

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2009
DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
Educational Assessment Unit

FORM 4 **HOME ECONOMICS** **TIME: 1h 30min**

Name: _____ **Class:** _____

Answer all the Questions
Section A

- 1a. John is an overweight teenager who still attends school. The following is his day's menu. Carry out the necessary modifications (changes) to help John eat healthy and lose weight.

Meals	Menu	Modification
Breakfast	2 sausage rolls water	i. _____
School lunch	ftira with butter, ham and cheese coke	ii. _____ iii. _____
Afternoon snack	a bar of chocolate	iv. _____
Dinner	deep fried chicken nuggets with chips	v. _____

(5 marks)

- b. State how the foods you have suggested meet the CINDI DIETARY GUIDELINES.

- _____

- _____

(2 marks)

- c. If John keeps eating the wrong kind of food he can suffer from the following diet related diseases unless the necessary changes are not adopted / (made).

Diabetes

☐

coeliac disease

☐

high cholesterol

☐

lactose intolerance

☐

Tick the correct answers

(1 mark)

- d. Suggest another way (non dietary) how this teenager can lose weight besides following the dietary changes.

- _____ (1 mark)

- 2a. Fill in

Vegetables are an important source of _____ due to the cellulose in the cell walls. They also supply _____ , _____ , carbohydrates and _____ .

To ensure good quality, low cost and nutritional value, buy local vegetables when in _____ .

(5 marks)

- b. What would you look for when buying vegetables?

- _____
- _____
- _____

(3 marks)

- c. How should vegetables be prepared to retain their Vitamin C content?

TRUE

FALSE

- i. They should be chopped finely

☐
☐

- ii. Leave to soak in water

☐
☐

- iii. Cook in the least amount of water

☐
☐

- iv. Choose a slow method of cooking

☐
☐

(2 marks)

d. What would you prefer to choose when buying vegetables for your family?

G.M. vegetables

☐

Organically grown vegetables

☐

Tick the correct answers

(½ mark)

e. Give **one** reason to justify your choice.

Reason

- _____

(1 mark)

3a. Complete:

Cooking Method	Heat Transference	Food
_____	conduction	pasta
steaming	_____	_____
_____	_____	pie
roasting	convection / conduction	_____
stir-fry	_____	_____
_____	radiation	pork chops
_____	conduction	tough cut of meat

(5 marks)

b. Suggest a healthy cooking method you would use when preparing meals for:

- **an invalid** _____
- **a person on a low fat diet** _____
- **a busy couple who work full-time** _____

(3 marks)

4a. Match column A to column B.

	A		B
i.	Bread is made from flour		to give off carbon dioxide gas as it grows and multiplies.
ii.	Yeast is used to		living organism (plant).
iii.	Strong flour is best		bound into a dough with a liquid usually water.
iv.	Yeast is a		raise the dough.
v.	A warm moist atmosphere encourages the yeast		as it contains a high proportion of gluten.

(5 marks)

b. Sarah wants to bake some bread for her family.
What advice would you give her on the type of flour to use?
Give a reason for your choice.

Type of Flour: _____

Reason: _____

(½, 1 mark)

c. List the remaining ingredients for the basic yeast dough using:
500g strong flour

(1 mark)

- d. Sarah is going to use the Food Mixer to make the yeast dough. Identify the attachment which she has to use:

the Whisk

☐

the Hook

☐

tick the correct answer

the K-Beater

☐

(1 mark)

- e. What happens to the dough when Sarah kneads it correctly on the floured surface?

(2 marks)

- f. Suggest **one** other savoury dish and **one** sweet dish that could be prepared with the yeast dough.

Savoury Dish

Sweet Dish

(1 mark)

Section B

- 5a. Give **one** reason for each of the following:

- i. Pregnant women need a high amount of Folic Acid and iron.

Reason •

•

(2 marks)

- ii. Teenagers need a high amount of Calcium and Vitamin D.

Reason •

•

(2 marks)

- iii. Elderly people need to eat easily digested food.

Reason •

•

(2 marks)

- iv. A person recovering from a bad cold needs a higher amount of Vitamin C.

Reason • _____

• _____ (2 marks)

- v. An athlete needs food rich in Starch and Vitamin B.

