

**FORM 4**

**HOME ECONOMICS**

**TIME: 1h 30min**

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

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

**Answer all the questions.**

**Section A.**

- 1a. A wide variety of fish is available on the market. Sort the following fish into the table below.

<i>lampuki</i>	shrimps	mussels	tuna	salmon	swordfish
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White fish	Oily fish	Shellfish

(3 marks)

- b. List **three** points that you would look for when buying fresh fish.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

- c. Last Sunday, Leah bought some fresh lampuki from the open market at Marsaxlokk. She placed them on a plate and stored them in the fridge to cook them on Wednesday.

Point out **two** things that Leah did wrong when storing the fish.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

d. Name **two** nutrients that are found in fish and explain the main function of each.

Nutrient	Function
• _____	• _____ _____
• _____	• _____ _____

(1, 4 marks)

e. Leah has two young children. Fish is not one of their favourite foods. Suggest **two** interesting and healthy ways how Leah can include fish in her children's diet.

- \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

2. The following are the food labels of three different bags of flour.



a. Which **one** would you choose to make bread? Give a reason for your choice.

Type of flour: \_\_\_\_\_

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

(1, 2 marks)

- b. Yeast is used to help bread to rise. Read the information about yeast and bread making in the blanks.

warmth proofing	raising agent carbon dioxide	fermentation moisture
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Yeast is a \_\_\_\_\_. It is a living organism. Yeast needs food, \_\_\_\_\_ and \_\_\_\_\_ to grow. It produces \_\_\_\_\_ gas which helps the dough to rise. This process is known as \_\_\_\_\_. In order for the dough to rise we also need to give it time. This is called \_\_\_\_\_.

(3 marks)

- c. Name **one** sweet and **one** savoury dish in which yeast is used.

- **Sweet dish:** \_\_\_\_\_
- **Savoury dish:** \_\_\_\_\_

(1, 1 mark)

- d. The following sentences describe the process of bread making. Put the sentences in order. *Number 1 has been done for you.*

Measure the correct amount of warm water and add the oil.

Light the oven, Gas 8, 230°C, and grease a loaf tin.

Put flour, sugar and yeast in a mixing bowl.

Bake in the oven.

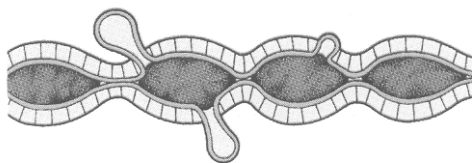
Stir the liquid into the flour and mix together.

Place the dough into a tin and leave in a warm place until it has doubled in size.

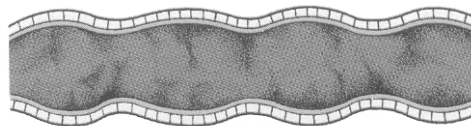
Knead the dough firmly for ten minutes and shape into a loaf.

(3 marks)

3a. The following are pictures of the large intestine. Match the picture with description.



**Healthy intestine**



**Intestine with diverticular disease**

(1 mark)

b. To prevent diverticular disease, it is important to have a diet that is:

- a. Low in NSP / dietary fibre
- b. High in NSP / dietary fibre
- c. Low in fat


Tick the correct answer

(1 mark)

c. Isaac suffers from diverticular disease. His favourite dish is ricotta pie. The following are the ingredients for the pie. Change **two** ingredients to make the pie more suitable for Isaac.



Original Recipe	Modified Recipe
<b>Pastry</b> 200g white flour 100g polyunsaturated margarine	
<b>Filling</b> 200g ricotta 1 egg 50g chopped ham	

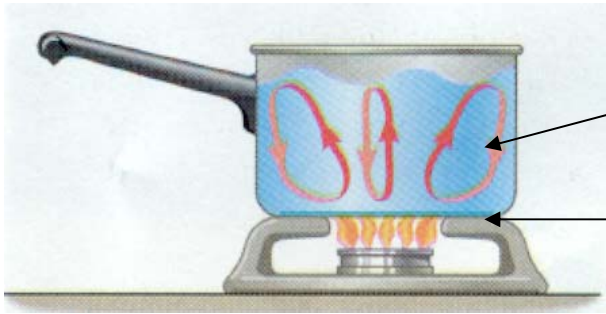
(1,1 mark)

d. What can Isaac have together with the pie, for a healthier, balanced meal?

- \_\_\_\_\_
- \_\_\_\_\_

(1,1 mark)

- 4a. The following diagram shows a pan of water on a burner. Name the **two** heat transfer that are taking place.



(1,1 mark)

- b. Fill in with a suitable cooking method. Each cooking method can be used only once.
- \_\_\_\_\_ is a suitable method for cooking tender cuts of meat.
  - \_\_\_\_\_ and \_\_\_\_\_ are two moist methods of cooking food.
  - \_\_\_\_\_ cooking helps to save time and energy.
  - \_\_\_\_\_ should be avoided as it is a source of fat in the diet.
  - \_\_\_\_\_ meat, fish or chicken develops a good flavour. This can be done either in the oven or on a barbecue.

