

FORM 5

HOME ECONOMICS

TIME: 1h 45min

Name: _____

Class: _____

Answer all the questions.

SECTION A

1. Look carefully at the label below and answer the questions that follow.



Fusilli with Cheese Sauce

Ingredients	Nutritive Value Per 100g	Daily Recommended Amount
Energy Value	362 kcal	2000 kcal
Proteins	13.5g	45g
Carbohydrates (of which starch)	62.5g 54.7g	230g 140g
Fats (of which saturates)	6.6g 4.9g	70g 20g
Salt	1.89g	6g

- (a) i) How much energy is provided by a 100g portion of Fusilli with Cheese Sauce?

_____ (½ mark)

- ii) How much starch do we find in 100g of this pasta dish?

_____ (½ mark)

- iii) Why are we encouraged to get our energy intake from starch?

_____ (1 mark)

- (b) i) How much unsaturated fat does this dish provide?

_____ (1 mark)

- ii) The CINDI Dietary Guidelines suggest we reduce the amount of saturated fat in
Give **two** reasons for this advice.

- _____
 - _____
- (2 marks)

- (c) i) How much salt is found in 100g of Fusilli with Cheese Sauce?

_____ (½ mark)

- ii) Why is salt needed by the body? Give **two** reasons.

- _____
 - _____
- (2 marks)

- iii) Although salt is needed by the body, we are being advised to reduce our salt intake.
Give **one** reason for this.

_____ (2 marks)

2. Yoghurt has become a popular food with Maltese families and a wide variety is available on the local market.

- (a) List **three** health benefits of using yoghurt when preparing family meals.

- _____
 - _____
 - _____
- (3 marks)

- (b) i) Select a **different** type of yoghurt you would recommend for **each** of the following:

- a ten year old child _____
 - a vegan _____
 - a person with high blood cholesterol _____
- (3 marks)

ii) For **each** of your choices in (b) i), give a reason why you chose that particular

- _____
 - _____
 - _____
- (4½ marks)

(c) Suggest different and interesting ways of using yoghurt when preparing:

Breakfast _____

A sponge flan _____

Lasagna _____

A fruit salad _____ (4 marks)

3. Study carefully the table below and fill in the blanks.

Food Product	Healthier Alternative	CINDI Dietary Guideline
whole milk	_____	Eat less fat.
_____	water	_____
salt	_____	_____
_____	white meat	_____
canned fruit	_____	_____
_____	wholegrain bread	Eat more NSP (dietary fibre).
formula milk	_____	_____
_____	canned peas	Reduce intake of processed food.
butter	polyunsaturated margarine	_____
_____	_____	Use milk products which are low in fat.

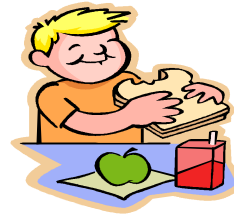
(5, 5, 6 marks)

SECTION B

4. Meals for young children need careful planning.

(a) Match column A with column B.

The first one has been done for you.



	Column A		Column B
i	All children's meals		new foods at the same time.
ii	Always include		instead of sugary desserts.
iii	Do not introduce too many		a pleasant family occasion.
iv	Portions served		instead of soft drinks.
v	Do serve fresh local vegetables	i	must be well balanced.
vi	Serve water and fresh juices		strong herbs and spices.
vii	As a treat serve fresh fruit		must not be too large.
viii	Avoid using		a variety of textures and colours.
ix	Mealtimes must be		when in season.

(4 marks)

(b) i) You will be taking care of your neighbour's five year old child for the day.

Plan a nutritious midday meal you will serve the child using, where possible, fresh Maltese products.

Dishes Chosen:

- Main Dish _____
- Dessert _____
- Drink _____

(3 marks)

ii) Give **two** reasons for choosing these dishes.

