

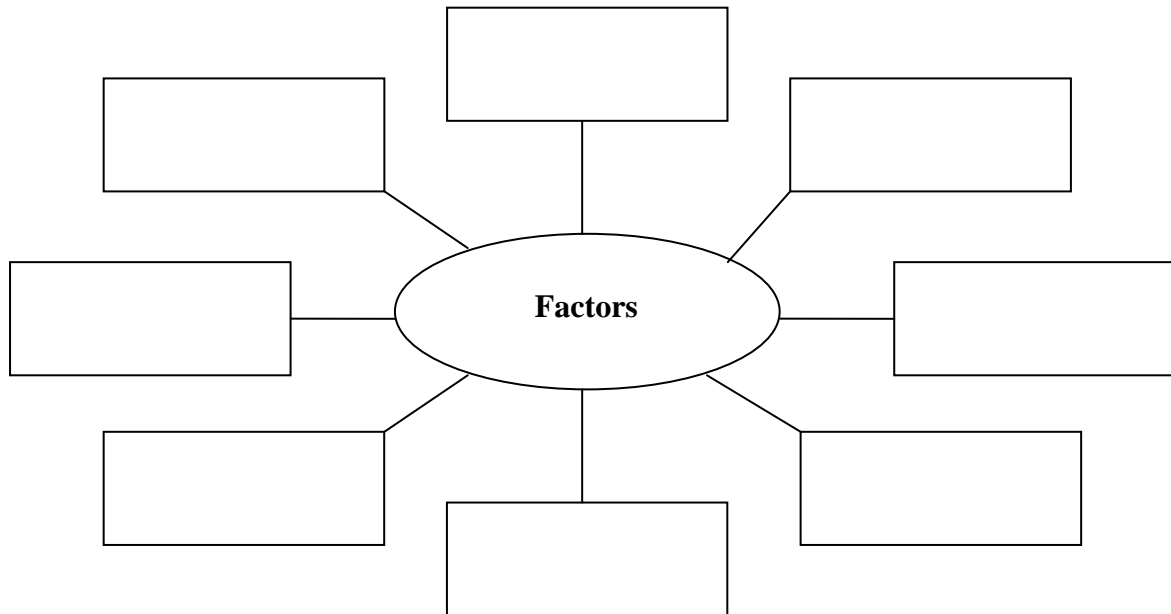
JUNIOR LYCEUM ANNUAL EXAMINATIONS 2008
DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
Educational Assessment Unit

Form 4	HOME ECONOMICS	TIME : 1hr 30 mins
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Name: _____

Class: _____

- 1a. Janice has been given the responsibility of planning and preparing meals for **two** young children for a whole week.
- i) Using the web diagram, identify **eight** factors Janice has to consider when planning and preparing these meals.



(4 marks)

- ii) Choose **two** of the above factors and explain each in detail.

Factor i: _____

Factor ii: _____

(2, 2 marks)

- iii) Suggest **two** main dishes Janice can prepare for these young children.

Main Dish i: _____

Main Dish ii: _____

(2 marks)

iv) Give **one** reason to justify your choice.

- _____ (2 marks)

b. Identify **two** priorities the following people might have when choosing their food.

i) **A lacto-vegetarian teenager**

Priorities:

- _____
- _____

ii) **A widowed man living on a basic pension**

Priorities:

- _____
- _____

iii) **A pregnant woman**

Priorities:

- _____
- _____

(6 marks)

2. Most of the food we eat is cooked.

a. Give **four** reasons why we cook food.

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

- b. When food is cooked, heat is transmitted by the following methods:

Radiation

Conduction

Convection

Match the above methods of heat transference with the definition below.

Heat Transference Method	Definition
● _____	● when heat passes from one molecule to another
● _____	● the heat circulates in air
● _____	● the heat rays are transmitted through the air to the food

(3 marks)

- c. Suggest appropriate cooking methods for the following food.

Food	Cooking Method
● Chicken burgers for a teenager	● _____
● Shredded cabbage as an accompaniment	● _____
● Potatoes for a person on a slimming diet	● _____

(3 marks)

- d. Describe **three** ways how energy can be used efficiently when cooking.

- _____
- _____
- _____ (3 marks)

- e. Microwave cookery could be considered as an efficient method of cooking food.

Give **three** advantages of using a microwave oven.

- _____
- _____
- _____ (3 marks)

- f. State **two** safety rules that need to be kept in mind when using a microwave oven.

