

**FORM 5**

**HOME ECONOMICS**

**TIME: 1h 45min**

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

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

**Answer all the questions.**

**SECTION A**

- 1. (a)** Read carefully the table below and answer the questions that follow.

<b>Food</b>	<b>Iron Content (mg/100g)</b>
<b>Liver (fried)</b>	<b>10.9</b>
<b>Beef (cooked)</b>	<b>3</b>
<b>Eggs (boiled)</b>	<b>2</b>
<b>Cod (grilled)</b>	<b>0.5</b>
<b>Oats (porridge)</b>	<b>3.8</b>
<b>Spinach (boiled)</b>	<b>4</b>
<b>Baked beans</b>	<b>1.4</b>
<b>Bread (wholemeal)</b>	<b>2.5</b>

**(i)** Which food has the highest iron content per 100g? \_\_\_\_\_ ( $\frac{1}{2}$  mark)

**(ii)** Which food has the lowest iron content per 100g? \_\_\_\_\_ ( $\frac{1}{2}$  mark)

**(iii)** Name the **two** best sources of haem iron.

\_\_\_\_\_ (1 mark)

**(iv)** List the **two** best sources of non-haem iron.

\_\_\_\_\_ (1 mark)

(b) Fill in the blanks by choosing the correct word/s from the given list.

green peppers	females	absorbed	oxygen	vegetarians
anaemia	red cells	Vitamin C	kiwi	tissues

Iron is made up mainly of haemoglobin a substance which gives \_\_\_\_\_ their colour. Haemoglobin is needed to transport \_\_\_\_\_ to all the body \_\_\_\_\_. A deficiency of iron in the diet might cause \_\_\_\_\_ because the iron in the foods being eaten is not \_\_\_\_\_. Foods rich in \_\_\_\_\_ help iron absorption. Examples of foods rich in this nutrient include \_\_\_\_\_ and \_\_\_\_\_. People particularly at risk of lacking iron in their diet are \_\_\_\_\_ and \_\_\_\_\_. (5 marks)

(c) Suggest **three** ways of increasing the iron content of family meals to prevent iron deficiency anaemia.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3 marks)

2. Ricotta is a popular food in the Maltese diet.

(a) List **four** benefits of using ricotta when preparing family meals.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (4 marks)

- (b) Identify **two** persons who should make good use of ricotta and **two** persons who should avoid its use in meal preparation. Give reasons for your answers.

**Use Ricotta:** 1. \_\_\_\_\_ **Reason:** \_\_\_\_\_  
 \_\_\_\_\_  
 2. \_\_\_\_\_ **Reason:** \_\_\_\_\_  
 \_\_\_\_\_  
**Avoid Ricotta:** 1. \_\_\_\_\_ **Reason:** \_\_\_\_\_  
 \_\_\_\_\_  
 2. \_\_\_\_\_ **Reason:** \_\_\_\_\_  
 \_\_\_\_\_  
 (2, 4 marks)

- (c) List **2** dishes (sweet/savoury) where ricotta could be used to replace other less healthy ingredients.  
 Give reasons for your changes.

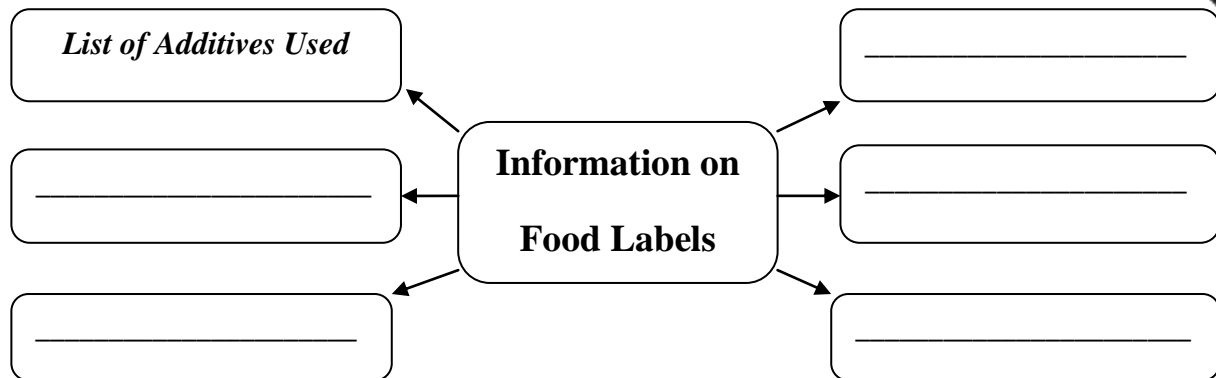
**Name of Dish** 1: \_\_\_\_\_ use ricotta instead of \_\_\_\_\_  
**Reason:** \_\_\_\_\_  
**Name of Dish** 2: \_\_\_\_\_ use ricotta instead of \_\_\_\_\_  
**Reason:** \_\_\_\_\_  
 (4 marks)

