

**FORM 2**

**HOME ECONOMICS**

**TIME: 1h 30min**

**Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Answer all questions**

1. Read through the following list of foods.

milk	<del>rice</del>	strawberries	oranges	yoghurt	margarine
<del>potatoes</del>	brown rice	meat	butter	pulses	wholemeal pasta

a. Choose **two** foods for each statement below. Each food can only be used once. *An example has been done for you.*

Two foods rich in carbohydrates	<u>rice</u>	<u>potatoes</u>
Two foods rich in NSP	_____	_____
Two foods rich in calcium	_____	_____
Two foods rich in fats	_____	_____
Two foods rich in proteins	_____	_____
Two foods rich in Vitamin C	_____	_____

(10 marks)

b. The sentences below explain the function of different nutrients.  
 In each blank space, write down the **name** of the nutrient they refer to.  
 Each nutrient may only be used once.  
*An example has been done for you.*

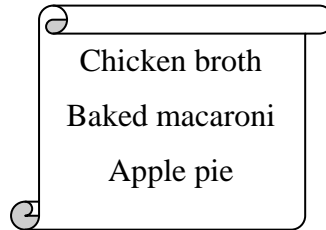
For the formation of red blood cells.	<u>Iron</u>
Needed to insulate the body against heat loss and to protect the organs.	_____
For strong bones and teeth.	_____
A very good source of energy.	_____
To protect the body from diseases.	_____
For the growth and repair of body tissues.	_____

(5 marks)

c. Why is N.S.P. (fibre) important in our diet?

- \_\_\_\_\_ (1 mark)

d. Rose and Jake are thinking of cooking the following menu for their wedding anniversary.



Suggest **one** way how Rose and Jake can increase the N.S.P. content of the three dishes.

Dish	How to increase NSP
Chicken broth	_____
Baked macaroni	_____
Apple pie	_____

(2, 2, 2 marks)

e. Fill in the blanks for the following sentences using the words in the box.

concentration	fruit juices	water	2-3	milk	dehydration
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- Apart from having a diet rich in N.S.P., it is important to drink \_\_\_\_\_ litres of \_\_\_\_\_ a day. This is also present in various food sources. Some examples are soups, \_\_\_\_\_ and \_\_\_\_\_.
- It is important to drink fluids to prevent \_\_\_\_\_ and help \_\_\_\_\_.

(6 marks)

2. Mary is inviting her friend over for a midday meal.

She decided to bake a ricotta pie. The following are the ingredients and quantities she will use to prepare her chosen dish.

Ingredients needed for the pie	
Ingredients for the pastry:	Ingredients for the filling:
200g plain white flour	200g ricotta
100g fat	1 egg
1 teaspoon salt	parsley
Cold water to mix	

a. Using the words in the box below, fill in the following sentences to complete the method for preparing the pie.

rest	hot	rubbing-in	fingertips	flour	knead	water
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### Method

1. Sieve the \_\_\_\_\_ into a bowl. Add the salt. Add the fat and cut it into small pieces.
2. Rub the fat into the flour using your \_\_\_\_\_, until the mixture looks like fine breadcrumbs. This is called the \_\_\_\_\_ method.
3. Add the \_\_\_\_\_ a little at a time and mix to a firm, smooth dough.
4. \_\_\_\_\_ it lightly until smooth.
5. Leave to \_\_\_\_\_ while you prepare the ricotta filling.
6. Grease the baking tray, roll out the dough and prepare the pie.
7. Bake in a \_\_\_\_\_ oven, Gas 6, 200°C, until golden brown.

(7 marks)

b. Name the **type of pastry** that Mary will be making.

- \_\_\_\_\_

(1 mark)

c. Complete the following to suggest **two** changes to prepare a healthier pastry.

Instead of white plain flour use \_\_\_\_\_

(1 mark)

Reason: \_\_\_\_\_

(2 marks)

Instead of 100g fat use \_\_\_\_\_

(1 mark)

Reason: \_\_\_\_\_

(2 marks)

d. Give Mary advice on **two** important rules to follow to get good results when making the pastry. *An example has been done for you.*

- Ingredients and utensils should be kept cool.
  - \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

e. Keeping in mind the CINDI dietary guidelines, suggest **one** other savoury dish and **one** sweet dish which could be prepared using this type of pastry.

