

FORM 3

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Section A

Answer all the Questions

1. A parent wishes to buy a healthy snack for a primary school child to eat while on a school outing. Study the information about snack products below.

Information about Snack Products					
	Energy (kJ)	Protein (g)	Sugar (g)	Fat (g)	Vit B (mg)
A	519	0.5	35.0	1.8	0.06
B	668	4.1	15.9	1.2	0.23
C	1190	3.3	19.9	19.5	0.14
D	1225	1.4	58.5	4.8	0.12

Tick ✓ in the correct box of your choice.

- a. i. Which snack has the highest energy value?

Snack A ☐ Snack B ☐ Snack C ☐ Snack D ☐

(½ mark)

- ii. Which snack has the least protein?

Snack A ☐ Snack B ☐ Snack C ☐ Snack D ☐

(½ mark)

iii. Which snack has the highest fat content?

Snack **A** ☐

Snack **B** ☐

Snack **C** ☐

Snack **D** ☐

(½ mark)

iv. What is the difference in grams between the sugar content of Snack D and Snack A?

_____ grams

(½ mark)

b. i. Which snack would you suggest the parent buys for her young child?

Snack **A** ☐

Snack **B** ☐

Snack **C** ☐

Snack **D** ☐

(1 mark)

ii. Give a reason for your choice of snack.

Reason: _____

(2 marks)

c. i. Snack **B** contains 4.1 grams of protein

Why is protein needed by the body?

Underline the correct answer.

i. for strong bones and teeth

ii. for warmth and energy

iii. for growth and repair of cells

(½ mark)

ii. If eaten in excess, protein can also provide the body with _____ .

(1 mark)

iii. Place the following foods under the correct heading.

ricotta	soya mince	peas	eggs	quorn
peanuts	butter beans	tofu	lentils	rice

High Biological Value Protein

- _____
- _____
- _____
- _____
- _____

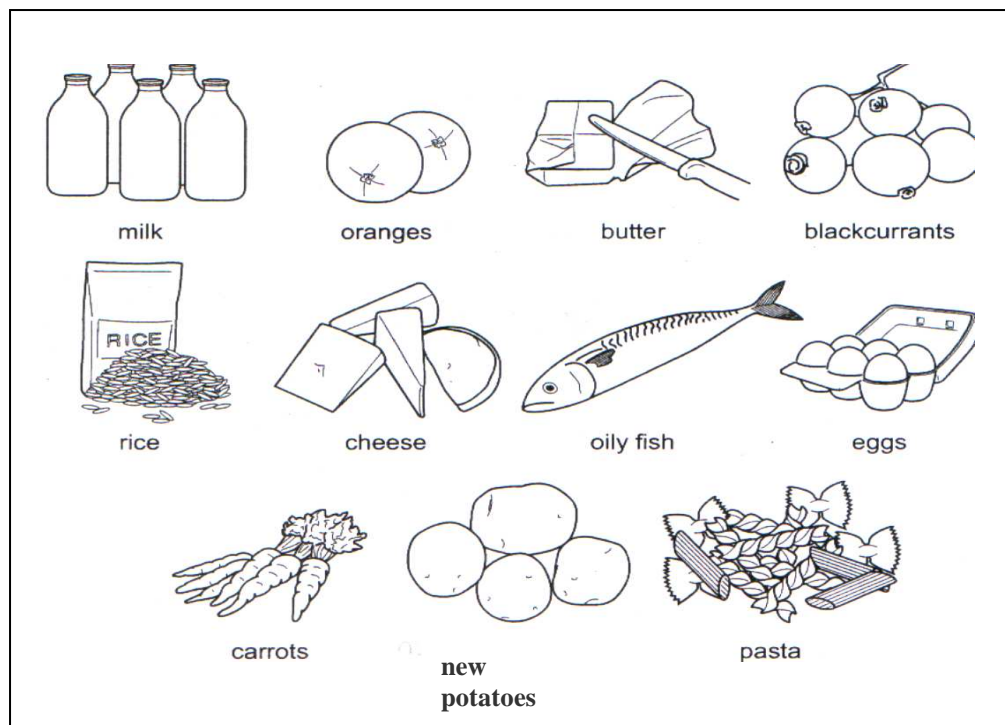
Low Biological Value Protein

- _____
- _____
- _____
- _____
- _____

(5 marks)

iv. H.B.V. Protein foods are better for us because they contain all the _____
 _____ (1 mark)

2. Look carefully at the foods below:



a. i. Choose **three** foods rich in Vitamin C.

Food 1: _____

Food 2: _____

Food 3: _____

(1½ marks)

ii. The body needs Vitamin C:
Tick **two** correct answers

- to protect it from infections
- for strong bones and teeth
- to help release energy from food
- to help in the absorption of Iron

☐
☐
☐
☐

(2 marks)

iii. Tick the box next to the correct answer.

