoury dishes using Short Crust Pastry?

Sweet Dishes	Savoury Dishes
• _____ • _____	• _____ • _____

(4 marks)

d. Suggest **four** changes to make this Apple Pie recipe healthier

Recipe	Changes
200g plain white flour	
100g butter	
1 teaspoon salt	
water to mix	
500g cooking apples	
100g white sugar	

(4 marks)

8. For your birthday, you have received a money gift which you would like to use to buy a new mobile phone.

a. List **four** factors (points) you would consider as an informed consumer, before you make your choice.

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

iv) \_\_\_\_\_

(4 marks)

b. After using the mobile phone for a few weeks, it develops a fault. Write down how you would complain about the fault.

▼

▼

▼

▼

▼

(6 marks)

9. a. Why do smokers find it so difficult to stop this habit?

• \_\_\_\_\_

(1 mark)

