

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2009

Directorate for Quality and Standards in Education

Educational Assessment Unit

Form 5

HOME ECONOMICS

TIME : 1hr 45

Name: _____

Class: _____

Answer all the Questions

1. The following menu is offered at a take-away popular with young people.

Menu	
Beef Burger with Chips	Chicken Salad
Cheese Cakes	Pasta Salad
Ftira with Tuna Filling	Rice Salad
Pizza	Tuna Salad
Salted Peanuts	
Apple Pie	Cola
Cream Cakes	Fresh Fruit Juice
Fruit Kebabs	Ice Tea
Ice Cream	Water

- a i) Choose **three** food items which conform with the CINDI Dietary Guidelines and **three** food items which do not conform with the CINDI Dietary Guidelines

Conform

i) _____

ii) _____

iii) _____

Do not conform

i) _____

ii) _____

iii) _____ (3 marks)

ii) Write down **six** different guidelines which correspond with the chosen item.

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____
- vi) _____ (6 marks)

b i) Name **two** packaging materials commonly used for take-away food.

_____ (1 mark)

ii) Discuss **one** advantage and **one** disadvantage of each of the chosen packaging materials.

Packaging Material (i) _____

Advantage: _____
_____ (1 mark)

Disadvantage: _____
_____ (1 mark)

Packaging Material (ii) _____

Advantage: _____
_____ (1 mark)

Disadvantage: _____
_____ (1 mark)

iii) Keeping environmental considerations in mind, give practical suggestions how packaging materials could be disposed of wisely near fast-food outlets.

- _____

- _____

- _____

(2 marks)

2. The table below shows the nutritive value per 100g of **four** popular pulses.

Nutrient	Frozen Peas	Broad Beans	Red Lentils	French Beans
Energy	205Kcal	81Kcal	100Kcal	24Kcal
Protein	5g	7.9g	7.6g	1.9g
N.S.P.	6.4g	0	3.3g	3.0g
Calcium	19mg	56mg	16mg	36mg
Iron	1.5	1.6	2.4	1.2
Vitamin C	8	8	0	12

- a) Using the information provided in the table and keeping in mind the CINDI healthy eating guidelines, suggest, with reason, **one** food suitable for:

- i) A **sauce** to be used for a vegetarian lasagne:

Food: _____

Reason: _____ (1, 2 marks)

- ii) A **cold pasta salad** for a pregnant mother:

Food: _____

Reason: _____ (1, 2 marks)


- iii) A **Maltese Ftira filling**:

Food: _____

Reason: _____

_____ (1, 2 marks)

3. Study the information on the label below.



NUTRITIONAL INFORMATION	PER SERVING	PER 100 g
Serving Size	1 TBSP (14g)	
Servings per container	34	
Energy	0,118 Kcal/502 Kj	0,886 Kcal/3,700 Kj
Protein	0 g	0 g
Fat	14 g	100 g
Carbohydrate -Total	0 g	0 g
Sugar	0 g	0 g
Polyunsaturated fat	1,5 g	8 g
Saturated fat	2 g	12 g
Cholesterol (0g/100g)	0 mg	0 mg
Sodium	0 mg	0 mg

- a (i) How much energy does a serving of olive oil provide?

_____ (1 mark)

- (ii) Which nutrient provides the most energy?

_____ (1 mark)

- (iii) Name the **two** different types of fat present.

_____ (½; ½ mark)

- (iv) Identify **two** health benefits which are evident in the information (label) given.

_____ (2 marks)

- b i) List **three** other functions of the nutrient referred to in 1a (ii) in the body.

Functions

- _____
- _____
- _____ (3 marks)

- ii) For whom would this type of oil be particularly useful?

- _____
- _____ (2 marks)

c State how you would use this type of oil when preparing family meals.

- _____
- _____
- _____ (3 marks)

d Identify factors, other than those related to diet, which contribute to Coronary Heart Disease

Factor (i) _____

Factor (ii) _____

Factor (iii) _____
 _____ (3 marks)

4. Chilled ready-meals are popular convenience foods, but they are also the foods which are most likely to cause food poisoning if incorrectly handled.

a) Describe the treatment they should receive when:

i) **Shopping and carrying home:**

 _____ (2 marks)

ii) **Storing at home:**

 _____ (2 marks)

iii) **Reheating:**

 _____ (2 marks)

b) Justify the use of chilled ready meals in the home.

- _____
- _____
- _____ (3 marks)

c) Why should these types of meals not feature regularly in our daily diet?

- _____
- _____
- _____ (3 marks)

d) Name **four** types of additives commonly used in processed food.