(6 marks)

## SECTION B

5. Julian and Martina are married and live in a flat. They both work full-time. They already own a fridge but are thinking of buying a freezer.

- a. Why would it be a good decision to buy a freezer? Give **two** reasons.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

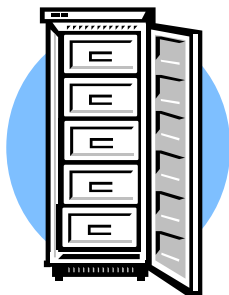
(2, 2 marks)

b. List **three** points they need to consider before buying the freezer.

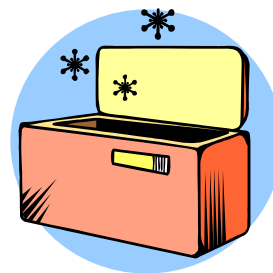
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

c. Below are the two main types of freezers found on the market. Which of these freezers would you suggest for this couple? Give **one** main reason for your choice.



Upright freezer



Chest freezer

- **Type of freezer:** \_\_\_\_\_
- **Reason for choice:** \_\_\_\_\_
- \_\_\_\_\_

(2 marks)

d. While shopping around, they came across the freezer below.



**Product features**

Automatic defrost  
Quick freeze  
Clear plastic drawers  
Digital temperature display

Give the benefit of **three** of the features listed above.

- **Feature 1:** \_\_\_\_\_

**Benefit:** \_\_\_\_\_

- **Feature 2:** \_\_\_\_\_

**Benefit:** \_\_\_\_\_

- **Feature 3:** \_\_\_\_\_

**Benefit:** \_\_\_\_\_

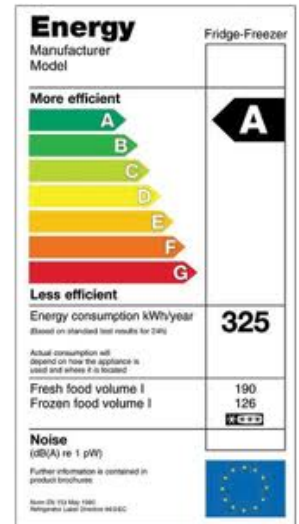
(1,1,1 mark)

- e. The freezer that Julian and Martina bought had the following label.

What does this label tell us?

\_\_\_\_\_

(1 mark)



- f. The following are basic rules that a consumer should follow when storing food in the fridge or freezer. Give a reason for each rule.

- **Rule 1:** Never put hot food in the freezer.

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

\_\_\_\_\_

- **Rule 2:** Cover food before placing it in the fridge.

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

\_\_\_\_\_

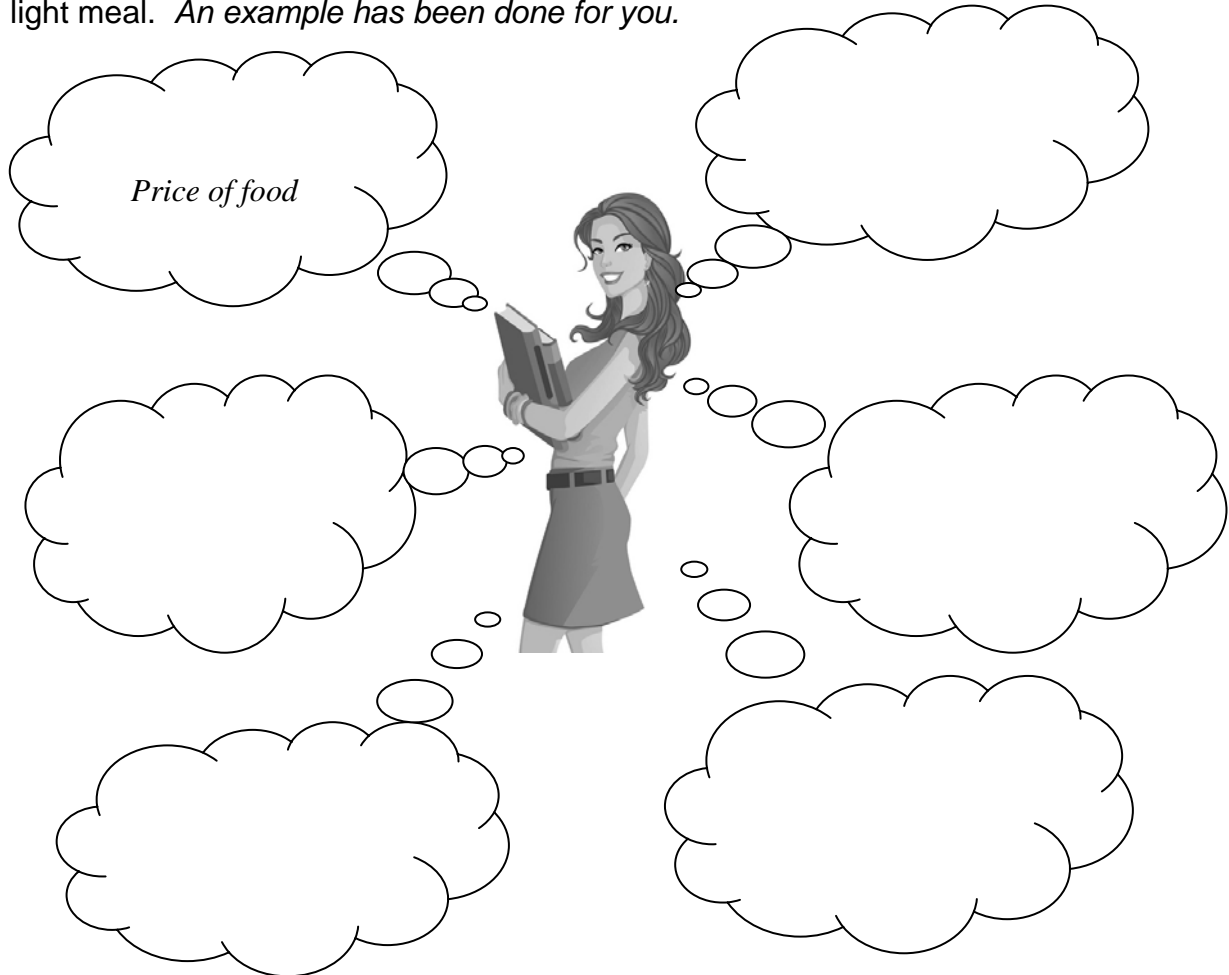
- **Rule 3:** Do not overfill the fridge.

