



FORM 3 **HOME ECONOMICS** **TIME: 1h 30min**

Name: _____

Class: _____

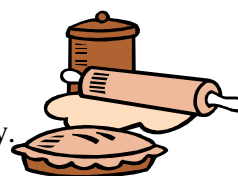
Answer all the questions.

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:

- _____

- _____



(4 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?

_____ (1½ marks)

(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?

- _____
 - _____
- (2 marks)

v. Give examples of **TWO** other foods you could add to this breakfast cereal to add soluble 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 mark)

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

_____ (2 marks)

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

_____ (2 marks)

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

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

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. You have bought a new kitchen and will be investing in new weighing and measuring equipment.
(a) List **FOUR** pieces of equipment you would buy and suggest **TWO** foods that could be measured by each one.

Weighing/Measuring Equipment

Uses

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(6 marks)

(b) Why should we weigh and measure ingredients accurately?

_____ (1 mark)

(c) Give advice on how to weigh and measure ingredients accurately.

- _____
- _____
- _____
- _____

(4 marks)

5. Nutritionists are advising us to include more pulses when preparing family meals.

(a) Why is it important to use pulses?



- _____
- _____
- _____

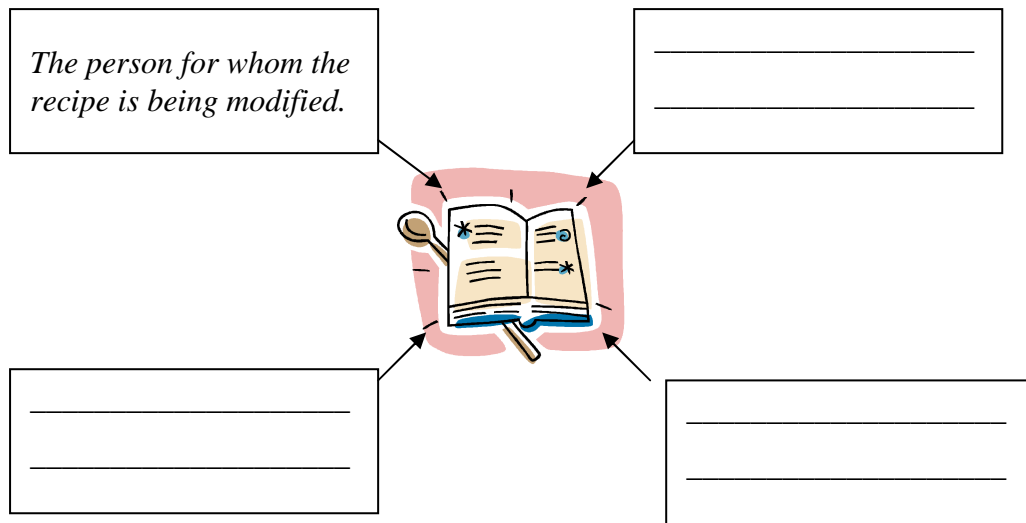
(6 marks)

(b) Name **FOUR** different pulses and suggest **TWO** different dishes where each one can be used.

Pulses	Uses	


(6 marks)

6. (a) Fill-in the web diagram below to outline factors to keep in mind when modifying recipes.
(An example has been done for you.)



(6 marks)

- (b) 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. Modify **FIVE** ingredients to make this recipe healthier.

Use _____ instead of _____

Use _____ instead of _____

Use _____ instead of _____
 Use _____ instead of _____
 Use _____ instead of _____
 (2½ marks)

ii. Identify **ONE** specific ingredient in this old recipe we can do without completely?
 Give a reason for your answer.

Leave out: _____ (½ mark)

Reason: _____

(2 marks)

(c) Suggest a suitable dessert and drink you could serve with the Shepherd's Pie to make a healthy meal for a five-year-old child.
 Validate your choice of dishes.

Dessert: _____ Drink: _____

(2 marks)

Reasons for Choice:

- _____

- _____

(4 marks)

7. As a class, you will be joining your teacher for a day trekking at Ghajn Tuffieha.

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



(4 marks)

(b) During the outing, two of your friends suffer an injury.
Explain what First-Aid treatment should be given in each case.

i. A grazed knee:

(3 marks)

ii. A sprained ankle:

(3 marks)

8. (a) Play is a very important element in a child's life.
Discuss **THREE** benefits of play.



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(6 marks)

(b) Identify **TWO** basic needs of children and evaluate how each can be fulfilled (satisfied) through play.

Basic need 1: _____

Evaluation: _____

Basic need 2: _____

Evaluation: _____
_____ (4 marks)