

FORM 1

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

1. a) Put the following food in the correct column.



Soft
drink



Doughnuts



Carrots



Fried burger
and chips



Wholemeal
bread



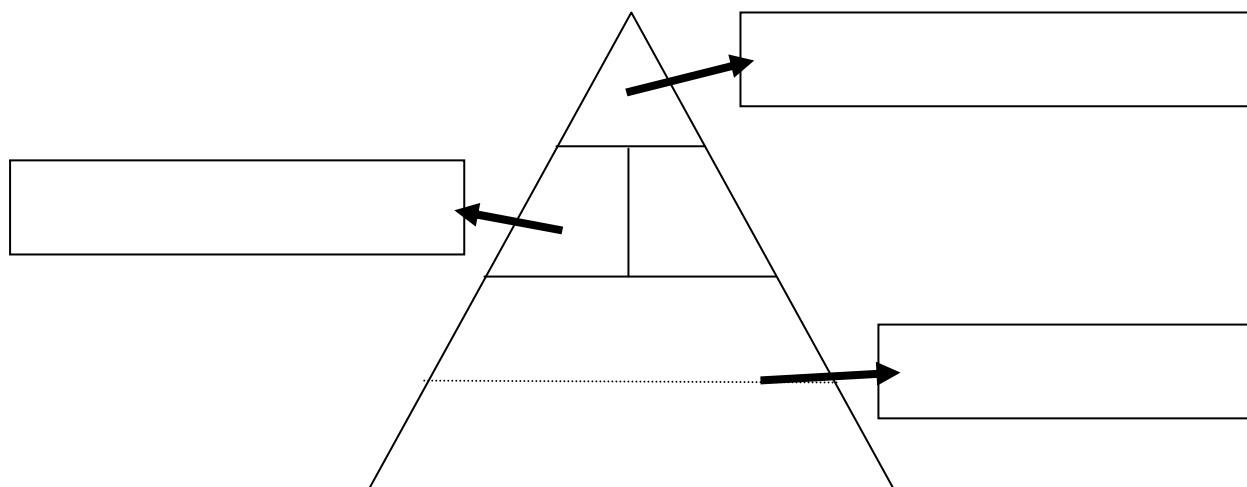
White
milk

Healthy food	Unhealthy food

(3 marks)

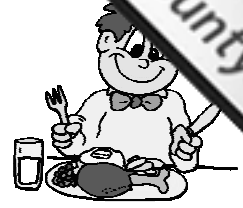
b) Label the CINDI Food Guide Pyramid with the following words:

Eat moderately	Eat least	Eat most
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(3 marks)

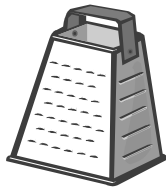


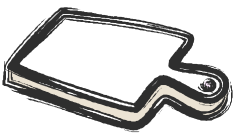
c) Complete the following sentences on the importance of having a balanced diet.
The first one has been done for you.



- i. A balanced diet is essential for good health.
- ii. Food can be divided into _____ food groups.
- iii. Spaghetti and bread form part of the _____ food group. These provide us with energy.
- iv. We should eat at least five servings from the _____ food group. These are needed to protect our body from _____.
- v. The meat, fish, poultry and alternatives is another food group. One example of an alternative food is _____.
- vi. Milk, yoghurt and _____ are needed for strong _____ and _____.
- vii. Food which contains high amounts of _____, _____ and salt should be eaten in very small amounts.

(10 marks)

2. a) **Match** the following utensils to their correct name.

i			Mixing bowl
ii			Chopping board
iii			Saucepan
iv			Grater

(4 marks)

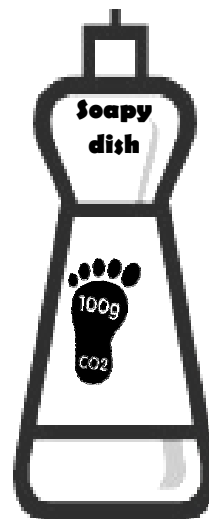
b) Read the following sentences about the correct way of washing up utensils and underline the correct word/s from the brackets.

- i. Maria filled the sink with (warm, hot, cold) water and added dishwashing liquid to wash the dirty dishes.
- ii. She used a (brush, scourer, sponge) to wash the grater, a (brush, scourer, sponge) to wash the plastic chopping board and the mixing bowl, and a (brush, scourer, sponge) to wash the saucepan.
- iii. After rinsing the equipment, she wiped the mixing bowl and the plastic chopping board with a (clean and dry, dirty, wet) tea towel.
- iv. Then the grater was (stored in a cupboard, left to dry well, wiped with a tea towel).



(6 marks)

c) Tick [✓] the dishwashing liquid below which you would recommend to Maria to wash the equipment.


