

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2009

Directorate for Quality and Standards in Education
Educational Assessment Unit

Form 2 **HOME ECONOMICS** **TIME : 1h 30min**

Name: _____ **Class:** _____

Answer all the Questions

1. At home you have a choice of minced beef, minced chicken and chopped bacon to add to a pasta dish.
The main nutrients present in each of the three meats are listed in the table below.

Nutritional Composition of Meats per 100g

	Minced beef	Minced chicken	Chopped bacon
Energy (Kcal)	221	116	428
Protein (g)	18.8	21.8	14.2
Fat (g)	16.2	3.2	14.2
Carbohydrates	0	0	0
Iron	2.7	0.5	1.0

- a. Using the information in the above table, say which meat contains:
- (i) the highest amount of
- **Protein** _____
 - **Iron** _____ (½, ½ mark)
- (ii) the lowest amount of
- **Energy / Kcal** _____
 - **Fat** _____ (½, ½ mark)
- b. What is the difference in the amount of fat between the minced beef and the minced chicken?
- _____ (1 mark)
- c. Which type of meat would you choose to make the pasta dish?
- _____ (1 mark)

- d. Give a reason why you have chosen it.

(2 marks)

- e. i. Underline **two** foods which you would serve as accompaniments to the pasta dish.

lettuce leaves

sliced tomatoes

bread

chips

oranges

mushrooms

(1/2, 1/2 mark)

- ii. Give **one** reason for your choice.

(2 marks)

- f. Match the following nutrients to their functions in the body.

	Nutrients		Functions
i.	Protein		to provide energy
ii.	Fat		to make the red blood cells
iii.	Carbohydrates		for growth and repair
iv.	Iron		to provide energy for work and warmth

(4 marks)

- g. Name **two** foods rich in each nutrient.

Nutrient	Food	Food
Fat	• <i>eg. butter</i>	• <i>oil</i>
Protein		
Carbohydrates		
Iron		

(3 marks)

2a. Why is it important to eat foods high in fibre everyday?

(2 marks)

b. Give **five** ways how you can eat fibre rich food everyday.

- *eg. eat fresh fruits with peel on where possible.*
- ---
- ---
- ---
- ---
- ---

(5 marks)

c. Mark with an **X** if this statement is true or false.

We should drink plenty of water when eating fibre rich foods.

True

☐

False

☐

(1/2 mark)

d. List **three** functions of water in the body

- *eg to help digestion*
- ---
- ---
- ---

(3 marks)

e. **Underline the correct answer**

We should drink:

- 1 litre
- 2 to 3 litres
- 3½ litres

of water everyday

(1/2 mark)

3a. Name **five** factors which may influence a teenager's choice of food.

Factors	eg.	• <i>health</i>
		• _____
		• _____
		• _____
		• _____

(5 marks)

b. Why should teenagers give importance to health when they come to choose their food?

- _____
 - _____
- (2 marks)

4. The table below shows the menu of a school packed lunch.

a. Suggest healthier food for this school packed lunch.

Menu of packed lunch	Healthier packed lunch
_____	_____
slices of white bread	eg. <i>wholemeal bread</i>
butter	• _____
ham	• _____
cheddar cheese	• _____
bar of chocolate	• _____
bottle of cola	• _____

(5 marks)

b. Say why the food you have suggested is healthier.

eg. • *low in fat*

- _____
- _____

(2 marks)

c. Underline the diet-related disorders that may develop if students eat unhealthy food everyday.

Diet-related disorders
<p>common cold</p> <p>constipation</p> <p>tooth decay</p> <p>anorexia</p> <p>heart disease</p> <p>diabetes</p> <p>obesity</p>




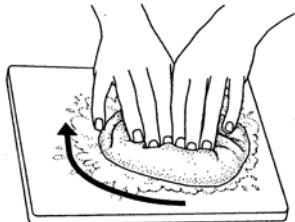
(5 marks)

5a. Modify (*change*) the recipe for Short Crust pastry with healthier ingredients.

Short Crust pastry recipe	Modifications
200g flour	_____
100g fat	_____
Pinch of salt	
water	

(2 marks)

b. Match the steps in marking short crust pastry to the correct action.