Savoury dish	Sweet dish

(1, 1 mark)

f. Write down **two** table manners which Mary and her friend should follow whilst eating the ricotta pie. *An example has been done for you.*

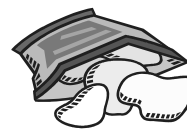
- Do not put your elbows on the table.
  - \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

3. Read through the following sentences and **underline** the correct answer from the brackets.

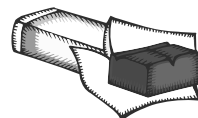
a. Red meat and sausages are John's favourite foods. He usually eats them four times a week. This may lead to (constipation, dental caries, heart disease).



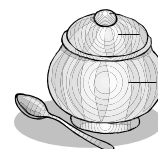
b. Jane eats two crisps packets a day. A diet high in these salty packets may lead to (high blood pressure, diabetes, constipation).



c. Mary eats a bar of chocolate everyday. This may lead to (high blood pressure, diverticulitis, tooth decay).



d. Eating a lot of sugar can lead to (coronary heart disease, diverticulitis, diabetes).



e. Lack of physical activity and a diet high in fats and sugars can lead to (tooth decay, obesity, high blood pressure).



(5 marks)

4. Match the following sentences about shopping facilities. *An example has been done for you.*

a. You are likely to find fresh fruit and vegetables in season at a reasonable price.

Door-to-door shopping

b. This shop sells a variety of breads.

Green grocer

c. Without notice, sellers knock on people's doors to sell products or services.

Supermarket

d. This type of shopping can be done from the comfort of your home and is very suitable for persons with special needs and the elderly.

Bakery

e. You can find a very wide range of goods in one shop.

Armchair shopping

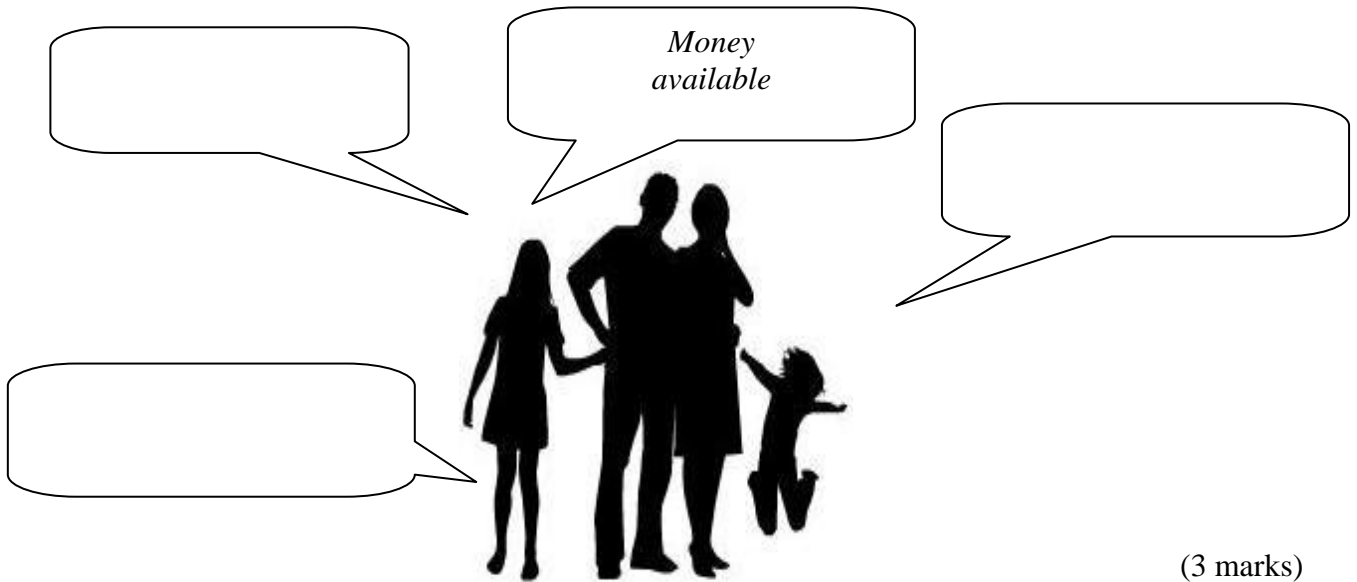
f. Prices are normally cheap but it may not be suitable in rain or bad weather.

