

FORM 2

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all the Questions

1. David and Emma enjoy eating the following light meal everyday.

Light Meal

- Wholemeal bun with olive oil, tomatoes, tuna fish and lettuce
- a kiwi
- a bottle of water
- a light fruit yoghurt



From the above meal

- a. List **one** food that is

- high in fibre _____
- high in starch _____
- high in protein _____
- rich in Vitamin C _____
- rich in calcium _____

(5 marks)

- b. Identify **two CINDI DIETARY GUIDELINES** the foods in the meal help to meet.

CINDI DIETARY GUIDELINES

- *eg eat bread everyday*
- _____
- _____

(2 marks)

- c. Eating the wrong kind of food can cause certain diet-related diseases or conditions.

Write whether these statements are **True** or **False**

- i. Eating too much sugary food can prevent tooth decay and diabetes. _____
- ii. Lack of calcium and Vitamin D can be the cause of developing osteoporosis (*weak bones*). _____
- iii. Overeating and the wrong kind of diet can cause obesity. _____
- iv. A diet low in fibre can prevent constipation and diverticulitis. _____

(4 marks)

- 2a. Underline the correct function of each of the following nutrients:

- | | |
|------------------------------|---|
| Protein is needed | <ul style="list-style-type: none"> • to prevent tooth decay • for growth and repair |
| Carbohydrates are needed for | <ul style="list-style-type: none"> • strong bones and teeth • energy |
| Calcium is needed for | <ul style="list-style-type: none"> • strong red blood • the formation of strong bones and teeth |
| Vitamin C helps to | <ul style="list-style-type: none"> • resist infections • have a healthy body weight |
| Iron is needed to | <ul style="list-style-type: none"> • prevent constipation • make red blood cells |

(5 marks)

- b. Fill in the blanks with the correct words from the list below.

starches	N.S.P.	meat	cereals	rice
animals	plants	cheese	yoghurt	pasta
kiwi	oranges	potatoes	wholemeal bread	

Protein foods can be obtained from _____ and _____ .

One food rich in each source is _____ and _____ .

Carbohydrates are made up of sugar, _____ and _____ .

Examples of food rich in each type are jam, _____ and _____ .

Two foods rich in Calcium are _____ and _____ .

Vitamin C is found in _____ and _____ .

Two foods rich in starch are _____ and _____ .


(7 marks)

3. Valentina has the following recipe to prepare an apple pie.

Ingredients for apple pie

Pastry

- 200g plain flour
- 100g fat



Filling

- 500g apples
- 50g sugar

Valentina wants to change the apple pie ingredients to be in line with the **CINDI DIETARY GUIDELINES**.

- a. Fill in the following table.

Modified (<i>changed</i>) ingredients for apple pie	
Pastry	Filling
• 100g _____ flour	• 500g apples
• 100g plain flour	• _____
• _____	

(3 marks)

- b. List **four** rules Valentina has to keep in mind when making short crust pastry.

Rules for making short crust pastry.

- *eg keep everything cool, ingredients and utensils.*
- _____
- _____
- _____
- _____

(4 marks)

- c. Name **two** other dishes made with Short Crust pastry.

- _____
- _____

(2 marks)

d. Put the words underneath in the correct spaces.

water	soft	bulky	N.S.P.
-------	------	-------	--------

Apples contain a good amount of _____. N.S.P. is of great importance because it absorbs _____. This makes the contents of the bowels _____ and _____. (2 marks)

e. Suggest **three** ways how Valentina can eat more N.S.P. (*dietary fibre*) in her daily diet.

- eg add peas, beans and lentils to soups.
- _____
- _____
- _____

(3 marks)

f.



It is suggested to drink water when eating fibre rich foods. How much water should we drink everyday?

1 to 2 litres

☐

Tick the correct answer.

