



FORM 4

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all the questions.

Section A

1. Meat is an important ingredient in many households.
 Study carefully the chart below which shows the nutritional values of 100 grams of meat and then answer the questions that follow.

Type of Mince	Energy (kcal)	Fat (g)	Protein (g)	Iron (mg)
Beef mince (raw)	225	16.2	19.7	1.4
Beef mince (extra lean-raw)	174	9.6	21.9	1.5
Pork mince (raw)	164	9.7	19.2	0.9
Lamb mince (raw)	196	13.3	19.1	1.6
Chicken mince (raw)	106	1.1	24	0.5
Turkey mince (raw)	105	1.6	22.6	0.6

- (a) i) Which meat has the highest energy value? _____ (½ mark)
 ii) Which meat has the lowest energy value? _____ (½ mark)
 iii) Give a reason for the difference in energy value between the meats you have chosen in i) and ii).

Reason: _____

(2 marks)

- iv) Why is energy needed by the body?

- _____
- _____

(2 marks)

(b) i) Why is protein needed by the body?

(2 marks)

ii) Which mince has the highest protein content? _____ (½ mark)

iii) Suggest a person for whom this type of mince would be suitable?

(1 mark)

(c) i) Give the names of **three** dishes you could prepare with the mince chosen in the previous answer.

(1½ marks)

ii) Name the **two** types of mince which have the highest iron content.

(1 mark)

iii) Why is iron important in the diet?

(2 mark)

iv) Suggest a person who needs a high intake of iron.
Give a reason for your answer.

Suggested person: _____ (1 mark)

Reason:

(2 marks)

2. Match column A with column B.
(An example has been given)

	FOOD RELATED DISORDER A		POSSIBLE CAUSE B
a.	Coeliac Disease		Low calcium intake in childhood.
b.	Obesity		Eating too many sugary foods/drinks.
c.	Coronary heart disease		Restricted intake of food.
d.	Osteoporosis		Iron deficiency.
e.	Constipation		High blood cholesterol.
f.	Anorexia Nervosa		Eating too little fruit and vegetables.
g.	Diabetes	a	Intolerance to gluten in protein.
h.	Hypertension		Too many sugary/fatty foods in the diet.
j.	Anaemia		Too little NSP (dietary fibre) in the diet.
k.	Dental Caries		Too much glucose in the blood.
l.	Cancer		High sodium intake.

(5 marks)

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

large intestine oesophagus time breakdown nutrients saliva
 intestinal walls small intestines anus mouth stomach chime
 gastric juices absorption water carbohydrate bacteria chewed

The digestion process starts in the _____, the food is cut into small pieces and _____.
 _____ moistens the food and softens it. The digestion of _____ foods starts here. Next, the food moves into the _____ which pushes it into the _____.
 _____ present further break down the food until it becomes a thick liquid called _____. Different foods stay in the stomach for different lengths of _____. Fatty foods take much longer to _____. The food now passes into the _____. Most of the digestion and _____ takes place as the food travels along this organ, _____ enter the blood through the _____. The final stages of digestion take place in the _____ where unwanted materials such as fibre, _____ and _____ are processed. These are eliminated from the _____.

(9 marks)

4. A number of students in your class do not enjoy eating fruit and vegetables.

(a) List **four** advantages of eating fresh fruit and vegetables daily.

- _____
 - _____
 - _____
 - _____
- (4 marks)

(b) Suggest interesting ways of introducing fresh fruit/vegetables in daily meals.

- _____
 - _____
 - _____
 - _____
- (4 marks)

(c) Today on the local market we find fruit/vegetables labeled:

ORGANICALLY GROWN

What do you understand by organically grown fruit/vegetables?

(2 marks)

Section B

- 5(a) Match column **A** to column **B** to write down rules you would follow when planning an evening meal for some friends who have just returned from a session at the gym.
(An example has been done for you)

	Column A		Column B
a.	The meal must contain		ingredients available at home.
b.	Include some carbohydrate foods		as it helps release energy from carbohydrate foods
c.	Chosen dishes must be easy to digest		will help replace fluids lost during session.
d.	It is important to check personal	a	a balance of all the essential nutrients.
e.	Make good use of		as possible as they are healthier.
f.	Include foods rich in Vitamin B		since it is an evening meal.
g.	Try to use as many fresh products		to help replace energy lost during the session.
h.	A fresh fruit drink		necessary skills to cook the chosen dishes.
i.	Make sure you have the		likes and dislikes.

(4 marks)

- bi) Name **four** healthy dishes you could serve to your friends using fresh Maltese products.

_____	_____
_____	_____

(4 marks)

- ii) Give **two** reasons for your choice of dishes.

- _____

- _____

(4 marks)

6. The cooker you have at home is not working well and your family has decided to buy a new one.



- (a) Would you suggest they buy:

A Gas Cooker: _____ *or* **An Electric Cooker:** _____
Give a reason for your choice of cooker.

Choice of Cooker: _____

Reason:

_____ (2 marks)

- (b) Below is a list of special features found on modern cookers.

Pan Sensor	Self-Cleaning Oven	Fan-Assisted Oven	Ceramic Hob
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Choose **one** special feature and write down the benefits of having such a feature in your new cooker.

Chosen Feature: _____

• _____

• _____

(4 marks)

- (c) Give **three** rules you would follow to use the new cooker safely.
(The first rule has been given)

- *Always read the manufacturers' instructions well before using.*

• _____

• _____

• _____

(6 marks)

- (d) How would you dispose of (throw away) your old cooker?

(2 marks)

- (e) After using the new cooker for a few weeks, it develops a fault.
Write down the steps you would follow to have the problem solved.


1. _____
2. _____
3. _____
4. _____

(4 marks)

7.

Some elderly persons find it difficult to keep on living in their own homes.

- (a) Suggest **four** reasons for the above statement.
(An example has been given)

<p>_____</p> <p>_____</p>	<p>Dementia</p>	<p>_____</p> <p>_____</p>
<p>_____</p> <p>_____</p>		<p>_____</p> <p>_____</p>

(4 marks)

- (b) i) List **three** advantages of an elderly person living in residential accommodation.
(The first one has been given)

- *Help is at hand in the case of an emergency.*
 - _____
 - _____
 - _____
- (6 marks)

- ii) Some elderly persons might find it difficult to settle down in a residential home.
Give examples of **three** such difficulties.
(The first one has been given)
- Going to live amongst strangers.

- _____
- _____
- _____

(6 marks)

8. A young couple would like some advice on how to economise on the use of water and electricity in a new home they will be moving into.

(a) Suggest practical measures they could adopt:

- **When washing their car:** _____

- **When washing their clothes:** _____

- **When choosing light fittings:** _____

- **When choosing water heating equipment:** _____

(8 marks)

(b) Identify **three** inexpensive ways of keeping their home warm in winter.

- _____
- _____
- _____

(6 marks)