Open market

(5 marks)

5. The Attard family consists of the parents and their two young children, Mark and Catherine. They are going to the supermarket to do their weekly shopping.

a. In the diagram below, list **three** factors which you think would influence the type of food items that they would choose. *An example has been done for you.*



(3 marks)

b. Choose **two** factors from the above and explain in detail how each of these factors would affect the Attard family's choice of food. *The first one has been done for you.*

**Factor 1: Money Available**

**Explanation:** The money they spend will depend on the amount of money the parents have set aside for their weekly shopping.

**Factor 2:** \_\_\_\_\_

**Explanation:** \_\_\_\_\_

\_\_\_\_\_

**Factor 3:** \_\_\_\_\_

**Explanation:** \_\_\_\_\_

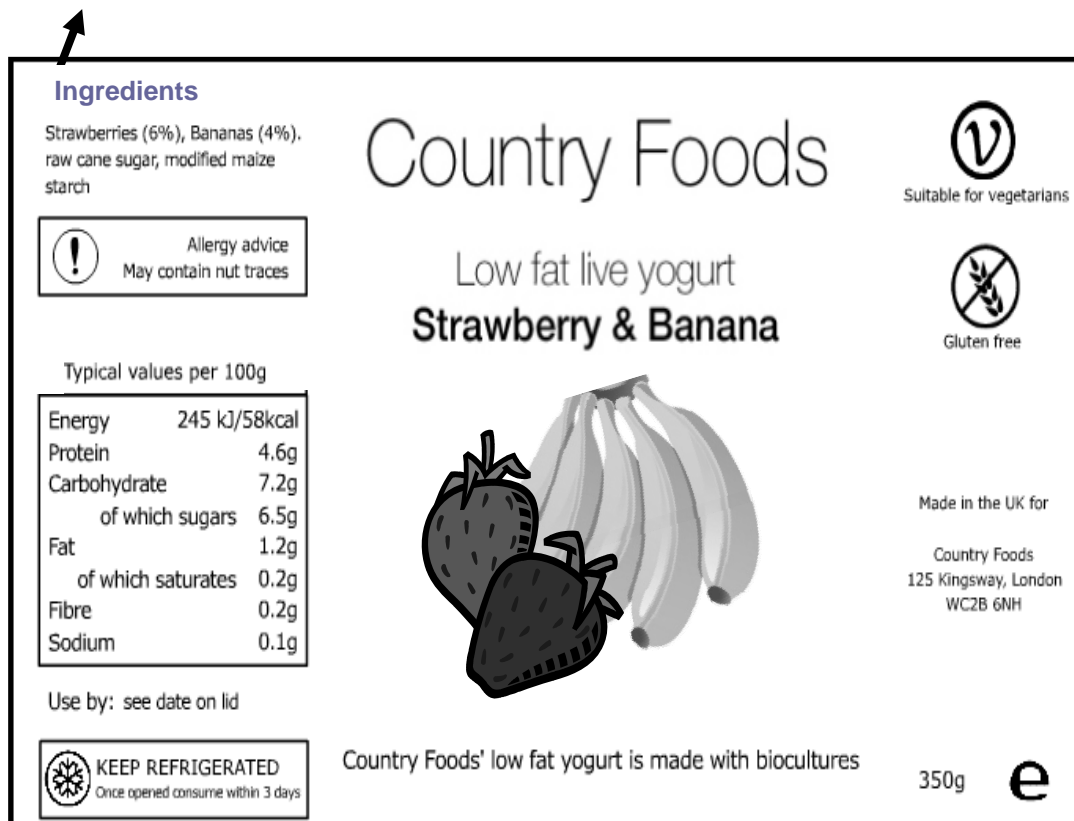
\_\_\_\_\_

(2, 2 marks)

c. The diagram below shows the food label of a yoghurt which the Attard family has bought.

Using arrows, mark and label **four** pieces of information found on this label. An example has been done for you.

**Example:** List of ingredients



(4 marks)

d. The following **two** symbols are also found on this food label. Name and give the meaning of each.