3. (a) Match the Food Additives in column **A** to their Use in Food in column **B**.  
 (An example has been given.)

	Column A		Column B
	Food Additives		Use in Food
1	Nutrients		Bring out the flavour of food without adding their own.
2	Antioxidants		Replace sugar in low-calorie foods.
3	Emulsifiers	1	Restore nutrients lost during food processing.
4	Flavour Enhancers		Help stop food from spoiling and going bad.
5	Colours		Prevent fats and oils from going rancid.
6	Anti-Caking Agents		Help to mix and hold together a fat and water mixture.
7	Sweeteners		Add sharpness to food.
8	Preservatives		Prevent powdery food particles from sticking together.
9	Acids		Make the food look more attractive.

(4 marks)

- (b) Fill in the diagram below by listing **five** important pieces of information you expect to find on a breakfast cereal packet.  
(An example has been given.)



(5 marks)

- (c) Justify the importance of **three** of the pieces of information which you have listed in 1 (a).

Information	Importance
1. _____	_____ _____
2. _____	_____ _____
3. _____	_____ _____

(6 marks)

## SECTION B

4. Your family will be moving house and you have volunteered to help with the kitchen planning.

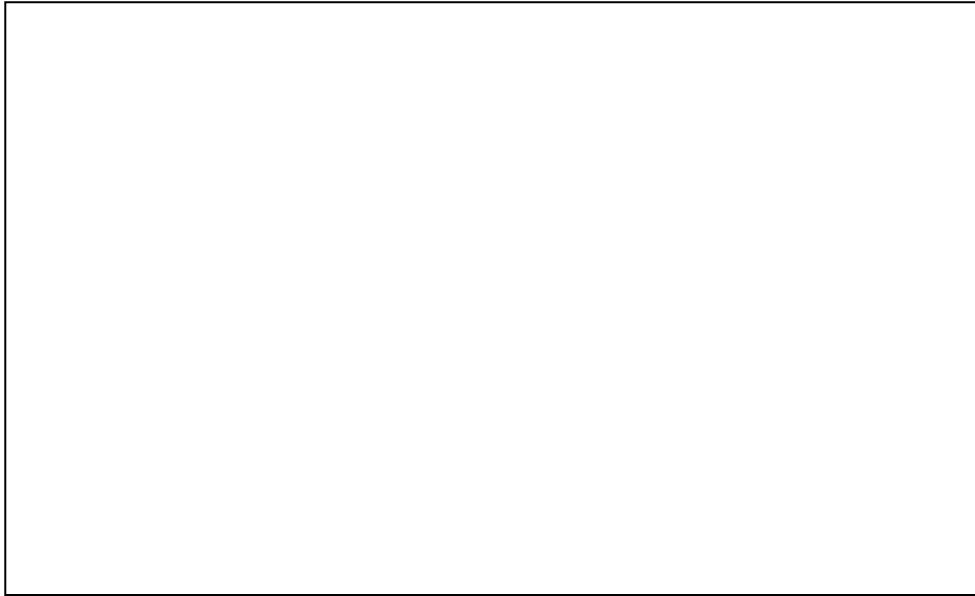
- (a) Write down **four** points you would need to keep in mind when planning your kitchen.  
(An example has been done for you.)

1. List the activities to be carried out in the kitchen.

2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

(4 marks)

- (b) (i) In the space provided draw the kitchen you are planning.  
(ii) Clearly mark the work triangle (cooker/sink/refrigerator)



(4, 3 marks)

- (c) How can you take care of the environment when preparing family meals?  
*(An example has been given)*

- Choose food products with the least amount of packaging.

