

FORM 3

HOME ECONOMICS

TIME: 1h 30min

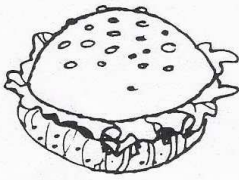
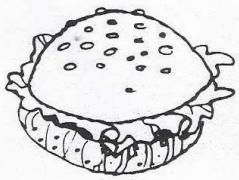
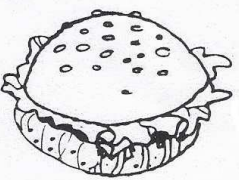
Name: \_\_\_\_\_

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

### Section A

#### Answer all the Questions

1. Beef burgers are popular with teenagers.  
 Study the table below:

|   |   |  |
|---|---|--|
|  |  |  |
| A   | B   | C  |
| 21.3 g fat  | 18.3 g fat  | 23.8 g fat   |

- a i) Which beef burger would you choose.

Tick ✓ near the correct answer.

A ☐

B ☐

C ☐

(½ mark)

- ii) Give **one** reason for your choice of burger.

• \_\_\_\_\_  
 \_\_\_\_\_

(2 marks)

- iii) Beef burgers are usually rich sources of  
 (Tick ✓ near the correct answers)

polyunsaturated fat ☐

monounsaturated fat ☐

saturated fat ☐

(1 mark)

iv) Why is it better to avoid this type of fat?

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(2 marks)

v) Eating beef burgers frequently could contribute to:  
Tick ✓ near the correct answer.

|               |                          |
|---------------|--------------------------|
| diabetes      | <input type="checkbox"/> |
| heart disease | <input type="checkbox"/> |
| constipation  | <input type="checkbox"/> |

(½ mark)

b i) Suggest a healthy method of cooking beef burgers.

**Name of cooking method:** \_\_\_\_\_

(1 mark)

ii) Give **one** reason for your answer.

- \_\_\_\_\_

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(2 marks)

c i) Home-made burgers could be a healthy alternative to ready-made beef burgers.  
Identify **two** ingredients you could use to make burgers to improve their nutritive value.

**Ingredient 1:** \_\_\_\_\_ **Ingredient 2:** \_\_\_\_\_

(½, ½ mark)

ii) Explain how these ingredients contribute to the improvement.

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

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(2, 2 marks)

2. Complete the chart below.  
(The first one has been done for you)

| Nutrient  | Uses  | Examples of Good Sources  |
|-----------|---|---|
| Protein   | needed for growth and repair of cells                   | <ul style="list-style-type: none"> <li>Meat</li> <li>Nuts</li> </ul>                    |
| _____     | needed for strong bones<br>teeth and healthy muscles    | <ul style="list-style-type: none"> <li>_____</li> <li>_____</li> </ul>                  |
| Iron      | <ul style="list-style-type: none"> <li>_____</li> </ul> | <ul style="list-style-type: none"> <li>Cereals</li> <li>Liver</li> </ul>                |
| _____     | provides energy and protects<br>internal organs         | <ul style="list-style-type: none"> <li>_____</li> <li>Olive oil</li> </ul>              |
| Vitamin C | <ul style="list-style-type: none"> <li>_____</li> </ul> | <ul style="list-style-type: none"> <li>_____</li> <li>_____</li> </ul>                  |
| _____     | Helps in the absorption of<br>calcium and phosphorus    | <ul style="list-style-type: none"> <li>Action of sunlight</li> <li>Oily fish</li> </ul> |

(10 marks)

3. Dairy products are widely used in meal preparation

- a) List **four** examples of dairy products.

• \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_

(2 marks)

- b) Identify **one** type of milk suitable for the following groups of people.

**A five year old child**

**A teenager who is intolerant to milk**

**An elderly person who has a heart condition**

(3 marks)

c) Suggest ways of including dairy products when preparing:

**Breakfast:**

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

**Mid Morning Snack:**

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

(3, 3 marks)

d) List **three** main nutrients of dairy products.

**Nutrient 1:** \_\_\_\_\_

**Nutrient 2:** \_\_\_\_\_

**Nutrient 3:** \_\_\_\_\_

(3 marks)

e) Why is the **USE BY** date found on dairy products useful for the consumer?

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(2 marks)

## Section B

4a i) Complete the list of ingredients you would use to prepare some Short Crust Pastry.

### Ingredients

200 g flour

\_\_\_\_\_ g fat

4 tbsp \_\_\_\_\_

(2 marks)

- ii) Which type of flour and fat would you use to make a healthy Short Crust Pastry?  
Give a reason for your choice of ingredients.

**Type of Flour:** \_\_\_\_\_

(½ mark)

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

\_\_\_\_\_  
(2 marks)

**Type of Fat:** \_\_\_\_\_

(½ mark)

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

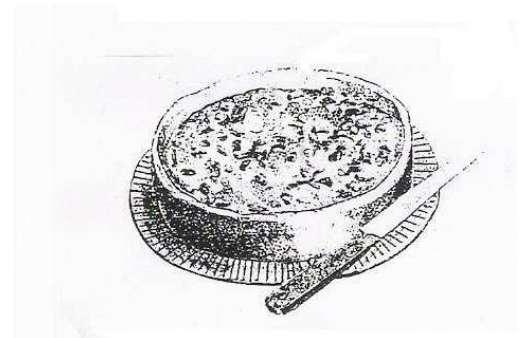
\_\_\_\_\_  
(2 marks)

- b) Below are the ingredients needed for a savoury flan.

Carry out **three** changes to make the filling healthier.

