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SECONDARY SCHOOL ANNUAL EXAMINATIONS 2008
DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
Educational Assessment Unit

FORM 5

HOME ECONOMICS

TIME: 1h 45min

Name: _____

Class: _____

Answer all the Questions

1. Study the information on the label below.

| Olive Oil | | |
|-------------------------|-------------------|---------------------|
| BORGES | | |
| 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 this olive oil give?

_____ (1 mark)

- (ii) Name **two** different types of fat.

• _____ • _____

(½, ½ mark)

(iii) Which nutrient provides the most energy in this oil?

(1 mark)

(iv) Name the nutrients which have **0** value.

($\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{2}$ mark)

b. (i) This nutrient is needed by the body to:

- give energy
- prevent constipation
- give warmth
- prevent tooth decay
- provide Vitamin A and D
- prevent obesity

(underline **three** correct answers)

($\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{2}$ mark)

(ii) Olive oil is particularly useful for:

- diabetics ☐
- persons on a slimming diet ☐
- obese persons ☐
- persons with weak bones ☐

(Tick ☒ near **two** correct answers)

($\frac{1}{2}$, $\frac{1}{2}$ mark)

c. Give **four** examples of recipes where you can use olive oil.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(4 marks)

d. Eating too many fatty foods can cause Coronary Heart Disease.

Write down **two** other factors which can cause Heart Disease.

- _____
- _____

(2 marks)

2a. Look carefully at the table which shows the nutritive value per 100g of **four** popular pulse foods.

| Nutrient | Frozen Peas | Broad Beans | Red Lentils | French Beans |
|-----------|-------------|-------------|-------------|--------------|
| Energy | 305Kcal | 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 |

(i) Which pulse food contains the most:

• **protein**

• **calcium**

• **iron**

• **N.S.P. ?**

(2 marks)

(ii) List a pulse food which:

- is high in Vitamin C and low in energy

- is high in iron and protein

- has no N.S.P.

- is high in calcium and protein

(4 marks)

b. Using the information provided in the table and keeping the CINDI Dietary Guidelines in mind, suggest a pulse food suitable for the following:
Also give a reason for your choice of food.

(i) A sauce for vegetarian Lasagne:

Pulse Food: _____

Reason for Choice: _____

(1, 2 marks)

(ii) A Maltese Ftira Filling:

Pulse Food: _____

Reason for Choice: _____

(1, 2 marks)

3.

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) Keeping the CINDI Dietary Guidelines in mind, list **six** healthy items you would choose for yourself.

• _____ • _____ • _____

• _____ • _____ • _____

(3 marks)

- (ii) Write down a CINDI Dietary Guideline which goes with each of any **three** foods you have chosen.

Food: _____

CINDI Dietary Guideline : _____

_____ (2 marks)

Food: _____

CINDI Dietary Guideline : _____

_____ (2 marks)

Food: _____

CINDI Dietary Guideline : _____

_____ (2 marks)

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

I _____ II _____
(1 mark)

- (ii) List **one** advantage and **one** disadvantage for the packaging materials you have chosen.

Packaging Material I: _____

Advantage: _____

Disadvantage: _____

_____ (2 marks)

Packaging Material II: _____

Advantage: _____

Disadvantage: _____

_____ (2 marks)

- (iii) A new take-away shop has opened close to your house. Suggest **three** ways how the person running the shop could prevent persons buying his food from dirtying the streets in the vicinity of the shop.

- _____

- _____

- _____

(2, 2, 2 marks)

4. Chilled (*frozen*) ready meals are popular with some Maltese families.

a. Write down points you should remember, to avoid food poisoning when:

- (i) **Shopping for frozen foods:** _____

_____ (2 marks)

- (ii) **Carrying frozen foods home:** _____

_____ (2 marks)

- (iii) **Storing frozen foods at home:** _____

_____ (2 marks)

- (iv) **Reheating frozen foods:** _____

_____ (2 marks)

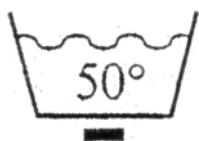
- b. These foods must not be used too often.

Suggest **two** situations when chilled ready meals can be used in the home

- _____
- _____

(2 marks)

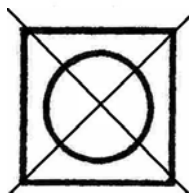
- 5a. Before washing your clothes you must check the Care Label Symbols.
Explain the following Care Symbols:



(i) _____



(ii) _____



(iii) _____



(iv) _____

(4 marks)

- b. What would you look for in a detergent to show you care for the environment?

- _____
- _____

(2 marks)

- c. Suggest **three** ways how a family can economise (*save*) 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, 2 marks)