- i) _____ iii) _____
- ii) _____ iv) _____

(2 marks)

5 a) Draw the symbol you would find on:

i) a silk scarf which cannot be tumble dried.

ii) a polyester shirt to be ironed

iii) coloured trousers which cannot be bleached

iv) a cotton skirt to be machine washed.

(4 marks)

b) Identify **two** features you would look for in a detergent which claims to protect the environment.

Features

- _____
- _____ (2 marks)

- c) Suggest **three** ways how a family can economise on fuel and water when using an automatic washing machine.

Ways

- _____
- _____
- _____ (3 marks)

- d) i) In Malta we often dry our clothes in the open air.
Give **two** advantages of this practice.

- _____

- _____
_____ (2 marks)

- ii) In view of this, when do you justify the use of a tumble dryer.

- _____

- _____
_____ (2 marks)

- 6a Explain how each of the following factors influences a consumer's choice of food.

- i) **Peer Pressure:** _____
_____ (2 marks)

- ii) **Available Income:** _____
_____ (2 marks)

- iii) **Environmental Issues:** _____
_____ (2 marks)

- iv) **Advertising:** _____

- b. Identify and explain **three** ways how food manufacturers are helping consumers follow the **CINDI Dietary Guidelines**.

- _____

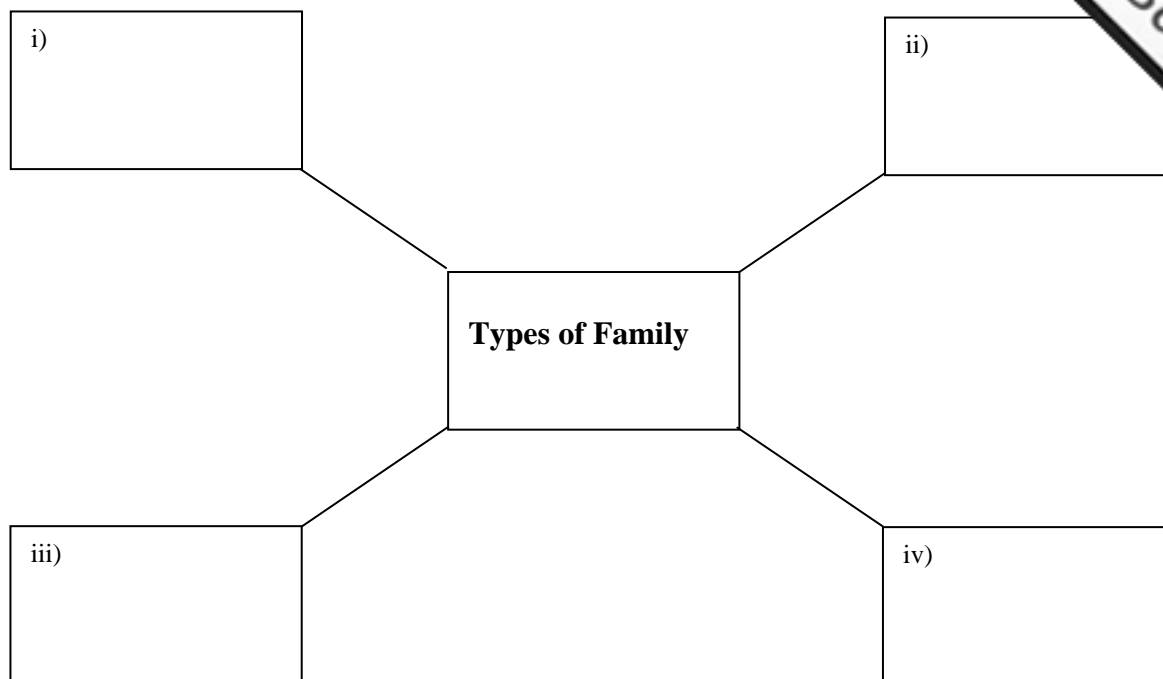
- _____

- _____
_____ (3 marks)

- c. Explain the use of the following in food preservation.

- i) **Salt:** _____
_____ (1 mark)
- ii) **Sugar:** _____
_____ (1 mark)
- iii) **Freezing:** _____
_____ (1 mark)
- iv) **Irradiation:** _____
_____ (1 mark)

7a Fill in the Web Diagram



(2 marks)

b. Identify **four** basic needs of the family.
Basic Needs.

- _____
- _____
- _____
- _____

(2 marks)

c Explain how a single parent may meet difficulties in fulfilling each of the above needs.

Need i _____

Difficulty _____

_____(2 marks)

Need ii _____

Difficulty _____

_____(2 marks)

Need iii _____

Difficulty _____

Need iv

Difficulty

_____ (2 marks)

- d. Suggest how the family members can contribute towards happy family living.

Parent:

_____ (2 marks)

Teenage Children:

_____ (2 marks)