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

(4 marks)

5. (a) (i) An elderly person is finding it difficult to do her shopping.

Give **three** possible difficulties.

*(An example has been given)*



1. The shop is far away.

2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

(3 marks)

- (b) (i) Underline **two** methods of shopping that an elderly person may find convenient.

**Supermarket   Mini-market   Corner Shop   Market Stall   On-line Shopping**

(2 marks)

- (ii) Choose **one** of the methods of shopping/shopping outlets you have chosen in (b) (i) and list **two** reasons for your choice.

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

(4 marks)

- (c) (i) Some elderly persons might find it difficult to prepare nutritious meals due to ill-health or mobility problems.

Below is a list of foods currently being eaten by an elderly person living alone.

Modify the list to include healthier alternatives.

(An example has been given.)

**Current Food Choice**

**Healthier Alternatives**

- Packet soup
- White bread
- Fish fingers
- Canned fruit
- Ham
- Soft drinks
- Full fat milk

- *Fresh vegetable soup*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

- (d) (i) Suggest a service elderly persons could benefit from to ensure that they are taking regular well-balanced meals every day.

**Service:** \_\_\_\_\_

(1 mark)

- (ii) How can this service be of help to elderly persons?

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

(4 marks)

6. A family with two young children will be going for a weekend break in a farmhouse on Gozo.

- (a) List **eight** important items that they must have in their first-aid box.  
(An example has been given.)

Saline water

_____	_____	_____
_____	_____	_____
_____	_____	_____



(4 marks)

- (b) Suggest **four** other occasions when it is important to have a first-aid box handy.

\_\_\_\_\_

(2 marks)

- (c) Write down the first-aid needed when:

- (i) A child suffers a nose bleed.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(3 marks)

- (ii) Someone faints.

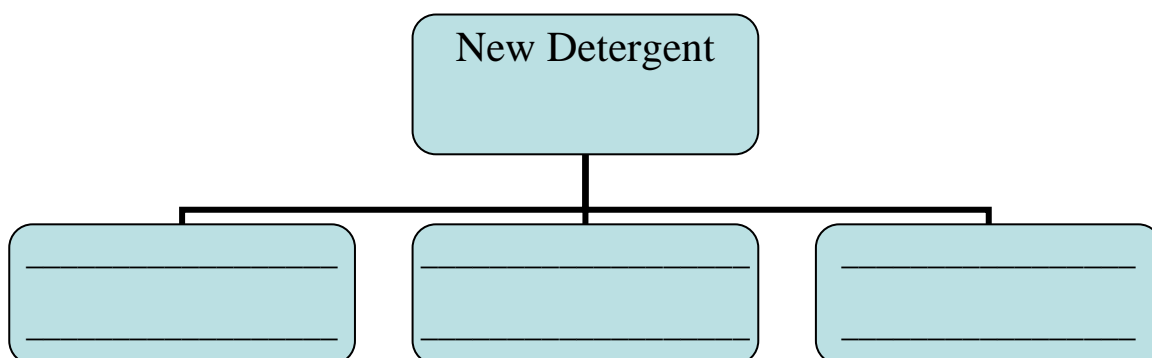
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_







(3 marks)

7. (a) List **three** factors you would keep in mind when choosing a new detergent.



(3 marks)

(b) Match column A to column B.

	Column A – Symbol		Column B – Meaning
1.			Use a warm iron.
2.			Machine wash at 40° C.
3.			Can be tumble dried.
4.			Drip dry.
5.			Do not dry clean.
6.			Do not bleach.

(6 marks)

(c) Fill-in the blanks by choosing the correct word from the given list.

button    pockets    programme    label    detergent    sort    secured    stains

Before we start to wash clothing it is important to read the \_\_\_\_\_ well.

Always \_\_\_\_\_ articles according to their colour and the amount of dirt they have. Check that \_\_\_\_\_ are empty. All \_\_\_\_\_ should be removed before the item is placed in the washing machine. If a \_\_\_\_\_ is loose it must be \_\_\_\_\_ first. Choose the correct washing \_\_\_\_\_, temperature and \_\_\_\_\_.

(4 marks)

(d) How can we save energy and water when caring for clothes?  
(An example has been given.)

- Choose the least possible temperature to wash clothes.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3 marks)