2 to 3 litres

☐

(1 mark)

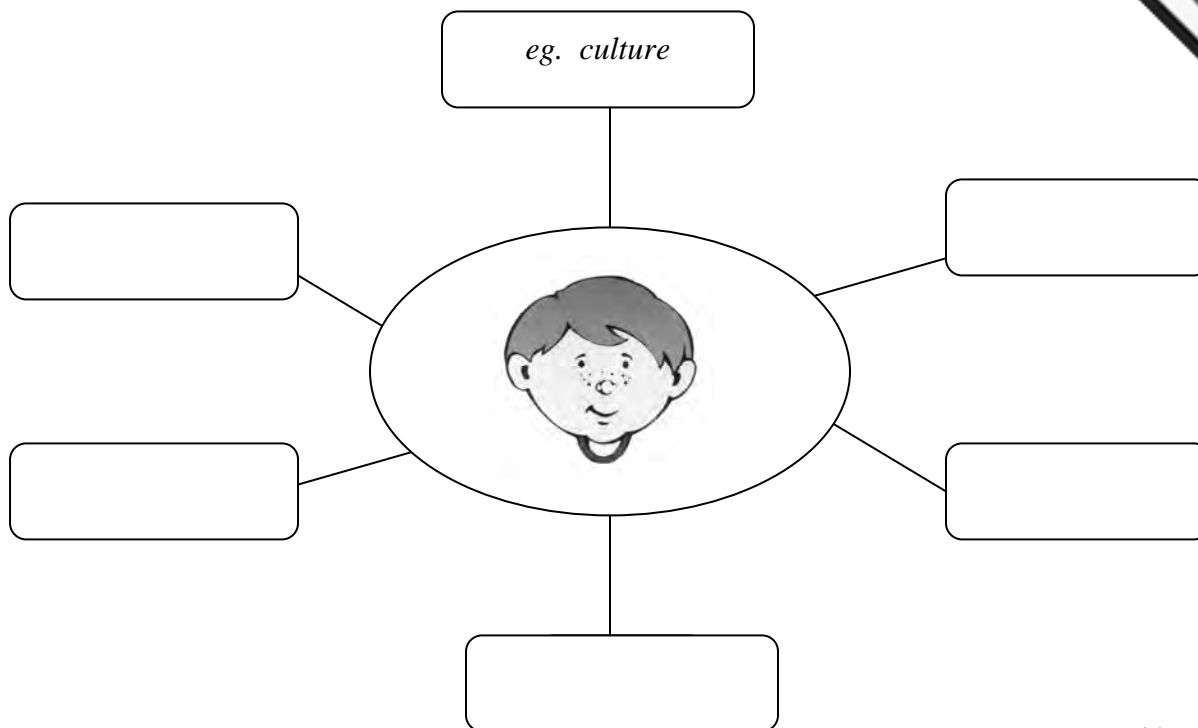
g. Give **two** health benefits of drinking water.

Healthy Benefits

- eg it prevents urinary infections.
- _____
- _____

(2 marks)

4. Name **five** factors which may influence a teenager's choice of food by filling in the words.



(5 marks)

5. Eating habits have changed in recent years.

- a. Why is it important to sit down to have your meals at a well set table?

(2 marks)

- b. Place the equipment listed below correctly to lay the table for **one** person for a midday meal. Draw a simple table decoration and add to your place setting.

napkin	glass	meat plate	soup plate
soup spoon	fork	knife	dessert spoon

Table setting with decoration for one person.

Decoration

(2marks)

Place setting

(4 marks)

- c. I chose this decoration because _____

 (2 marks)

- d. List **three** table manners you would like your family to observe during meal times.

Table manners

- *eg Don't fill your mouth with too much food but eat slowly.*
- _____
- _____
- _____
- _____

(4 marks)

6a. List **three** shopping outlets found in Malta.

- eg open market.
- _____
- _____
- _____



(3 marks)

b. Choose **one** of the shopping outlets listed above and give **one** advantage and **one** disadvantage for it.

Shopping Outlet _____	
Advantage	Disadvantage
<ul style="list-style-type: none"> • _____ _____ 	<ul style="list-style-type: none"> • _____ _____

(2 marks, 2 marks)

c. What do specialist shops sell?

