

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 our diet.

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 y

- _____
- _____
- _____ (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.

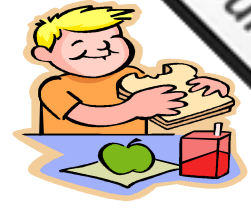
Food Product	Healthier Alternative	CINDI Dietary Guideline
whole milk		Eat less fat.
	water	
salt		
	white meat	
canned fruit		
	wholegrain bread	Eat more NSP (dietary fibre).
formula milk		
	canned peas	Reduce intake of processed foods.
butter	polyunsaturated margarine	
		Use milk products which are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

(5, 5, 6 marks)

SECTION B

4. Meals for young children need careful planning.

(a) List **four** points you would consider before planning a meal for a five year old child.



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

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

i) Plan a midday meal you will serve the child, using, where possible, fresh Maltese products. Keep the CINDI Dietary Guidelines in mind.

Dishes Chosen:

Main Dish _____

Dessert _____

Drink _____ (3 marks)

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

- _____
- _____
- _____ (4 marks)

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

Label your drawing.

(5 marks)



5. Some Maltese families have mixed feelings about living in flats.

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

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

(b) Identify **three** objections people might have to living in a flat.

- _____
- _____
- _____ (3 marks)

(c)

i) Suggest an alternative, yet similar type of accommodation which might be more appealing to a young couple who earn a moderate income and are about to buy their first home.

_____ (1 mark)

ii) Give **two** reasons for your choice of home.

- _____
- _____
- _____ (4 marks)

(d) List **four** issues (points) a young couple would have to consider before making their final decision on the choice of home.

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

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



- (a) List **three** possible causes of stress in teenagers.

- _____
 - _____
 - _____
- (3 marks)

- (b)

- i) Identify **two** persons who can help this teenager to relieve stress.

- _____
 - _____
- (2 marks)

- ii) How can these persons help the teenager? Give **three** suggestions.

- _____
 - _____
 - _____
- (3 marks)

- (c) Suggest **three** ways how fifth form students can try to avoid stressful situations.

- _____
 - _____
 - _____
- (6 marks)

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

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

i) we go out with friends?

- _____
- _____
- _____ (3 marks)

ii) choosing and using stationery?

- _____
- _____
- _____ (3 marks)

(b) Name **two** ways of disposing of separated waste in your locality.

- _____
- _____ (2 marks)

(c) At home, your family is not keen to separate waste before disposing of it.

Explain to your family **three** benefits of separating waste at source.

- _____
- _____
- _____
- _____ (6 marks)