Vitamin C is water soluble

☐

Vitamin C is fat soluble

☐

(½ mark)

iv. Suggest **two** ways of preparing and cooking vegetables to preserve the loss of Vitamin C.

- _____
- _____

(2 marks)

b. i. From the picture (in page 3), list **three** foods containing Vitamin A.

Food 1: _____

Food 2: _____

Food 3: _____

(1½ marks)

ii. Why does the body need Vitamin A?

- _____
- _____

(2 marks)

iii. Tick the box next to the correct answer.

Vitamin A is water soluble

☐

Vitamin A is fat soluble

☐

(½ mark)

c. Which Vitamin is produced in the body from sunlight?

Vitamin _____ .

(1 mark)

3. Nutrients provide the body with energy.

Nutrient	Kcal per gram
Carbohydrates	3.75
Fat	9
Protein	4

a. From the table, choose the nutrient which provides most energy.

Nutrient: _____

(½ mark)

b. i. Name the nutrient from which we are advised to get most of our energy.

Nutrient: _____

(1 mark)

ii. Give **two** reasons why this is a sensible choice.

- _____

- _____

(2, 2 marks)

c. Why does the body need energy?

- _____
- _____

(1½, 1½ marks)

d. What happens if more energy is taken in than the body uses?
Tick the correct answer.

i. the body will work better

☐

ii. the extra energy will be deposited as body fat

☐

iii. the heart works better

☐

(1 mark)

4. Your family has just bought a new kitchen and will be investing in some new electrical appliances (labour saving devices).

a. i. List **six** labour saving devices you feel would be of help in food preparation and cooking.

- _____
- _____
- _____
- _____
- _____
- _____

(3 marks)

ii. Write down **four** safety rules you should follow when using electrical appliances.

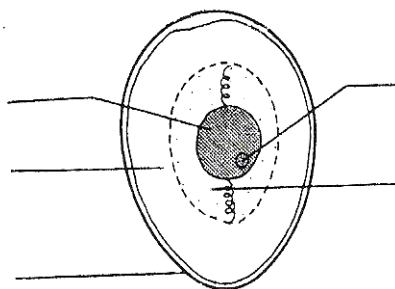
- _____
- _____
- _____
- _____

(4 marks)

Section B

5. Eggs are a very useful cooking ingredient.
a. i. Label carefully the egg below by choosing the correct name from the given list

thick white	shell	germ
thin white	yolk	



(2½ marks)

- ii. Underline **four** nutrients which we find in eggs.

carbohydrates	protein	calcium
iron	fat	Vitamin C

(4 marks)

- iii. Tick the box next to the correct answers.

When eggs are heated:

the protein coagulates (sets)

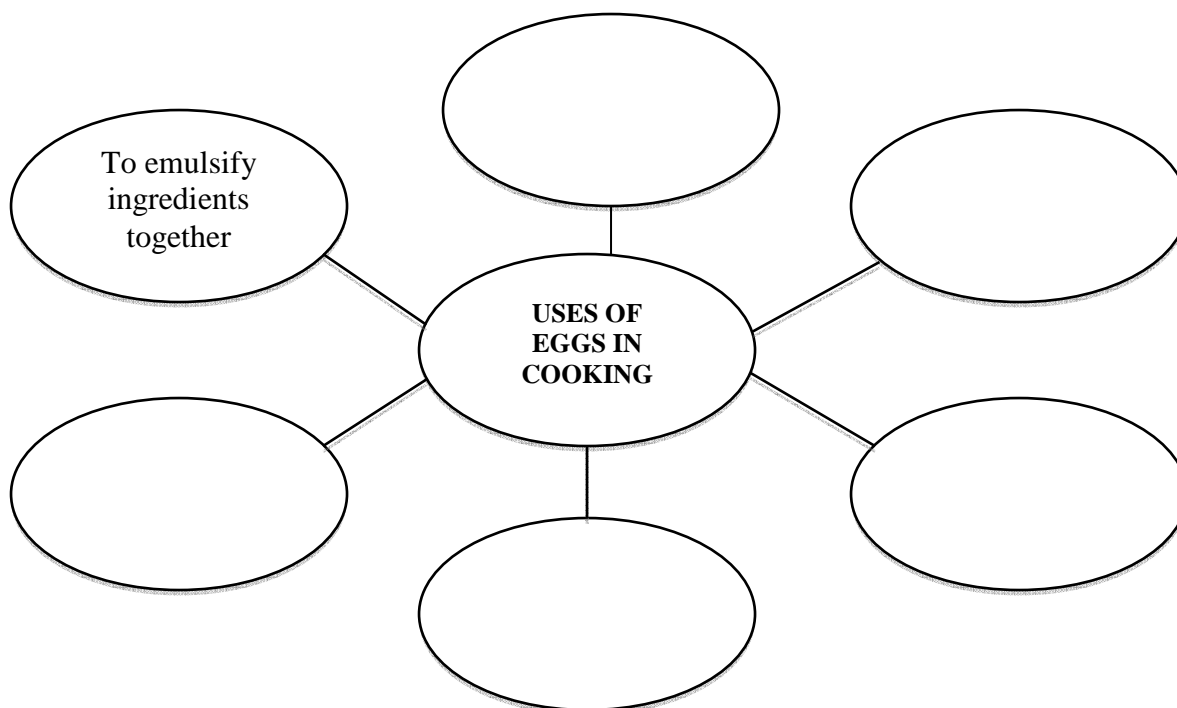
the nutrients are lost

they become more nutritious

they become tough if overcooked

(2 marks)