**Name of symbol**

**Definition of symbol**



(2, 2 marks)

e. Describe **two** ways how Mr. and Mrs. Attard can encourage their children to save money when shopping for food. *The first one has been done for you.*

- *Prepare a shopping list with quantities.*

• \_\_\_\_\_


• \_\_\_\_\_

(2, 2 marks)

6. The following diagrams show **six** different food items which need to be stored in a refrigerator.

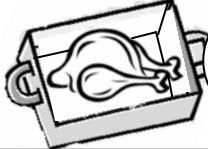
a. Place the number of each food item in the correct place in the refrigerator.

1




Milk carton

2




Uncooked chicken for thawing

3




Margarine

4



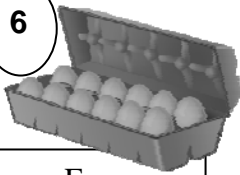
Carrots

5

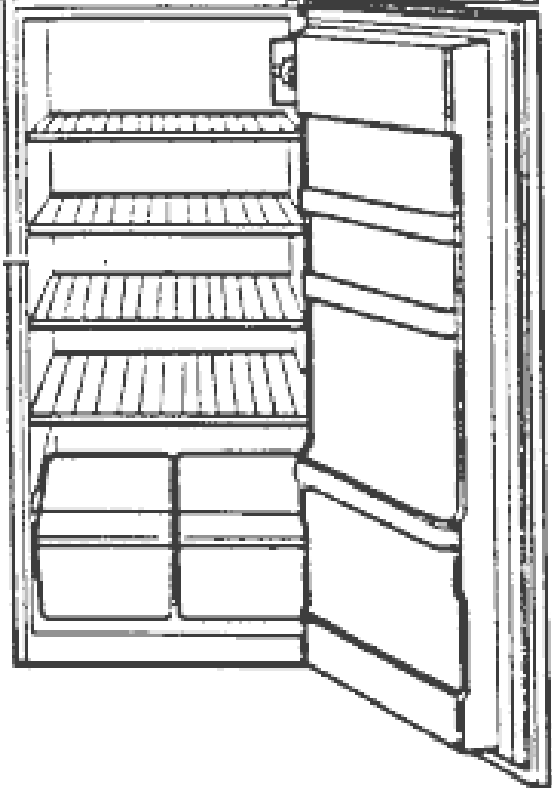


Ricotta pie

6



Eggs



(6 marks)

b. Give **two** rules which should be followed when storing food in the refrigerator. *An example has been done for you.*

- *Never put hot food in the fridge.*

• \_\_\_\_\_

• \_\_\_\_\_

(2, 2 marks)



7. It is very common to find bring-in sites in most localities. Column A in the following table shows different household items to be thrown away.

- In **column B**, name the colour of the bring-in site bin you would use for each item.
- In **column C**, write down the name of the bring-in site bin you would use for each item.

*An example has been done for you.*

Column A Item	Column B Colour of the bring-in site bin	Column C Name of the bring-in site bin
• Empty wine bottle	• Brown	• Glass
• Empty breakfast cereal box	•	•
• Empty plastic bottle	•	•
• Washed can of tuna	•	•

(3, 3 marks)

8. Michael has an empty shoe box. He wants to reuse it to store playing cards in it.

He will redecorate the box by using the below items.

Old wrapping paper  
Magazine pictures  
Glue  
Scissors



- Draw and label a diagram to show the finished, decorated box, using the items above.



(1½, 1 ½ marks)

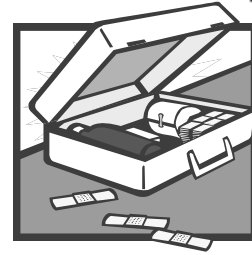
- Name another item which Michael can store in the box apart from playing cards.

\_\_\_\_\_

(1 mark)

9. The following box shows the names of different items found in a First Aid Box.

Tweezers	Ice pack
Scissors	Plaster
Bandage	Disposable gloves



Read the following sentences and, for each question, suggest **one** item you would use for each of the following emergencies.

a. During a community fun run, Jane fell over and her knee began to bleed. You are going to help her clean the wound.

What will you use to protect yourself from the blood whilst cleaning the wound?

\_\_\_\_\_

(1 mark)

b. Your younger sister has tripped over some toys and her ankle is getting swollen.

Which item from the First Aid Box would you use to help her reduce the swelling?

\_\_\_\_\_

(1 mark)

c. You have just cut your finger.

You quickly managed to clean and stop the bleeding. What would you use to cover the cut?

\_\_\_\_\_

(1 mark)