

FORM 2

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all questions

1. Complete the following table.

1a. Nutrient		1b. Food sources		1c. Function in the body
Carbohydrates	• •	_____ _____	•	_____
Fats	• •	_____ _____	•	_____
_____	• •	_____ _____	•	For growth and repair of the body
_____	• •	milk cheese	•	_____
Iron	• •	_____ _____	•	_____
Vitamin C	• •	_____ _____	•	_____

(1a: 2 marks, 1b: 5 marks, 1c: 5 marks)

2a. Fill in the blanks for the following sentences.

Apart from having a balanced diet, it is important to drink _____ litres of

_____ a day. This is also present in various food sources. Some examples are

soups, _____ and _____ .

(4 marks)

b. Why is it important to keep our body hydrated with fluids?

- _____
- _____

(1, 1 mark)

3. Mary is inviting her friend over for a midday meal. She has browsed the internet to find an appetising recipe she could prepare for this occasion.

She decided to bake a ricotta pie. The following are the ingredients and quantities that she will be using to prepare her chosen dish.

Ingredients needed for the pie	
Ingredients for the pastry:	Ingredients for the filling:
200g plain flour	200g ricotta
100g fat	1 egg
1 teaspoon salt	parsley
Cold water to mix	

a. Fill in the following sentences to complete the method for preparing the pie.

Method

1. Sieve the _____ into a bowl. Add the salt. Add the fat to the bowl and cut it into small pieces.
2. Rub the fat into the flour using your _____, until the mixture looks like fine breadcrumbs.
3. Add the _____ a little at a time and mix to a firm, smooth dough.
4. _____ it lightly until smooth.
5. Leave to _____ while you prepare the ricotta filling.
6. Grease the baking tray, roll out the dough and prepare the pie.
7. Bake in a _____ oven, Gas 6, 200°C, until golden brown.

(6 marks)

b. Name the **type of pastry** that Mary will be making.

(1 mark)

c. Suggest **two** modifications (*changes*) to make a healthier pastry.

Modification one

Instead of _____ use _____

Reason: _____

(1, 1 mark)

Modification two

Instead of _____ use _____

Reason: _____

(1, 1 mark)

d. Give Mary advice on **three** important guidelines she needs to follow to achieve good results when making the pastry.

- _____
- _____
- _____

(3 marks)

e. Keeping in mind the CINDI dietary guidelines, suggest **one** other savoury dish and **one** sweet dish which could be prepared using this type of pastry.

Savoury dish	Sweet dish

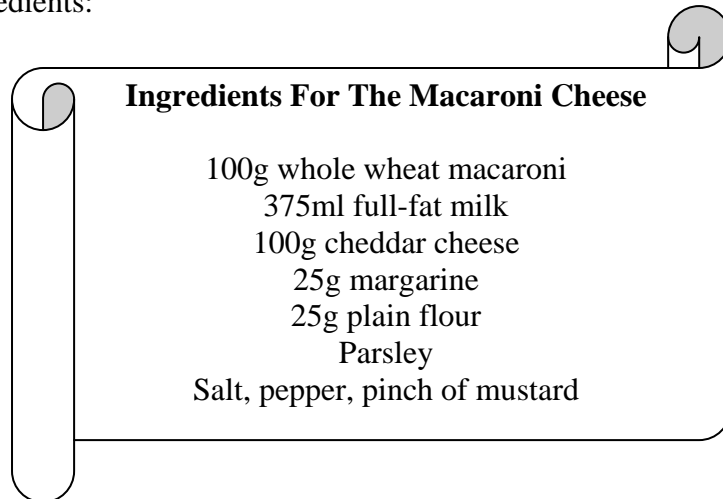
(1, 1 mark)

f. Identify **two** table manners which Mary and her friend should follow whilst eating the ricotta pie.

- _____
- _____

(1, 1 mark)

4. You are staying at your Grandma's for a day. For lunch, she will be cooking macaroni cheese using the following ingredients:



a. From the above list of ingredients, write down **one** item which is rich in N.S.P. (fibre).