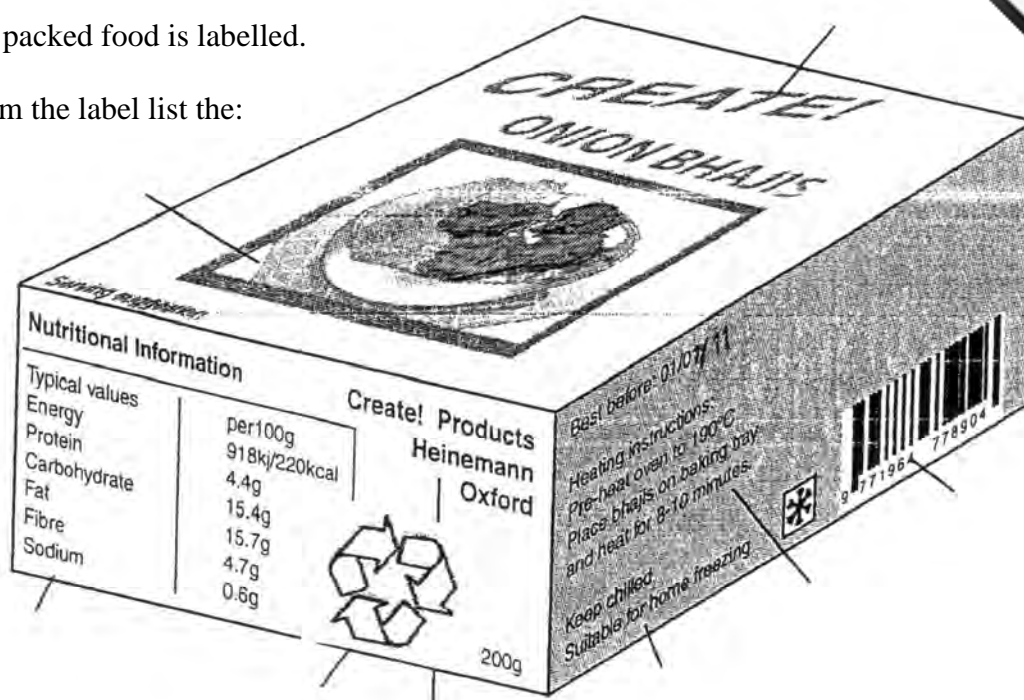


(2 marks)

d. Give **two** examples of specialist shops

(2 marks)

7. All packed food is labelled.
- a. From the label list the:



- name of the food _____
- weight of the food _____
- storage instructions _____
- best before _____
- **three** nutrients found in this food

(5 marks)

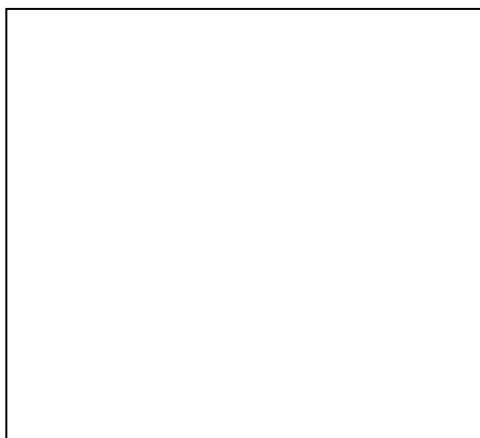
- b. From the label,
- i. choose **one** piece of information and explain its importance to the consumer.

Information _____

Explanation: It is important to the consumer because _____

(2 marks)

- ii. In the box below copy the symbol which shows that the manufacturer cares for the environment.

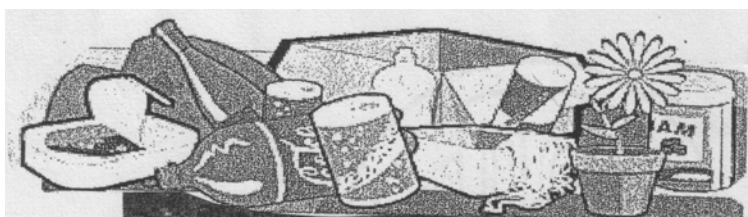


(1 mark)

- c. Give the meaning of symbol drawn.

(2 marks)

8. Waste at home is separated into **four** groups before being taken to the Bring-in-Sites.
- a. Name the groups.



• _____ • _____ • _____ • _____

(2 marks)

- b. List **two** benefits we can enjoy when we take care of the environment.

Benefits

- *eg save resources.*
- _____
- _____
- _____
- _____



(2 marks)

- c. Suggest **three** practical hints how young people can help to care for the environment.

- *eg buy items marked biodegradable.*
- _____
- _____
- _____

(3 marks)

- d. One of the students showed you the symbol shown on this label.



Explain the meaning of this symbol.

(2 marks)

- e. Name **two** items where this symbol can be found.

- _____
- _____

(2 marks)

9. At school you have just finished a basic course on **First Aid**.



a. Give advice to your parents about **six** important items to include in your home **First Aid Box**.

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____
- vi. _____



(3 marks)

b. Explain the correct use of each item.

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____
- vi. _____

(6 marks)