

FORM 3

Home Economics

TIME: 1h 30min

Name: _____

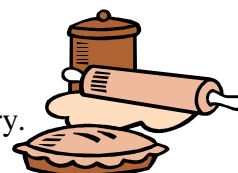
Class: _____

Answer all the questions.

Section A

1. You will be preparing a pie for lunch.

(a) List **SIX** pieces of equipment you would need to prepare the short crust pastry.
 Also write down the correct use for each one.



Name of Equipment	Correct Use

(3, 6 marks)

(b) Suggest an electrical appliance (labour saving device) you could use instead to help you prepare the pastry.
 Also list **TWO** advantages of using this piece of equipment.

Name of Appliance: _____

(1 mark)

Advantages:

- _____
- _____

(2 marks)



(c) Identify **TWO** factors you would need to consider when buying the appliance you have suggested in (b).

- _____

- _____

(4 marks)

2. Study carefully the label below and then answer the questions that follow.

WHEAT FEAST BREAKFAST CEREAL		
		
Nutrition Information per 100g		Ingredients Whole Wheat; Malted Barley Extract; Sugar; Salt; Folic Acid. A low-fat Breakfast Cereal A low-sugar Breakfast Cereal A high-fibre Breakfast Cereal 
Energy	338kcal	
Proteins	11.5g	
Carbohydrate	78.4g	
Fat (of which saturates)	2.0g 0.6g	
Fibre (Soluble)	10.0g 2.3g	
(Insoluble)	7.7g	
Sodium	0.26mg	
Folic Acid	170.0µg	
Iron	11.9mg	

- (a) i. How much fat is provided by a 100g portion of Wheat Feast Breakfast Cereal?
 _____ (½ mark)
- ii. How much saturated fat does 100g of this breakfast cereal provide?
 _____ (½ mark)
- iii. Why are we being advised to cut down on the amount of saturated fat we use in meal preparation?

 _____ (1 ½marks)
- (b) i. How much dietary fibre is provided by 100g of Wheat Feast Breakfast Cereal?
 _____ (½ mark)
- ii. Which ingredient makes this breakfast cereal a **High Fibre** food?
 _____ (½ mark)
- iii. How much soluble fibre is provided by 100g of this cereal?
 _____ (½ mark)
- iv. Why is soluble fibre needed by the body?

 _____ (3 marks)

- v. Give examples of **TWO** other foods you could add to this breakfast cereal to fibre.

_____ (1 mark)

- vi. Why is insoluble fibre necessary in the diet?

(2 marks)

- vii. Name **TWO** other foods which can provide insoluble fibre.

_____ (1 marks)

- viii. Suggest persons for whom this particular breakfast cereal would be especially important.

_____ (2 marks)

- ix. Name **THREE** dishes where this breakfast cereal could be used as a main ingredient.

_____ (3 marks)

3. Fill-in the blanks with the correct word/s from the given list.

nursing mothers	phosphorus	cabbages	blood
osteoporosis	weak teeth	yoghurt	children
bones	Brussels sprouts	soya drinks	muscles
ricotta	babies	teeth	sun

Calcium is essential for the healthy growth and maintenance of _____ and _____. It also helps _____ to clot as well as _____ to contract. Good sources of calcium include dairy products, _____ and _____. _____ too are a good source as they have calcium added to them. Calcium works better in the presence of _____ and Vitamin D. Vitamin D can be obtained from _____, _____ as well as from the action of the _____ on the skin. Everybody needs a good supply of these three nutrients everyday, however, _____, _____ and _____ need more. A lack of these nutrients can cause rickets, _____ as well as _____.

(8 marks)

Section B

4. (a) **Name** a different piece of equipment you would choose to measure the ingredients listed below.

Ingredients	Weighing/Measuring Equipment
1 cup olive oil	_____
300g plain flour	_____
250ml water	_____
25g sugar	_____

(4 marks)

- (b) Underline the correct answer.

Why is it very important to weigh and measure ingredients accurately?