☐

☐

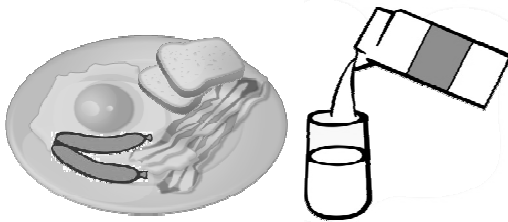
(½ mark)

d) Give the main reason for your choice.

(2 marks)

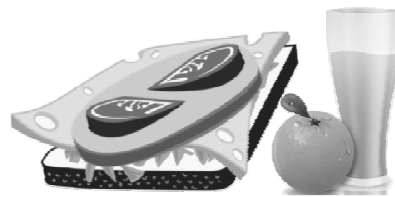
3. The following are two types of breakfast.

Breakfast A



Fried egg, bacon, sausages and fried bread
A glass of chocolate flavoured milk

Breakfast B



Wholemeal toast, lettuce, cheese, chicken slice
and tomatoes
A glass of fresh orange juice

a) Which breakfast follows the CINDI dietary guidelines, **Breakfast A** or **Breakfast B**?

_____ (1 mark)

b) Why is your chosen breakfast healthy?

- _____
- _____ (2 marks)

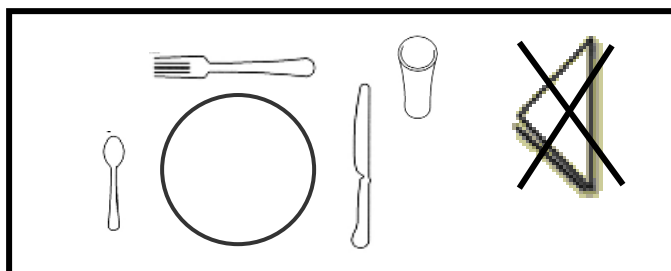
c) Suggest a different healthy food item and a healthy drink you can also have for breakfast.

- Food item: _____
- Drink: _____ (2 marks)

d) Write down **TWO** benefits of having breakfast daily.

- _____
- _____ (2 marks)

e) In this picture, the table setting is not correctly laid for breakfast. Mark with a cross (X) **TWO** items which are incorrectly placed. An example has been done for you.



(1 mark)

4. While at the beach with his teenage friends, Luca bought:

- i. a bottle of water instead of a soft drink ii. a packet of plain nuts instead of a packet of

- a) Identify the **TWO** CINDI dietary guidelines that Luca is practising. (4 marks)
 b) Give a reason why it is important to follow each of these guidelines. (4 marks)

CINDI dietary guideline	Reason
i. _____ _____ _____	i. _____ _____ _____
ii. _____ _____ _____	ii. _____ _____ _____

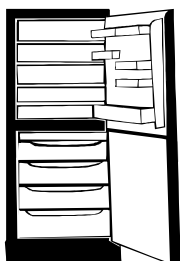
c) Name **THREE** healthy habits which Luca can practise besides following a healthy diet.
 An example has been done for you.

- Luca washes himself everyday.
- _____
- _____
- _____

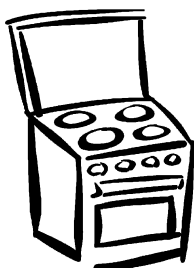
(3 marks)

5. a) Chris is preparing dinner for the family. Which of the following is used to cook the meal?

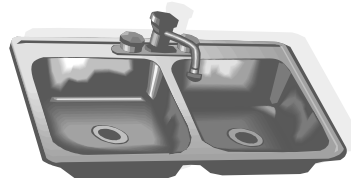
Tick ☒ the correct answer.



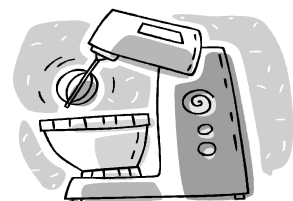
Refrigerator

☐


Cooker

☐


Kitchen sink

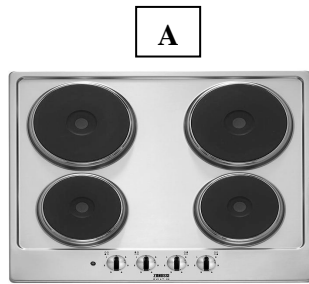
☐


Food mixer

☐

(1 mark)

b) The pictures below show two different types of hobs. Name them.



Hob A: _____ Hob B: _____

(1 mark)

c) Complete the following table.

Part of the cooker	Main function	Name of dishes that can be prepared
<ul style="list-style-type: none"> Hob 	<ul style="list-style-type: none"> _____ 	<ul style="list-style-type: none"> _____ _____
<ul style="list-style-type: none"> _____ 	<ul style="list-style-type: none"> To grill food 	<ul style="list-style-type: none"> _____ _____
<ul style="list-style-type: none"> _____ 	<ul style="list-style-type: none"> _____ 	<ul style="list-style-type: none"> _____ Baked rice

(9 marks)

6. a) Which of the following are healthy snacks? Circle **TWO** pictures.