	Action		Steps in Marking Short Crust Pastry
i.			Rub the fat into the flour using the fingertips, until the mixture looks like breadcrumbs.
ii.			Knead it very lightly until it is smooth using the fingertips.
iii.			Sieve the flour and salt into the bowl. Add the margarine to the flour and cut into small pieces.
iv.			Add the water a little at a time and mix to a firm, smooth dough.

(4 marks)

c. Name **two** savoury and **two** sweet dishes made with Short Crust Pastry.

Savoury Dishes

• _____

• _____

(½, ½ marks)

Sweet Dishes

• _____

• _____

(½, ½ marks)

6. Shopping is done by almost everyone.
- a. Name **four** shopping facilities available in Malta.

Shopping Facilities

eg. *Mini Market*

- _____
- _____
- _____
- _____

(4 marks)

- b. Choose **one** shopping facility from where your family prefers to do the shopping.

i. **Shopping Facility** _____ (1 mark)

- ii. Give **one** reason why your family chooses this shopping facility.

 _____ (2 marks)

- c. Give **three** examples how your family makes every effort to shop wisely.

eg. *buys only items that are really needed.*

- _____
- _____
- _____

(3 marks)

- d. Name **three** important pieces of information found on food labels which your family considers to be important.

eg. *list of ingredients.*

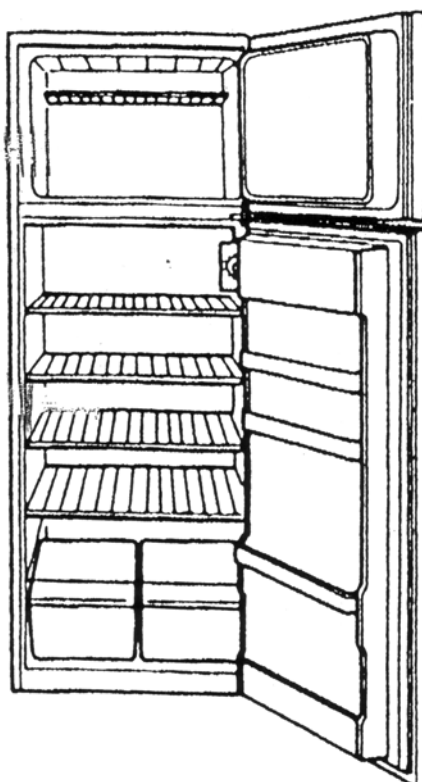
- _____
- _____
- _____

(3 marks)

- 7a. Your mother has just bought the following food.

- i. grated cheese
- ii. fresh fish to be cooked on the same day
- iii. minced meat to be cooked the following week.
- iv. lettuce
- v. ham
- vi. bread rolls

Mark with arrows where you would place the above food in the refrigerator.



(2½ marks)

- b. Name the type of packaging material you would use to store the above food in the refrigerator.

Food	Packaging Material
eg. bread rolls	<i>plastic bag</i>
grated cheese	
fresh fish	
minced meat	
lettuce	
ham	

(2½ marks)

- c. List **three** rules to follow when storing food in a refrigerator.

eg. *Do not overpack the refrigerator with food.*

- _____
- _____
- _____

(3 marks)

- d. Explain how we can make use of packaging material to avoid harming the environment?

(1 mark)

- 8a. Waste at home is separated to be collected on different days.
Give examples of what should we throw in the grey plastic bag that is collected once a week.

Grey Plastic Bag	
•	•
•	•
•	•

(3 marks)

- b. Suggest **three** ways how we can reduce, re-use and re-cycle waste at home.

Reduce

eg. *do not buy more clothes than you need.*

- _____
- _____
- _____

(3 marks)

Re-use

eg. *re-use empty breakfast cereal bags to pack the school lunch.*

- _____
- _____
- _____

(3 marks)

Recycle

eg. *use old cotton t-shirt as dusters or cleaning rags.*

- _____
- _____
- _____

(3 marks)

c. As a teenager, what can you do to protect the environment?

eg. *buy goods which are CFC free.*

- _____
- _____
- _____

(3 marks)

9.

A First Aid box is of great help when someone is hurt.



Name **six** items that are found in a First Aid Box and give their correct use.

First Aid Box	Correct Use
• eg. <i>plasters</i>	• eg. to cover wounds or cuts
i.	•
ii.	•
iii.	•
iv.	•
v.	•
vi.	•

(3, 6 marks)