Reason • _____

• _____ (2 marks)

- b. Write **True** or **False** against each of the following:

•	Eat a variety of fresh fruits and vegetables every day.	
•	Avoid methods of cooking which require a high amount of fat.	
•	Choose protein food low in saturated fat.	
•	Avoid home-made prepared meals.	
•	Drink plenty of water.	
•	Eat one large meal in the evening	

(3 marks)

- 6a. Show how a young person can become an informed consumer.

Tick the correct answers.

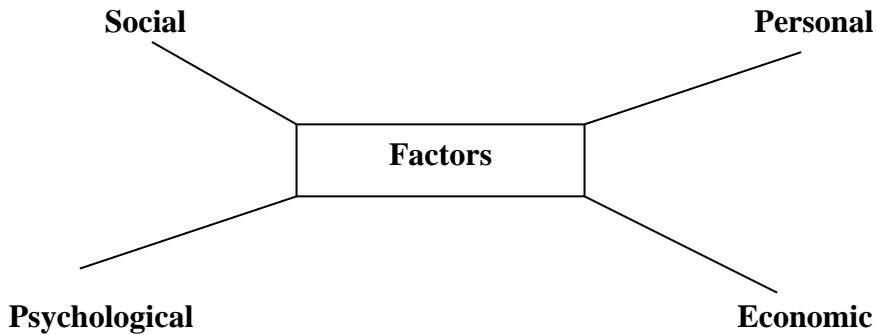
- i. The consumer knows of his/her rights and responsibilities. ☐
- ii. Buys whatever his/her peers buy. ☐
- iii. Be informed about laws regarding the consumers. ☐
- iv. Makes sure he/she reads information. ☐
- v. Gets rid of informative leaflets received at home without reading them. ☐
- vi. Buys on impulse. ☐

(3 marks)

- b. Jason, a sixteen year old teenager, is planning to buy his own clothes and a DVD player from the money he has saved.

Of the factors in the web diagram, identify **two** which seem the more important for Jason's choice.

Give a practical example to justify the choice of each of these two factors.



Factor i: _____

Example: _____

(1, 2 marks)

Factor ii: _____

Example: _____

(1, 2 marks)

- c. Suggest **two** ways how Jason can pay for his clothes and the DVD player he buys.

- _____
- _____

(2 marks)

- d. After a month of using the DVD player, a fault develops.
In the Flow Chart, write the steps Jason has to follow to make a complaint.

Flow Chart



(5 marks)

- 7a. Family Borg needs to buy a new freezer. Which type of freezer would you suggest?

A chest freezer ☐

An upright freezer ☐

(1 mark)

- b. Give a reason to justify your suggestion.

(2 marks)

- c. How would you advise the freezer to be rated to be energy efficient?

_____ (1 mark)

- d. Why is it important for families to economise on the use of electricity and water?

- _____
 - _____
- (2 marks)

- e. Suggest ways how the members of the family can reduce the use of electricity and water in the home.

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

8. Samuel and Lara have two young children. Both Samuel and Lara earn an average wage. They are still paying for their home loan.

- a. Why is it important for Samuel and Lara to budget their income?

- to be able to buy healthy food.
- to be able to buy all their needs.
- not to end up in debt.
- to be able to spend money on entertainment.
- to buy more clothes.
- to be able to save most of their money.

**Underline the
correct
answers.**

(3 marks)

- b. List, in order of priority, **eight** items on which Samuel and Lara have to spend the incomes.

Priorities

i. *Home Loan*

ii. _____

vi. _____

iii. _____

vii. _____

iv. _____

viii. _____

v. _____

ix. _____

(4 marks)

- c. List **two** consequences this couple can face if they do not make the correct choice of their priorities.

• _____

• _____

(2 marks)

9. Emma is a three-year old child with a walking disability that restricts her to be wheelchair bound.

- a. Emma can be helped not to experience difficulties by:

Mark the correct answers

i. Giving her opportunities to integrate with other children

☐

ii. Being helped to accept herself as she is

☐

iii. Staring at her

☐

iv. Encouraging her to give her best

☐

v. Not being over-protected

☐

vi. Being pitied

☐

(3 marks)

b. Name **two** difficulties Emma can meet when she starts to attend school.

- _____
 - _____
- (2 marks)

c. Identify **five** problems Emma's parents may face during Emma's upbringing.

- _____
 - _____
 - _____
 - _____
 - _____
- (5 marks)