- i. To make good use of the equipment you have at home.
- ii. To get good results.
- iii. To enjoy yourself while cooking.

(1 mark)

- (c) What should you do to measure liquids accurately?

 _____ (2 marks)

5. (a) Underline SIX pulses in the food list given below.

potatoes	lentils	split peas	broccoli	butter beans
barley	oats	chick peas	corn	kidney beans



(3 marks)

- (b) Match Column A to Column B.
(The first one has been done for you.)

Column A		Column B	
i.	Pulses are a cheap		suitable for persons trying to lose weight.
ii.	They are excellent sources of		are also found in pulses.
iii.	Pulses are low in fat and so are		that grows in a pod.
iv.	Important minerals and vitamins	i	source of vegetable protein.
v.	In Malta they are used mostly in		soaked in water before being used.
vi.	Most pulses need to be		soups, pies and stews.
vii.	A pulse is an edible seed		of N.S.P. (dietary fibre).


(6 marks)

- (c) Suggest a different pulse food for each of these dishes.

Dishes	Pulses	
Rice Salad		
Rabbit Stew		
Sandwich Filling		
Vegetable Soup		

(4 marks)

6. (a) The following are the traditional ingredients used to prepare a Shepherd's Pie.



**SHEPHERD'S PIE
INGREDIENTS**

500G PORK MINCE
1 ONION CHOPPED
25G LARD
250ML BOILING WATER
1 PORK STOCK CUBE
1 GLASS RED WINE
1 TSP. MIXED DRIED HERBS

500G BOILED POTATOES
MASHED WITH
50G BUTTER
5 TBSP. WHOLE MILK

- i. Change **FIVE** ingredients to make this recipe healthier.

Use _____ instead of _____

Use _____ instead of _____

Use _____ instead of _____

Use _____ instead of _____

Use _____ instead of _____

(5 marks)

- ii. Identify (find) **ONE** ingredient that can be left out completely.
Give a reason for your answer.

Ingredient: _____

(1/2 mark)

Reason: _____

(2 marks)

- (b) i. Suggest a suitable dessert and drink that could be served with the Shepherd's Pie to make a healthy meal for a five-year-old child.
Give **TWO** reasons for your choice of dishes.

Dessert: _____

Drink: _____

(2 marks)

Reasons for Choice:

• _____

• _____

(4 marks)

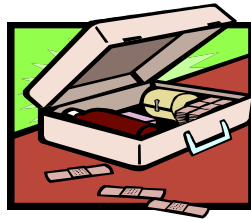
- ii. Name **THREE** ingredients you could serve with this meal to add more Vitamin C.

(1 1/2 marks)

7. As a class, you will be joining your teacher for a hike to Ghajn Tuffieha.

(a) List **EIGHT** items that you should include in the First-Aid box.

(The first one has been done for you)



(4 marks)

(b) Write down the number you would phone in the case of an emergency.

(1 mark)

(c) During the outing, two of your friends suffer an injury.

Write down the First-Aid treatment they should be given for:

i. **A grazed knee:**

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

(3 marks)

ii. **A sprained ankle:**

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

(3 marks)

8. (a) Match Column A to Column B.
(The first one has been done for you.)

	A: Type of Play		B: Example
i.	Manipulative Play		Playing games with others.
ii.	Social Play		Drawing pictures.
iii.	Physical Play		Playing with dolls and soldiers.
iv.	Imaginative Play	i	Sand and water games
v.	Creative Play		Jumping, running and hopping.

(4 marks)

- (b) Choose a suitable but different toy for each age group from the given list.

rattle	bicycle	pull-along toy
building blocks	soft toy	tricycle

- i. **Three-month-old baby:** _____
- ii. **A three-year-old child:** _____
- iii. **A six-year-old child:** _____
- iv. **A two-year-old toddler:** _____
- v. **A one-year-old baby:** _____
- vi. **A seven-year old child:** _____

(6 marks)

- (c) Write down **TWO** advantages of play.
(The first one has been done for you.)

- Play helps children to learn to share with others.
- _____
- _____

(4 marks)