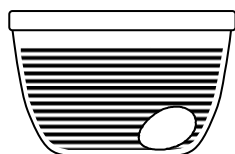
- b. Fill-in the Web Diagram below:
(The first one has been done for you)



(5 marks)

- c. It is very important to use fresh eggs when preparing meals.
Which of the following shows a:

fresh egg	stale egg
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(i) _____

(ii) _____

(1 mark)

6. You will be preparing some buns/a cake with the all-in-one method of cake-making.

- a. i. Name the type of flour you would use to add N.S.P. (dietary fibre) to the mixture.

Type of Flour: _____

(1 mark)

- ii. List **two** other ingredients you could add to the mixture to add even more fibre.

Ingredient 1: _____ **Ingredient 2:** _____

(2 marks)

- b. Which type of fat would you use to make sure your cakes are healthy?

Tick the correct answer.

saturated fat

☐

polyunsaturated fat

☐

(½ mark)

- c. Write down **four** other ingredients you would need to prepare the cakes.

- _____
- _____
- _____
- _____

(2 marks)

- d. Which piece of equipment would you use to?

- i. sieve the flour: _____
- ii. prepare the mixture in: _____
- iii. measure flour and margarine: _____
- iv. beat the egg: _____
- v. bake the buns in: _____
- vi. remove all the mixture: _____
- vii. check if the buns are cooked: _____
- viii. cool the buns after baking them: _____

(8 marks)

- e. The steps for making a cake by the all-in-one method of cake-making have become mixed up. Place them in order by writing down the correct number next to each step.

	Bake for about 40 minutes.
	Mix all the ingredients well until light and fluffy.
	Weigh and measure all the ingredients.
	Place the mixture into the greased tin.
	Sieve the flour and beat the eggs.
	Light the oven and grease the tin

(6 marks)

7. a. Your family will be going to Gozo for the week-end.
List **five** items you would pack into the First-Aid Box to take with you.

• <u>disposable gloves</u>	• _____	• _____
• _____	• _____	• _____

(5 marks)

- b. Explain what first-aid you would give to:

- i. **Your sister who cuts her finger while preparing lunch:**

• _____
• _____

(2 marks)

- ii. **A parent who burns an arm while taking a pie out of the oven:**

• _____
• _____

(2 marks)

8. a. Fill-in the blanks with the correct word from the given list.

recommends	immunised	catching	given
programme	young children	prevent	disease
free of charge	developing	vaccine	contagious diseases

Babies and _____ are _____ against certain _____ in order to _____ them from _____ or _____ them. A different _____ is required for each _____.

The Health Department supplies the vaccination _____ and _____ a specific _____ when each vaccination is to be _____.

(6 marks)

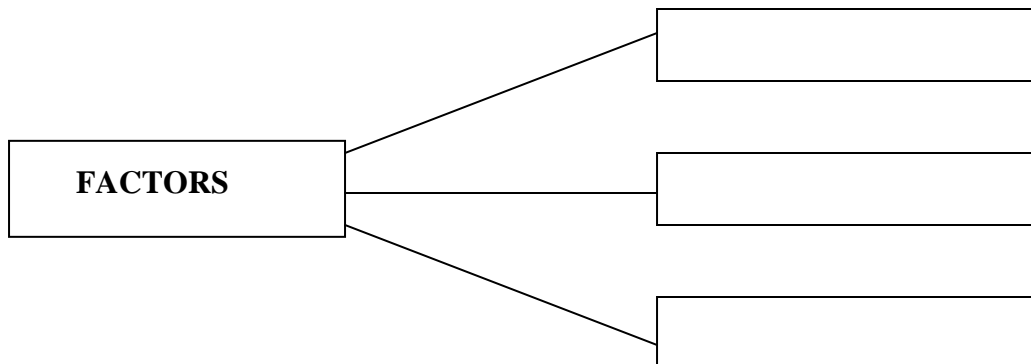
- b. Name **two** diseases which children are immunised against.

(The first one has been done for you)

- mumps
- _____
- _____

(2 marks)

- c. Write down **three** factors which can harm the unborn child.



(3 marks)

- d. Below is a list of needs which contribute to a healthy lifestyle.
Place each need under the correct heading.

regular exercise	going to school	healthy food
meeting friends	going to a disco	reading a book

Physical Needs	Intellectual Needs	Social Needs
• _____	• _____	• _____
• _____	• _____	• _____

(6 marks)