

JUNIOR LYCEUMS ANNUAL EXAMINATIONS 2001

Educational Assessment Unit - Education Division

FORM 5

HOME ECONOMICS

TIME: 1h 45min

Name: _____

Class: _____

Answer **all** Questions.

1. a) Why is it important to follow the Nutritional Guidelines when planning family meals?

Give **three** reasons.



- _____
- _____
- _____
- _____

(3 marks)

- b) It is being suggested that we get our energy requirements from starchy foods. Why?

- _____

(2 marks)

- c) Give **three** reasons why it is essential to eat plenty of fruit and vegetables.

(i) _____

(ii) _____

(iii) _____ (3 marks)

- d) Suggest, with reasons, why our needs for food change with age and other special situations.

- _____
- _____

(2 marks)

- e) Why are nutrition labels useful when planning a healthy diet?

- _____
- _____

(2 marks)

2. A number of young workers often buy take-away food either from the canteen at their place of work or from nearby shops.

a) Suggest ways of preparing attractive and healthier packed lunches as an alternative to food found in the above outlets.

- _____
- _____
- _____ (3 marks)

b) When preparing packed lunches, Vitamin C should be given its due importance. Name **four** functions of Vitamin C in the body.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____ (4 marks)

c) How can Vitamin C be retained in food preparation?

- _____
- _____
- _____
- _____ (4 marks)

d) Plan an interesting packed lunch for a twenty-year-old Kindergarten Assistant. Give reasons to justify your choice.

Lunch	Reasons for Choice
• _____	• _____

• _____	• _____

	_____ (2, 2 marks)

e) Food for packed lunches needs to be well protected when taken to work. Thinking green, discuss the packaging that could be used for the above packed lunch.

- _____
- _____ (2 marks)

3. A young couple on a moderate income is planning to set up their first home.

a) Mention **four** factors which they have to consider when making their choice.

Factors:

1. _____
2. _____
3. _____
4. _____ (4 marks)

b) Name **two** sources from where they can get information on what is available on the market.

- _____
- _____ (2 marks)

c) Suggest, with reasons, a type of accommodation that you feel is suitable for them.

Type: _____

Reasons: • _____
• _____ (1, 2 marks)

d) State **two** requirements that must be fulfilled before the couple can obtain a house loan.

- _____
- _____ (2 marks)

e) Justify why these requirements are necessary.

- _____
- _____ (2 marks)

f) Give advice to the young couple who need help in planning their new kitchen.

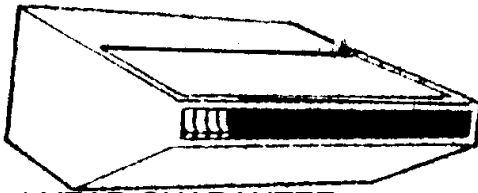
- _____
- _____
- _____
- _____
- _____ (5 marks)

g) How can the couple practice environment-friendly procedures whilst working in their kitchen?

- _____
- _____
- _____
- _____ (4 marks)

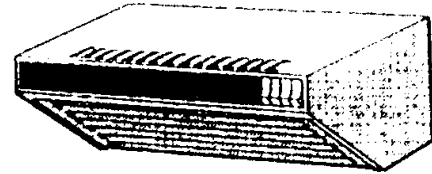
4. Two cooker hoods for sale.

COOKER HOOD A



1 YEAR GUARANTEE
LM30

COOKER HOOD B



5 YEAR GUARANTEE
LM50

Mr. and Mrs. Falzon found difficulty in deciding which of the above cooker hoods they can buy for their kitchen.

- a) Assess the value of the guarantee in this particular situation.

• _____
_____ (2 marks)

- b) Describe the course of action which this couple could take if the cooker hood they bought turns out to be faulty, after being used for a few times.

• _____
• _____
• _____ (3 marks)

5. An elderly person on a low pension has decided to buy two electrical appliances to help him with his daily household chores.

- a) Assess the **two** electrical appliances and justify, by giving practical examples, how they can be used efficiently by the elderly person.

Name of appliance: _____

Assessment:

• _____
• _____ (2 marks)

Justified examples:

• _____
• _____ (2 marks)

Name of appliance: _____

Assessment:

• _____
• _____ (2 marks)

Justified examples:

• _____
• _____ (2 marks)

- b) Discuss a method of payment you would advise him to use to pay for his appliance.

Method of payment: _____

Reason: _____ (2 marks)

6. A number of families in Malta live on credit.

- a) Identify **three** factors which can contribute to this situation.

(i) _____

(ii) _____

(iii) _____ (3 marks)

- b) Suggest effective ways how families can control the practice.

• _____

• _____

• _____ (3 marks)

- c) Careful planning and managing of the family's economic resources is a must. Discuss important aspects which should be considered where planning the family budget.

• _____

• _____

• _____

• _____

• _____

• _____ (6 marks)

- d) Nowadays people are being encouraged to invest in private insurance plans. Comment on **two** of the following plans.

Pension Plan; Life Insurance; Health Insurance; Baby Bond

Name of Plan: _____

Comments: • _____

• _____ (2 marks)

Name of Plan: _____

Comments: • _____

• _____ (2 marks)

7. Your nephew will be having his fifth birthday soon.

- a) Suggest a toy which you could buy him and justify your choice.

Name of Toy: _____

Justification: • _____
• _____
• _____
• _____ (4 marks)

b) List **four** safety points you should keep in mind when making your choice.

(i) _____
(ii) _____
(iii) _____
(iv) _____ (4 marks)

c) Evaluate **two** skills he could practice while playing with the chosen toy.

(i) _____
(ii) _____ (2 marks)

8. Last October the Equal Opportunities Law came into force.

a) Evaluate the following three provisions.

(i) **Inclusion within the Education System.**

• _____

(ii) **Discrimination at the Place of Work.**

• _____

(iii) **Access into Public Places.**

• _____
_____ (6 marks)

b) How can a person with special needs benefit from the Equal Opportunities Law?

• _____
_____ (2 marks)