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

\_\_\_\_\_

(2, 2, 2 marks)

6. Lucia is fourteen years old. She has invited her friends home to work on a project together. Before their arrival, she needs to prepare a light meal for them to have while they are working.
- a. Identify **five** factors that Lucia has to keep in mind when planning and preparing the light meal. *An example has been done for you.*



(5 marks)

- b. One of Lucia's friends is a coeliac.

- i. List **three** foods that Lucia should avoid when preparing the light meal.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3 marks)

- ii. Explain why Lucia should avoid these foods.

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(2 marks)



- c. While shopping for food needed for the light meal, Lucia came across the following symbols on some products.



Symbol a



Symbol b



Symbol c

Which of the above symbols is found on products suitable for coeliacs?

\_\_\_\_\_

(1 mark)

7. Whilst Matthias was shopping with his parents in a supermarket, they were approached by a salesperson who was promoting a selection of organic vegetables.

- a. Match the sentences about organic vegetables. *An example has been done for you.*

1.	Organic vegetables are grown		less chemicals are transferred to the soil.
2.	When growing organic vegetables		and are better for our health.
3.	Organic vegetables contain less harmful chemicals		friendly insects to control other pests.
4.	Organic vegetables are	1.	without the use of artificial pesticides.
5.	The farmer who grows organic vegetables uses		more expensive to buy.

(4 marks)

- b. How can your local council encourage people to choose organic food?

- \_\_\_\_\_
- \_\_\_\_\_

(2, 2 marks)

- 8a. Eileen who is 75 years old and who lives on her own has broken her leg in an accident. Given that Eileen is now wheelchair bound, identify **two** difficulties that she might face if she keeps on living alone at home.

- \_\_\_\_\_
- \_\_\_\_\_

(1, 1 marks)

- b. List **two** services available for senior citizens which Eileen can make use of. Explain how each of these services can be of help to Eileen.

- **Service:** \_\_\_\_\_

**Help provided:** \_\_\_\_\_

\_\_\_\_\_

- **Service:** \_\_\_\_\_

**Help provided:** \_\_\_\_\_

\_\_\_\_\_

(2, 4 marks)

- c. Carmen, Eileen's daughter, is married and has two children, aged 8 and 13 years. Carmen and her husband have invited Eileen to live with them until she fully recovers. Identify **two** problems that Carmen's family might encounter when Eileen goes to live with them?

- \_\_\_\_\_

- \_\_\_\_\_

(2, 2 marks)

- d. Having an elderly relative living with the family has its benefits. Write **two** advantages that Carmen's family would gain by having Eileen living with them.

- \_\_\_\_\_

- \_\_\_\_\_

(2, 2 marks)

9. Edward is twenty-one years old and he will soon start his first full-time job. He went to the bank to open a bank account.

- a. Name **one** type of account that Edward could open to have his salary deposited directly into it.

\_\_\_\_\_

(1 mark)

- b. Edward has just received his first salary. He now needs to start budgeting. Explain why it is important for Edward to budget his money.

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(2 marks)

- c. Edward's parents also draw a budget every month. Name **three** important expenses that Edward's parents need to consider when planning their budget.

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- ---

(3 marks)