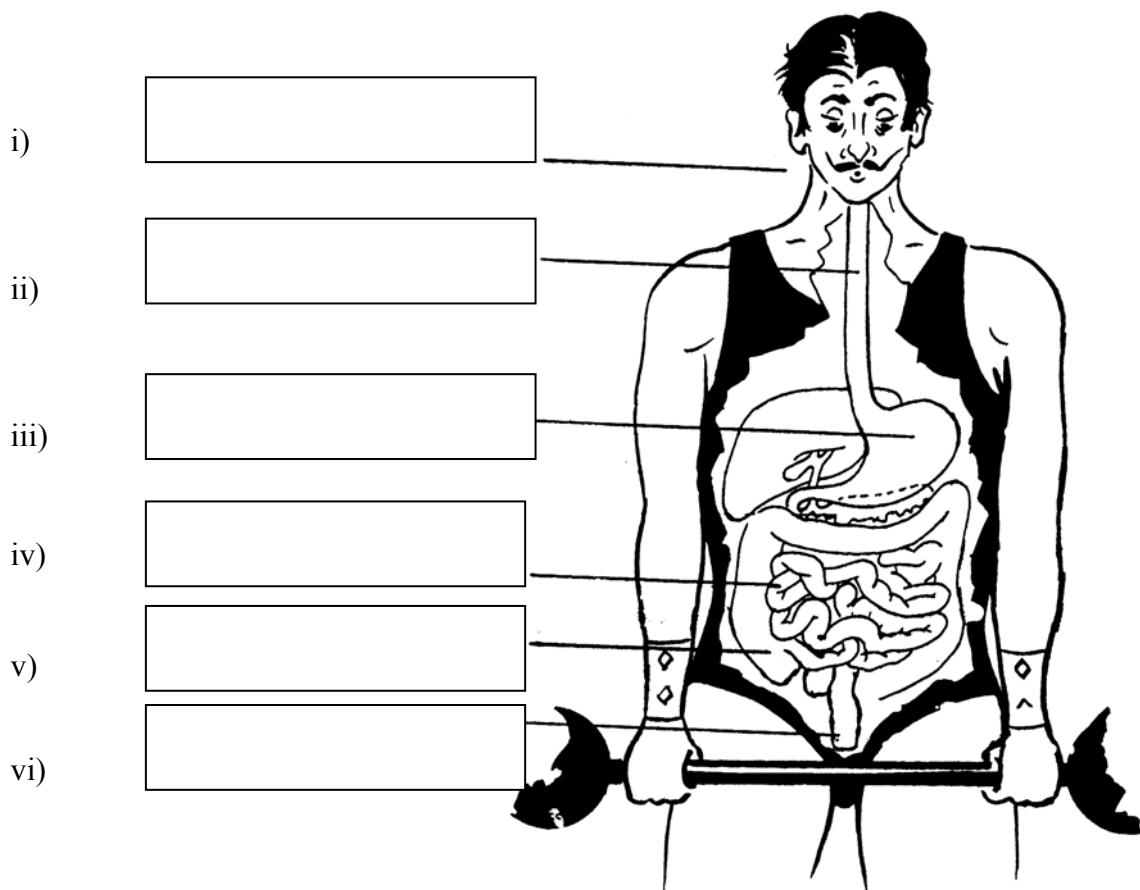
Safety rule i: _____

Safety rule ii: _____

(2 marks)

3. Food needs to be digested so that the nutrients in the food can be absorbed into the bloodstream.

- a. Name the main digestive organs on the diagram.



(3 marks)

b. State what happens in **five** of the mentioned digestive organs.

Digestive Organs	State What Happens
i _____	• _____ _____
ii _____	• _____ _____
iii _____	• _____ _____
iv _____	• _____ _____
v _____	• _____ _____

(5 marks)

c. How can our digestive system be helped to process food properly?

- _____
- _____ (2 marks)

4a. Name the most popular types of meat eaten in Malta.

Types of Meat

- _____
- _____
- _____
- _____ (2 marks)

b. What factors should influence our choice of meat when shopping?

- _____
- _____
- _____ (3 marks)

- c. Describe the effect of moist heat on meat.

_____. (2 marks)

- d. Suggest **three** different meat dishes to be served for a family meal.

Include different cuts of meat from different animals.

Also name **two** vegetables which could be served as accompaniments to the suggested dishes.

Meat Dishes	Cuts	Vegetables as Accompaniments
• _____	• _____	• _____ • _____
• _____	• _____	• _____ • _____
• _____	• _____	• _____ • _____

(3, 3, 3 marks)

5. How can the consumer check the following when shopping for food:

- a. How clean is the shop?

- _____
- _____
- _____ (3 marks)

- b. How fresh is the food on sale?

- _____
- _____
- _____ (3 marks)

- c. What is included in the food product?

- _____
- _____ (2 marks)

d. If you are getting value for money?

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

6.

The Environment Is Ours

It is our responsibility to protect the environment and keep it at its very best for all generations to enjoy it.

a. How can the general public protect the environment?

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



b. Explain the difference between Organic Waste and Inorganic Waste.

Organic Waste:

Inorganic Waste:

(2 marks)

c. A good number of Maltese families separate waste at source before taking it to the bring-in-site.

Give the importance of this good practice.

_____ (1 mark)

d. Waste is separated into **four** groups.

These are: _____ , _____ ,
_____ and _____. (2 marks)

e. What should be done before taking waste to the bring-in-site?

- _____
- _____ (2 marks)

f. Name items which cannot be taken to the bring-in-site.

- _____
- _____
- _____
- _____ (2 marks)

7. This elderly couple needs to buy a new cooker.

a. State **four** factors which this couple should consider when choosing their cooker.

Factors:

- _____
- _____
- _____
- _____



- _____ (2 marks)

b. Describe briefly **two** of the chosen factors.

Factor i: _____

Factor ii: _____

(2 marks)

- c. Mention **two** safety precautions elderly persons should consider when using cookers.

Safety Precautions:

- _____
- _____ (2 marks)

- d. Give examples how the following needs for the elderly couple can be met.

Social Needs:

Examples

- _____
- _____

Emotional Needs:

- _____
- _____

(2, 2 marks)

- e. Give advice how this elderly couple can be encouraged to live independently in their own home.

- _____

- _____

- _____
_____ (3 marks)