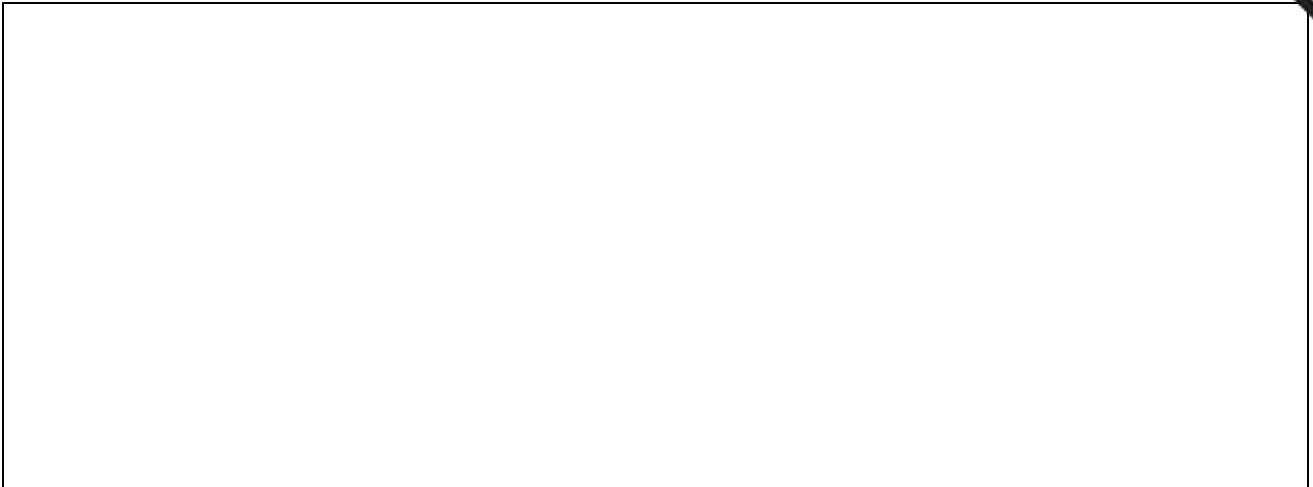
- _____

- _____

(4 marks)

- (c) In the space provided below, draw your chosen dishes to show how their decoration make them more appealing to the child.

Label your drawing.



(4 marks)

5. A number of Maltese families live in flats.



- (a) Write down **three** advantages of living in a flat.

An example has been done for you.

- *Convenient as all rooms are on the same floor.*

- _____
- _____
- _____

(3 marks)

- (b) Some people prefer not to live in flats. Give **three** possible reasons for this.

An example has been done for you.

- *One common entrance door is available to a number of flats.*

- _____
- _____
- _____

(3 marks)

- (c) i) A young couple who earn a moderate income might prefer not to live in a flat.

From the options below, underline a **similar** type of accommodation (home) they might afford.

bungalow

terraced house

maisonette

detached villa

(1 mark)

- ii) Give **two** reasons why you chose this type of accommodation.

- _____

- _____

(2 marks)

- (d) For **each** of the key words given below, explain a consideration the couple has to keep in mind before making their final choice.

i) **Price:** _____

ii) **Locality:** _____

iii) **Size:** _____

(6 marks)

6. A school friend is feeling stressed out and is finding it difficult to cope with the demands of the final year at school.



- (a) Underline **six** possible causes of stress in fifth form teenagers.

unemployment
peer pressure

examinations
redundancy
career choice

bullying
sickness
parents separating

problems at work
learning to drive

(3 marks)

- (b) i) Identify **two** persons who can help this teenager:

At School: • _____ • _____

Outside School: • _____ • _____

(4 marks)

- ii) Choose **one** of the persons you have identified in (b) i), and explain briefly how this person can help the teenager.

Chosen Person: _____

Help Given: _____

(2 marks)

- (c) Give **three** tips to your fifth form friends to help them avoid stressful situations where possible.

An example has been done for you.

- *Share your problem/s with someone who can give you the correct advice.*
- _____
- _____
- _____

(6 marks)

7. The care of the environment is the responsibility of all.

- (a) i) One way of helping to care for the environment is to separate waste at source.

Name the **three** materials that are collected (in the grey/green bag) for recycling.

- _____
- _____
- _____

(3 marks)

- ii) At home, your family does not separate waste before disposing of it.

Write **two** advantages of separating waste at home.

- _____
- _____
- _____
- _____

(4 marks)

- iii) Name another system, used in your locality, of disposing of separated waste, the grey/green bag.

_____ (1 mark)

- iv) List **one** advantage of using this system.

(1 mark)

- (b) As teenagers, how can we help protect the environment when:

- i) **we go out with friends?**

The first one has been done for you.

- *Dispose of waste properly.*
- _____
- _____
(2 marks)

- ii) **choosing and using stationery?**

The first one has been done for you.

- *Use recycled writing paper.*
- _____
- _____
(2 marks)

- iii) **we are at school?**

The first one has been done for you.

- *Handle books with care.*
- _____
- _____
(2 marks)