- _____ (1 mark)

b. List **two** other ingredients your grandma can **add** to the dish to increase the N.S.P. content.

Ingredient 1: _____

Ingredient 2: _____ (1, 1 mark)

c. Why is N.S.P. important in our diet?

- _____
- _____ (1, 1 mark)

d. Describe **two** ways how the fat content of the macaroni cheese can be reduced.

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

e. Why can a lot of fat be harmful to your grandma and yourself?

- _____
- _____ (1, 1 mark)

5. Specialist shops, supermarkets, open markets and armchair shopping are **four** major shopping facilities available in Malta.

- a. Choose **two** of these shopping facilities and write them in the following boxes.
- b. For each of your chosen shopping facility, write down **one** advantage and **one** disadvantage.

Shopping facility 1: _____

Advantage: _____

Disadvantage: _____

(1, 1 mark)

Shopping facility 2: _____

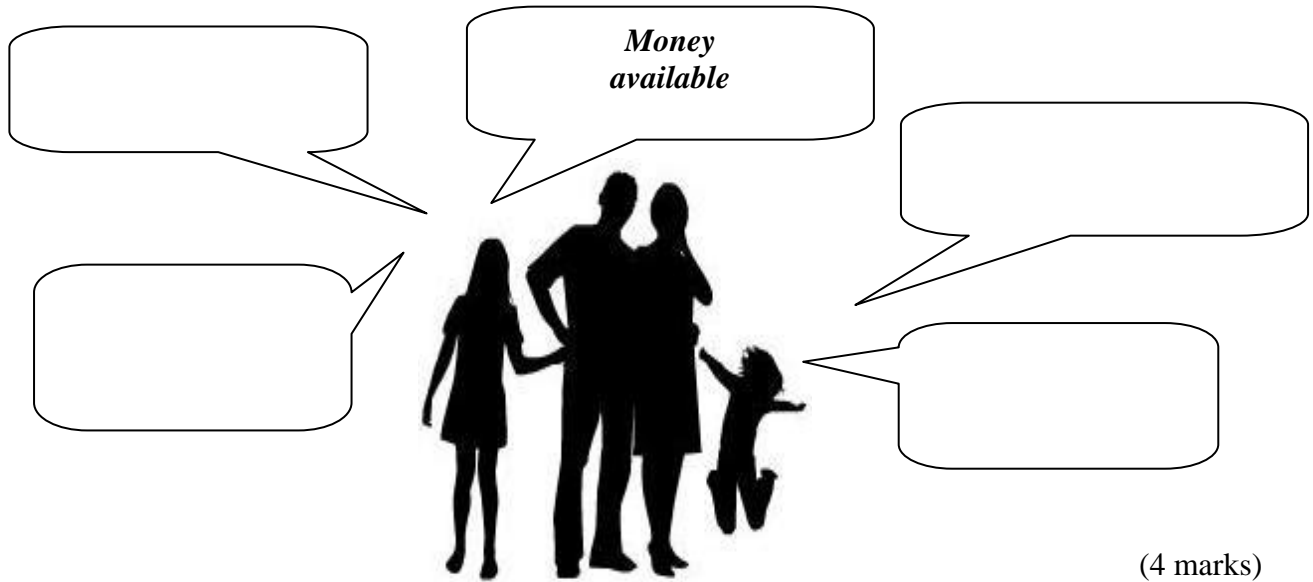
Advantage: _____

Disadvantage: _____

(1, 1 mark)

6. The Attard family consists of the parents and their two children, Mark and Chloe, going to the supermarket to do their weekly shopping.

a. In the diagram below, list **four** factors which you think would influence the type of food items they would choose. *An example has been done for you.*



b. Choose **three** factors from the above and explain in detail how each one would affect the Attard family's choice of food. *The first one has been done for you.*

Factor 1: Money Available

Explanation: The money they spend will depend on the amount of money the parents have set aside for their weekly shopping.