Fruit yoghurt



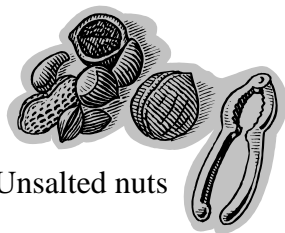
Chocolate bar



Sweets



Chocolate muffin



Unsalted nuts

(2 marks)

- b) It is Saturday morning and you planned to stay home all day. Name **ONE** healthy snack and a healthy drink which you can prepare using milk and / or fruit.

Healthy snack	Healthy drink
_____	_____

(2 marks)

7. Sean and Jade found a recipe for a Maltese bread pudding.

- a) Look at the following list of ingredients and modify (change) **THREE** ingredients to make it more in line with the CINDI dietary guidelines.

List of ingredients	Modified ingredients
1 loaf bread	
125g sugar	
3 eggs	
200g sultanas	
2 tbsp candied peel	
300ml milk	
½ tsp cinnamon	
½ tsp mixed spice	
1 tbsp cocoa powder	

(1½ marks)

- b) Which equipment did Sean and Jade use for the following tasks?

Task	Equipment
To measure spices	
To weigh the dried fruit	
To measure the milk	

(3 marks)

c) Continue the following sentences about the units of measurement.

- i. Liquids are measured in millilitres and _____.
- ii. Dry ingredients are measured in grams and _____.

(2 marks)

d) The following pictures show different tablespoon measures. Label these pictures.
An example has been done for you.





Rounded tablespoon



(2 marks)

8. Look at the picture carefully and identify:

a) **TWO** unhygienic practices

- _____

- _____

(2 marks)

b) **TWO** safety hazards (dangers)

- _____

- _____

(2 marks)



c) Name another safety hazard (danger) that could be present in a kitchen. Describe the accident which could happen due to this safety hazard (danger).

i. Safety Hazard: _____
(1 mark)

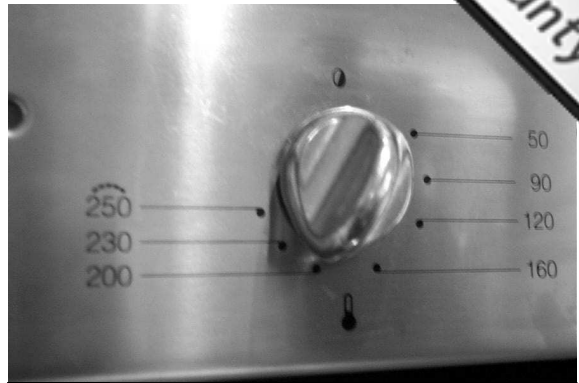
ii. Dangerous result: _____

(2 marks)

9. a) Put in order the steps to prepare a fruit crumble. The first step has been done for y



Sift the flour.

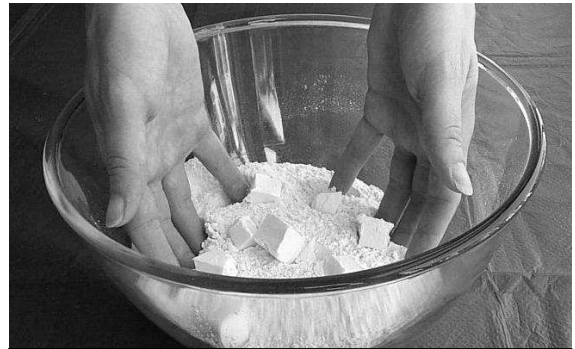


1

Preheat the oven to Gas mark 5, 190°C. Grease the baking dish.



Spread the rubbed-in mixture on top and bake for 45 minutes until golden brown.



Rub-in the margarine into the flour using your fingertips until it looks like breadcrumbs.



Place the apples, sultanas, sugar and cinnamon in the baking dish.



Peel, core and chop the apples.

(5 marks)

b) Name **TWO** other types of fruit which can be used instead of apples and sultana in the fruit and nut crumble.

- _____
- _____ (1 mark)

10. a) Suggest **TWO** healthy packed lunches and **TWO** healthy drinks for a twelve-year-old. Give **ONE** reason for each menu.

	Packed Lunch	Drink
i. Menu A	<ul style="list-style-type: none"> • _____ • _____ <div style="text-align: right;">(2 marks)</div>	<ul style="list-style-type: none"> • _____ <div style="text-align: right;">(1 mark)</div>
Reason _____ _____ (2 marks)		

	Packed Lunch	Drink
ii. Menu B	<ul style="list-style-type: none"> • _____ • _____ <div style="text-align: right;">(2 marks)</div>	<ul style="list-style-type: none"> • _____ <div style="text-align: right;">(1 mark)</div>
Reason _____ _____ (2 marks)		

b) Suggest the most environmentally friendly packaging for the above packed lunches.

_____ (1 mark)

c) Why have you made this choice of packaging?

- _____
 - _____
- (2 marks)

11. Identify **THREE** environmentally friendly behaviours which you could follow at your school to reduce carbon emissions.

- _____
- _____
- _____ (3 marks)