



**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.

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

**(i)** Which food has the highest iron content per 100g?

\_\_\_\_\_

**(½ mark)**

**(ii)** Which food has the lowest iron content per 100g?

\_\_\_\_\_

**(½ mark)**

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

\_\_\_\_\_

**(1 mark)**

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

\_\_\_\_\_

**(1 mark)**

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

<i>green peppers</i>	<i>females</i>	<i>absorbed</i>	<i>oxygen</i>	<i>vegetarians</i>
<i>anaemia</i>	<i>red cells</i>	<i>Vitamin C</i>	<i>kiwi</i>	<i>tissues</i>

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 **two** 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)

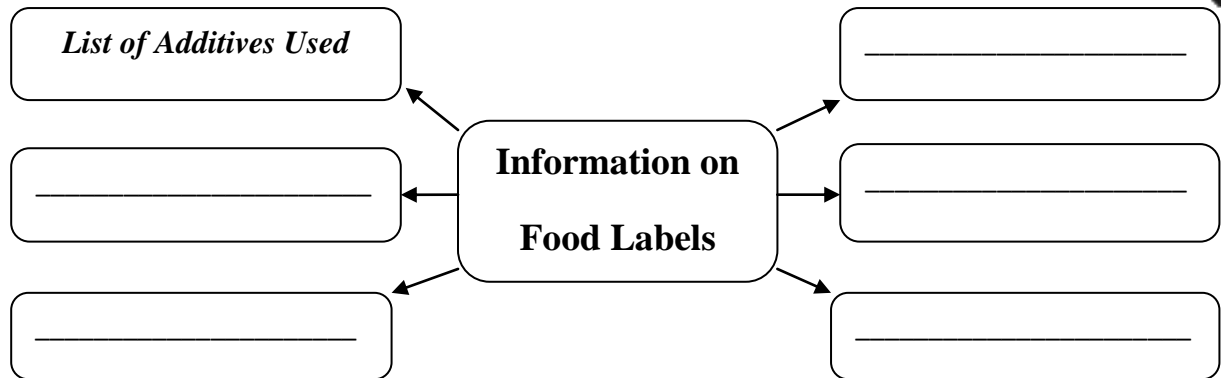
3. (a) Match the Food Additives in column A to their Use in Food in column B.

(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	<b>1</b>	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) Identify **four** considerations you would need to discuss carefully while planning the new kitchen.

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

(4 marks)

- (b) (i) In the space provided, draw the kitchen you are planning.  
 (ii) Label the components which make up the work triangle.

(4, 3 marks)

- (iii) Comment on your choice of kitchen type.

---



---

(2 marks)

- (c) How would you make your kitchen environmentally friendly?

1. 

---
2. 

---
3. 

---

(3 marks)

5. (a)

- (i) Suggest **three** possible difficulties an elderly person might experience when shopping in a supermarket.

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



(3 marks)

- (ii) Identify an alternative method of shopping that the elderly person may find more convenient. Give **two** reasons for your choice.

Method of Shopping: 

---

(1 mark)

**Reasons for Choice:**

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

**(4 marks)**

**(b)**

- (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.

**Current Food Choice**

**Healthier Alternatives**

<ul style="list-style-type: none"> <li>• Packet soup</li> <li>• White bread</li> <li>• Fish fingers</li> <li>• Canned fruit</li> <li>• Ham</li> <li>• Soft drinks</li> </ul>	<ul style="list-style-type: none"> <li>• _____ _____</li> <li>• _____ _____</li> <li>• _____ _____</li> <li>• _____ _____</li> <li>• _____ _____</li> </ul>
--	---

**(3 marks)**

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

- (i) Service:** \_\_\_\_\_

**(1 mark)**

(ii) State **four** benefits of the service.

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

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

(a) List **eight** important items that they must include in their first-aid box.

_____	_____	_____
_____	_____	_____
_____	_____	_____

(4 marks)



(b) Explain the first-aid treatment needed when:

(i) The younger child bruises his knee:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(ii) The elder child suffers a nose bleed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(iii) The mother faints at the beach:







\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

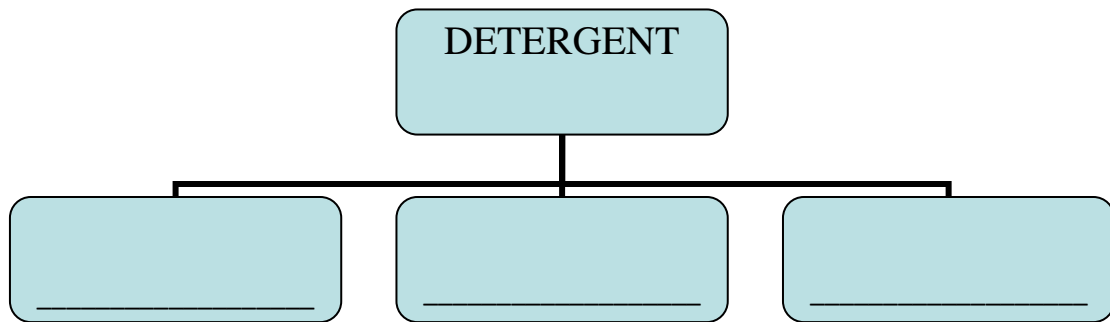
(3, 3, 3 marks)

7. (a) How would you care for a shirt which has the care label shown below?

					
_____	_____	_____	_____	_____	_____

(3 marks)

(b) List the properties of a suitable detergent you could use to wash the shirt which has a protein stain.  
Keep in mind the environmental impact.



(3 marks)

(c) Write down the procedure you would follow to prepare the shirt for washing.

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

(5 marks)

(d) Suggest ways of saving energy and water when caring for clothes.

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

(4 marks)