Factor 2: _____

Explanation: _____

Factor 3: _____

Explanation: _____

Factor 4: _____

Explanation: _____

(2, 2, 2 marks)

c. The diagram below shows the food label of a yoghurt which the Attard family has bought.

Using arrows, mark and label **five** pieces of information that are found on this label.

Ingredients

Strawberries (6%), Bananas (4%),
raw cane sugar, modified maize
starch

Allergy advice
May contain nut traces

Typical values per 100g	
Energy	245 kJ/58kcal
Protein	4.6g
Carbohydrate	7.2g
of which sugars	6.5g
Fat	1.2g
of which saturates	0.2g
Fibre	0.2g
Sodium	0.1g

Use by: see date on lid

KEEP REFRIGERATED
Once opened consume within 3 days

Country Foods

Low fat live yogurt

Strawberry & Banana

Country Foods' low fat yogurt is made with biocultures

Suitable for vegetarians

Gluten free

Made in the UK for

Country Foods
125 Kingsway, London
WC2B 6NH

350g

(5 marks)

d. The following **two** symbols are also found on this food label. Name and give the meaning of each.



Name of symbol

Definition of symbol



(2, 2 marks)

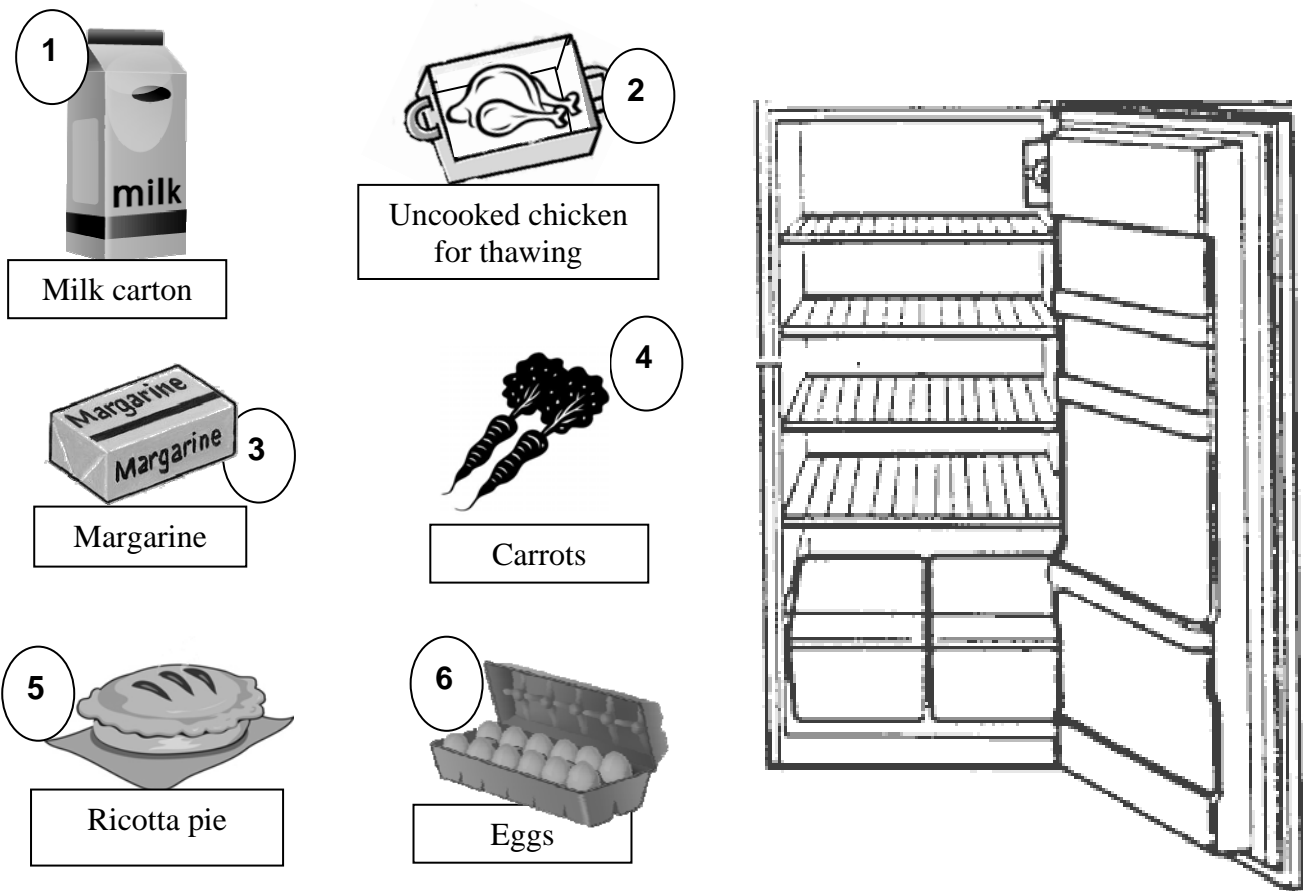
e. Identify **three** ways how Mr. and Mrs. Attard can save money when shopping for food.

