

**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.

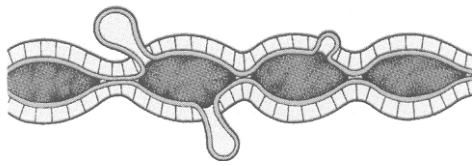
Stir the liquid into the flour and mix together.

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

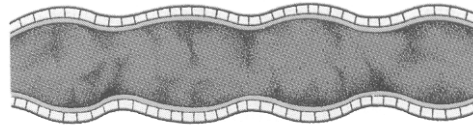
Knead the dough firmly for ten minutes and shape into a loaf.

(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	

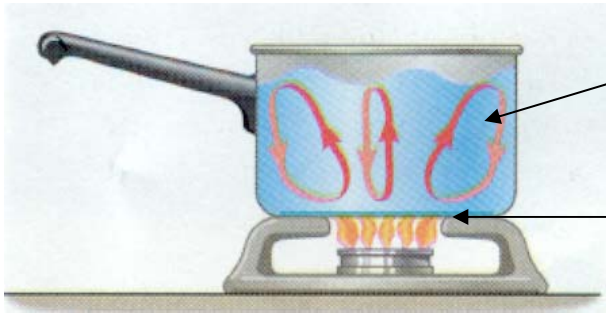
(1,1 mark)

- 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.

- i. \_\_\_\_\_ is a suitable method for cooking tender cuts of meat.
- ii. \_\_\_\_\_ and \_\_\_\_\_ are two moist methods of cooking food.
- iii. \_\_\_\_\_ cooking helps to save time and energy.
- iv. \_\_\_\_\_ should be avoided as it is a source of fat in the diet.
- v. \_\_\_\_\_ 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. already own a fridge but are thinking of buying a freezer.

a. Give **two** reasons why it would be convenient for them to own a freezer.

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

(2 marks)

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

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

(3 marks)

c. Suggest a type of freezer that would be suitable for this couple. Give **one** main reason for your choice.

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

(1, 2 marks)

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



### Product features

- Clear plastic drawers
- Digital temperature display
- \_\_\_\_\_
- \_\_\_\_\_

i. In the box above, add **two** other features that can be found on a freezer.

(2 marks)

ii. Choose **two** of the features and explain their function.

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

**Function:** \_\_\_\_\_

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

**Function:** \_\_\_\_\_

(2, 2 marks)

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

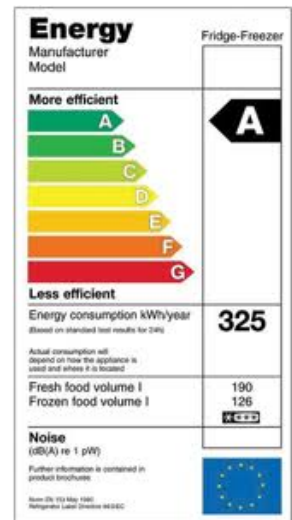
Why is it important that consumers look for this kind of label on appliances?

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(1 mark)



f. Write **two** basic rules that a consumer should follow when storing food in the fridge or freezer. Explain the reason for each rule.

- **Rule 1:** \_\_\_\_\_

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

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- **Rule 2:** \_\_\_\_\_

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

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(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 **six** factors that Lucia has to keep in mind when planning and preparing the light meal.



(6 marks)

- b. One of Lucia's friends is a coeliac.
- i. List **two** foods that Lucia should avoid when preparing the light meal.

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

(2 marks)

- ii. Give **one** reason 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. State **two** differences between organic vegetables and other vegetables grown in the traditional manner.

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

(1, 1 mark)

- b. Identify **one** health benefit and **one** environmental benefit of organic farming.

- **Health benefit:** \_\_\_\_\_
- **Environmental benefit:** \_\_\_\_\_

(1, 1 mark)

- c. While reading the label of a tub of *bigilla*, Matthias saw the following term '*Contains genetically modified beans*'. Explain in your own words the term 'genetically modified'.

\_\_\_\_\_  
\_\_\_\_\_

(2 marks)

d. Suggest **two** initiatives that your local council can take to promote 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. Name **one** governmental service that Eileen can make use of in order to keep living independently in her own home. Explain how this service can be of help to Eileen.

- **Service:** \_\_\_\_\_
- **Help provided:** \_\_\_\_\_  
\_\_\_\_\_

(1, 2 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. Name **one** lifestyle adjustment and **one** adjustment in the physical environment that Carmen's family might have to make when Eileen goes to live with them.

- **Lifestyle adjustment:** \_\_\_\_\_  
\_\_\_\_\_
- **Environmental adjustment:** \_\_\_\_\_  
\_\_\_\_\_

(2, 2 marks)

d. Having an elderly relative living with the family has its benefits. Explain how these people would benefit by having Eileen living with them.

- **Carmen and her husband:** \_\_\_\_\_

\_\_\_\_\_

- **The children:** \_\_\_\_\_

\_\_\_\_\_

(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. The bank representative explained that he can choose from two accounts which enable him to have his salary deposited directly.

a. Which **two** bank accounts can Edward choose from?

- \_\_\_\_\_

- \_\_\_\_\_

(1 mark)

b. After his first month of work he receives his first salary. The payslip contains the following terms. Explain these terms.



- Gross income \_\_\_\_\_

- Net income \_\_\_\_\_

(2, 2 marks)

c. Edward decides to put aside some of his money and invest it for his future needs. However, he does not know what is available. Suggest **two** possible schemes which he can invest in.

- \_\_\_\_\_

- \_\_\_\_\_

(2 marks)