**Filling**

1 onion finely chopped  
100g chopped streaky bacon  
100g cheddar cheese  
300ml milk  
seasoning  
1 sliced tomato



use \_\_\_\_\_ instead of \_\_\_\_\_

use \_\_\_\_\_ instead of \_\_\_\_\_

use \_\_\_\_\_ instead of \_\_\_\_\_

(3 marks)

- c) Name **three** other dishes which can be made with Short Crust Pastry.

• \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_

(3 marks)

d) Careful preparation and cooking contribute to good quality Short Crust Pastry.

Give **one** reason for each of the following:

i) **Weighing ingredients accurately.**

**Reason:**

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ii) **Sifting the flour.**

**Reason:**

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iii) **Leaving the pastry to rest in a cool place before using.**

**Reason:**

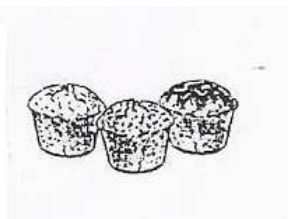
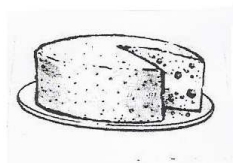
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(2, 2, 2 marks)

5. You will be preparing a cake or some buns for a fund-raising activity at school.



a) Write down the name of the cake or buns you will be preparing and the name of the method you would use to prepare the chosen food item.

**Name of cake or buns** —> \_\_\_\_\_

(1 mark)

**Name of method used** —> \_\_\_\_\_

(1 mark)

b i) Keeping the CINDI Dietary Guidelines in mind, list the ingredients you would use.

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

(2 marks)

ii) Give **two** reasons for your choice of ingredients.

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

(2, 2 marks)

c) How would you store your cake or buns so that they remain fresh until they are sold?

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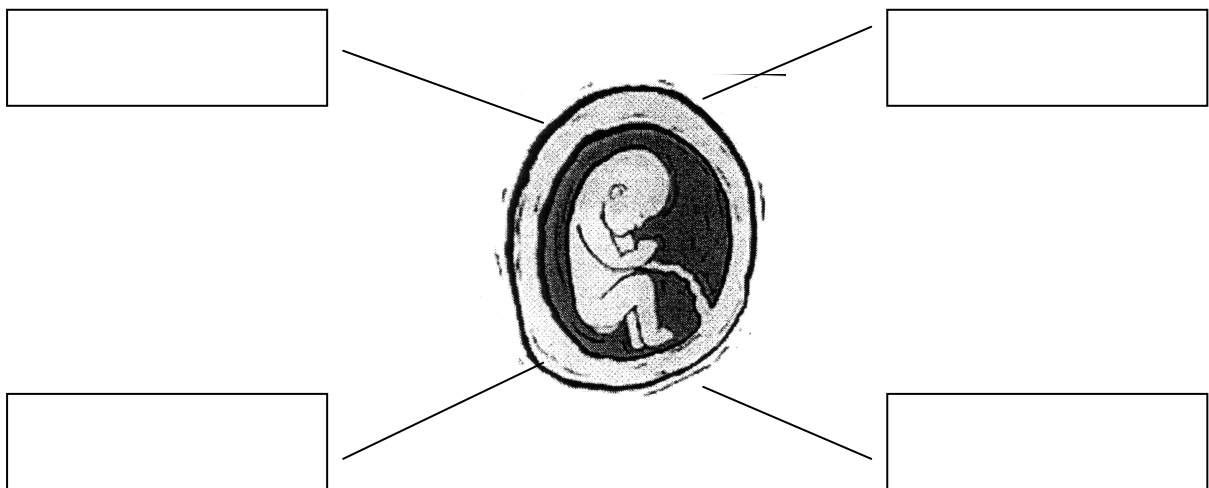
(2 marks)

6.a) Fill in the blanks with the correct family type.

Sarah and Jeremy live with both their parents in a \_\_\_\_\_ family. Their cousins Liam and Kurt also have their grandparents living with them in an \_\_\_\_\_ family. Their neighbour Sarah, lives with her father in a \_\_\_\_\_ family. Having been born in Romania, Svetlana has been \_\_\_\_\_ by a Maltese family. The Borg brothers live in a \_\_\_\_\_ family while their mother is recovering from illness.

(5 marks)

b) Name **four** factors which can harm the unborn child.



(4 marks)

c) Suggest **two** examples how parents can help their children to develop:

**Physically**

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

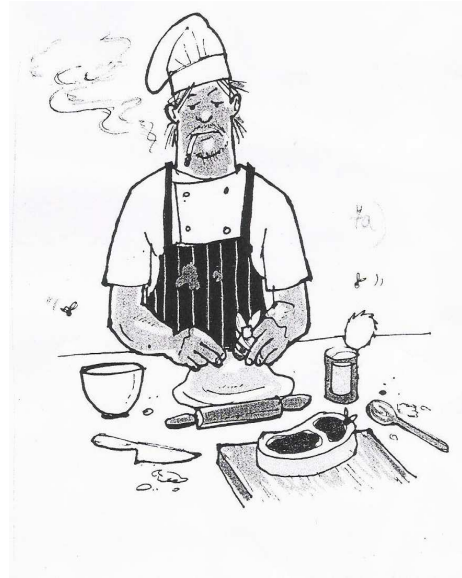
(2, 2 marks)

### Socially

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

(2, 2 marks)

- 7.a) Look carefully at the picture of the cook and list **six** kitchen hygiene rules which are not being observed.



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

(6 marks)

- b) You will be shopping for food. Write down **two** hygiene practices you should follow when:

### Purchasing the Food:

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

### Storing the Food:

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

(2, 2, 2, 2 marks)