- _____
- _____
- _____

(3 marks)

7. The following diagrams show **six** different food items which need to be stored in a refrigerator.

a. Place the number of each food item in the correct place in the refrigerator.



(6 marks)

b. Give **two** rules which should be followed when storing food in the refrigerator.

- _____
- _____

(1, 1 mark)

8. It has become very common to find bring-in sites in most localities. The following are different household items to be thrown away.

washed can of tuna	cling film	empty wine bottle
empty plastic bottle	battery	used paper handkerchief
empty breakfast cereal box	used foil	broken spectacles

- In **column A**, write down the **four** items which should be disposed of in the bring-in sites.
- In **column B**, name the colour of the bring-in site bin you would use for each item.
- In **column C**, write down the name of the bring-in site bin you would use for each item.

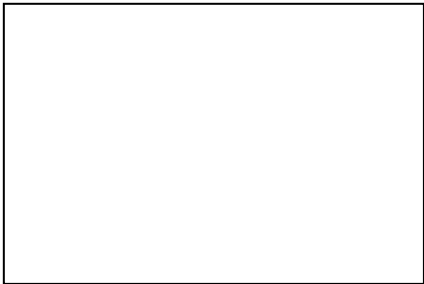
Column A Item	Column B Colour of the bring-in site bin	Column C Name of the bring-in site bin
•	•	•
•	•	•
•	•	•
•	•	•

(4, 2, 2 marks)

d. Draw and explain how you can reuse the following items instead of throwing them away. You will gain marks for being **creative** and **original**.

- Shoe box

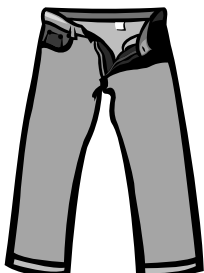
Drawing



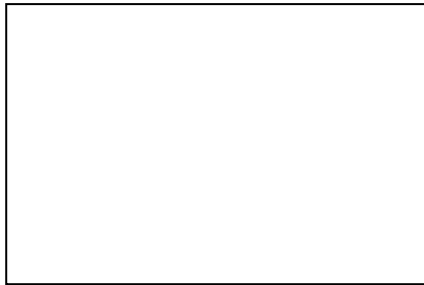
Suggestions for reusing

(2, 2 marks)

- Old pair of jeans



Drawing



Suggestions for reusing

(2, 2 marks)

9. We find various items in a First Aid Box. Suggest which item you would use for each following emergencies.



a. During a community fun run, Jane fell over and her knee began to bleed. You are going to help her clean the wound.

What will you use to protect yourself from the blood whilst cleaning the wound?

(1 mark)

b. Your younger sister has tripped over some toys and her ankle is swelling up.

Which item from the First Aid Box would you use to help her reduce the swelling?

(1 mark)

c. You have just cut your finger.

You quickly managed to clean and stop the bleeding. What would you use to cover the cut?

(1 mark)