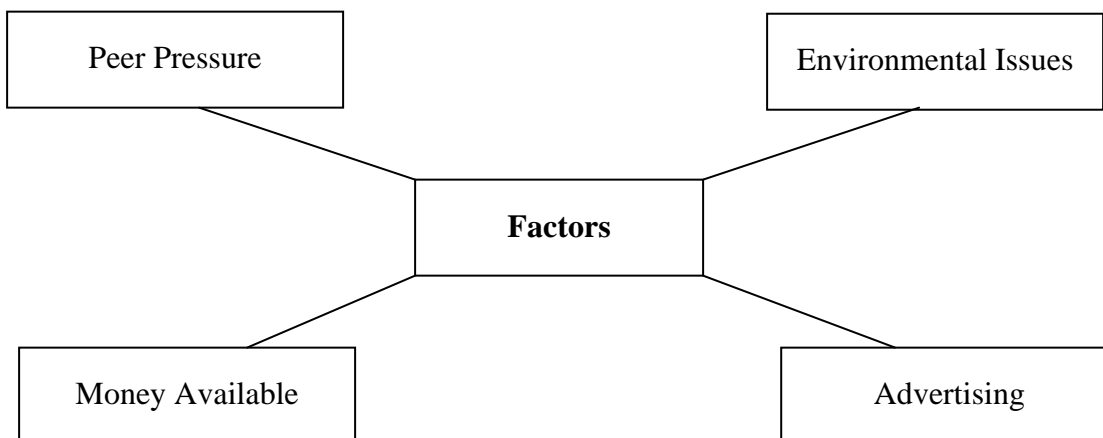
- ii. In view of this, when do you feel it might be necessary to use a tumble dryer.

- _____

- _____

(2, 2 marks)

6. When buying food, a consumer can be influenced by the following factors.



- a. Choose **three** of the above factors and explain how they can influence your choice of food.

Factor i _____

Factor ii _____

Factor iii _____

(2, 2, 2 marks)

- b. Give **two** examples how food manufacturers are helping consumers meet the Cindi Dietary Guidelines.

eg: the product contains only 1% fat

CINDI Dietary Guideline: Eat less fat

- _____

- _____

(2, 2 marks)

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

Sugar: eg to prevent food from going bad.

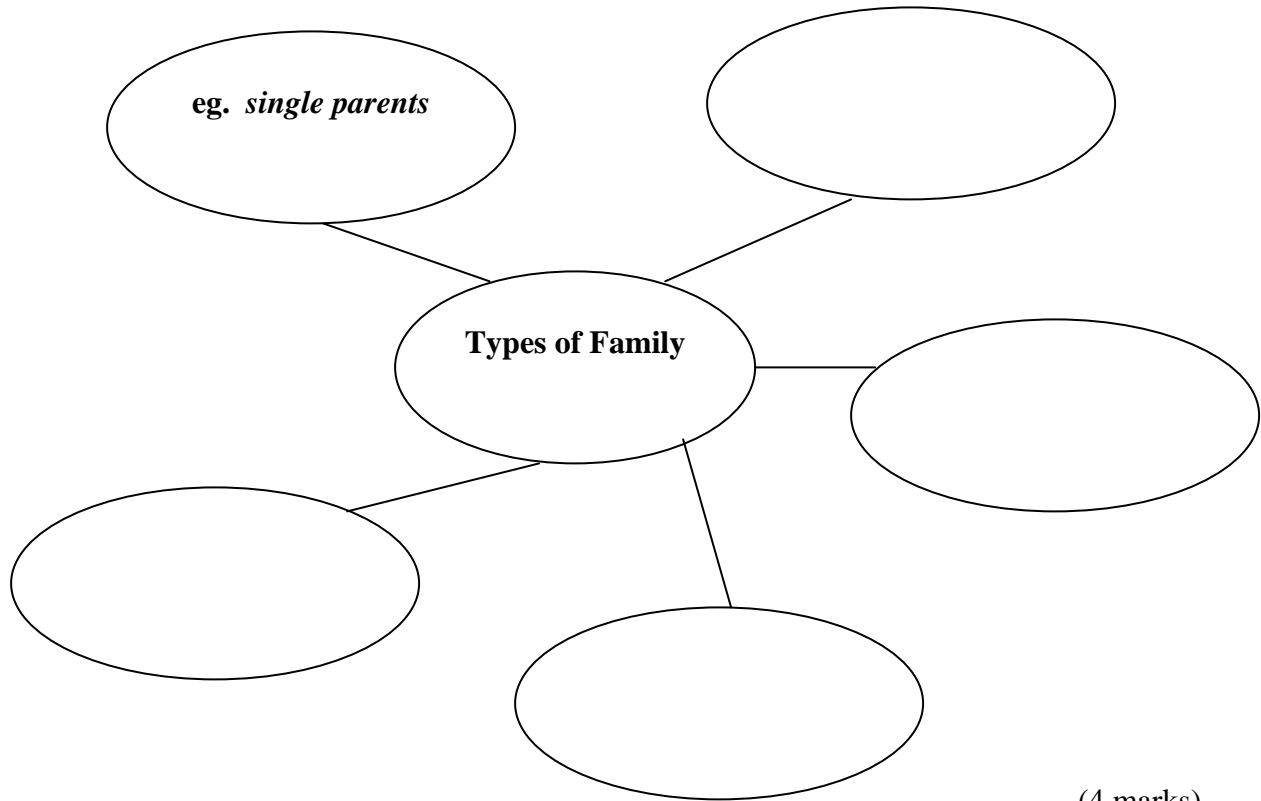
Salt: _____

Freezing: _____

Irradiation: _____

(1, 1, 1 mark)

7a. Fill in the Web Diagram



(4 marks)

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

- eg shelter / home
- _____
- _____
- _____

(3 marks)

- c. Explain how a single parent may find it difficult to provide for **two** of the above mentioned needs.

Example

Need: the need for a decent home.

Difficulty: the single parent may not have enough money to provide a decent home

Need i: _____

Difficulty: _____

(2 marks)

Need ii: _____

Difficulty: _____

(2 marks)

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

Parent: _____

Teenage Children: _____

(2, 2 marks)