

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2009

Directorate for Quality and Standards in Education
Educational Assessment Unit

Form 2 **HOME ECONOMICS** **TIME : 1h 30min**

Name: _____ **Class:** _____

Answer all the Questions

1. At home, you have a choice of three meats to add to a pasta dish. The main nutrients present in each of the three meats are listed in the table below.

Nutritional Composition of Meats per 100g

	Minced beef	Minced chicken	Chopped bacon
Energy (Kcal)	221	116	428
Protein (g)	18.8	21.8	14.2
Fat (g)	16.2	3.2	14.2
Carbohydrates	0	0	0
Iron	2.7	0.5	1.0

- a(i). Using the information provided in the table and keeping in mind the CINDI Dietary Guidelines, choose **one** meat for use in the pasta dish.

Meat chosen _____ **(1 mark)**

- (ii) Give **three** reasons for your preference.

- _____
- _____
- _____

(3 marks)

bi. Suggest **two** foods to be served as accompaniments to the pasta dish.

Foods

- _____
- _____ (1 mark)

ii. Give **two** reasons for your choice.

- _____
- _____ (2 marks)

c. List **two** food sources of the nutrients referred to in the table above and give their function in the body.

Nutrients		Sources		Function
Protein	•	_____	•	_____
	•	_____		_____
Fat	•	_____	•	_____
	•	_____		_____
Carbohydrates	•	_____	•	_____
	•	_____		_____
Iron	•	_____	•	_____
	•	_____		_____

(4marks, 4 marks)

2a. Explain why it is important to include fibre rich foods in our daily diet.

(2 marks)

b. Suggest **four** ways how you can eat fibre rich foods everyday.

- _____
- _____
- _____
- _____

(4 marks)

c. Why is it necessary to drink water when eating fibre rich foods?

(2 marks)

d. Give **three** functions of water in the body.

- _____
- _____
- _____

(3 marks)

e. How much water should we drink everyday?

(1 mark)

3a. Identify **five** factors which may influence a teenager's choice of food.

Factors

i	• _____
ii	• _____
iii	• _____
iv	• _____
v	• _____

(5 marks)

- b. From the factors mentioned in (a), explain how it can affect a teenager's choice food.

(2 marks)

- c. A knowledge of nutrition is important to help you eat healthy food and enjoy good health.

What is the fuction of food in the body?

- ---
- ---
- ---

(3 marks)

4. The menu below shows Jessica's packed lunch for school.

- a. Suggest healthier food for Jessica's packed lunch.

Menu of packed lunch

slices of white bread

butter

ham

cheddar cheese

bar of chocolate

bottle of cola

Healthier packed lunch

- ---
- ---
- ---
- ---
- ---

(5 marks)

b. State how the food you have suggested is healthier.

- _____
- _____
- _____

(3 marks)

c. List **four** possible diet-related disorders which Jessica may in time suffer from if she keeps eating unhealthy food.

Diet related disorders.

- _____
- _____
- _____
- _____

(4 marks)



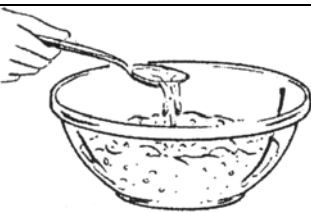
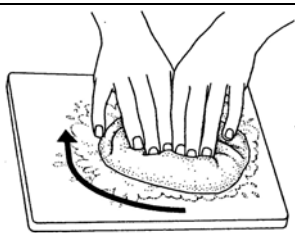
5. Grandma has given you the recipe for short crust pastry to prepare some rikotta pies.

a. Carry out **two** modifications to keep in line with the Cindi dietary guidelines.

Short Crust pastry recipe	Modifications
200g flour	_____
100g fat	_____
Pinch of salt	
water	

(2 marks)

b. Next to the diagram, explain the steps in preparing short crust pastry.

	Action		Steps
i.			<hr/> <hr/> <hr/> <hr/>
ii.			<hr/> <hr/> <hr/> <hr/>
iii.			<hr/> <hr/> <hr/> <hr/>
iv.			<hr/> <hr/> <hr/> <hr/>

(4 marks)

c. Name **two** other savoury dishes that can be made with Short Crust Pastry.

Savoury Dishes

- _____
- _____

(1 mark)

6. Shopping forms part of everyone's routine.
- a. Name **three** shopping facilities available in Malta.

Shopping Facilities

- _____
- _____
- _____

(3 marks)

- b. Choose **one** shopping facility from where your family prefers to do the shopping.

. **Shopping Facility** _____ (1 mark)

- c. Give **one** reason why your family prefers to do the shopping from this facility.

Reason

 _____ (2 marks)

- d. Give advice to your family on wise shopping.

- _____
- _____
- _____ (3 marks)

- e. List **three** pieces of consumer information found on food labels which your family will find most useful.

- _____
- _____
- _____ (3 marks)

7. Your mother has returned home from shopping.

- a. Suggest the container or packaging material your mother can use to store the following food items in the refrigerator.
Also suggest in which part of the refrigerator the food should be stored.

Food	Container or Packing Material	Place in the Refrigerator / Freezer
Grated cheese		
Lettuce		
Fresh fish to be cooked on the same day		
Ham		
Minced meat to be used the following week		

(2½, 2½ marks)

- b. Give **three** points you have to follow regularly when storing food in a refrigerator / freezer

- _____
- _____
- _____

(3 marks)

- c. Suggest **one** way how your mother can make use of packaging material to protect the environment.

- _____

(1 mark)

8. It is extremely important that we get rid of waste in a safe and wise way.

- a. Explain how waste should be separated for regular collection from home.

(2 marks)

- b. Write about **three** ways how we can all reduce, re-use and recycle waste at home.

Reduce

- _____
- _____
- _____

Re-use

- _____
- _____
- _____

Recycle

- _____
- _____
- _____

(3, 3, 3 marks)

- c. As a teenager, give **three** practical ideas about what we can do to safeguard the environment.

- _____
- _____
- _____

(3 marks)

9.

A First Aid box is of great help when someone is injured or is suddenly ill.



Name **six** items that should be found in a First Aid Box and give their possible use.

First Aid Box Items	Correct Use
i.	•
ii.	•
iii.	•
iv.	•
v.	•
vi.	•

(3, 6 marks)