Answer all the Questions

1. David and Emma enjoy eating the following light meal everyday.

   Light Meal
   - Wholemeal bun with olive oil, tomatoes, tuna fish and lettuce
   - a kiwi
   - a bottle of water
   - a light fruit yoghurt

From the above meal

(a) List one food that is
   - high in fibre
   - high in starch
   - high in protein
   - rich in Vitamin C
   - rich in calcium

   (5 marks)

(b) Identify two CINDI DIETARY GUIDELINES the foods in the meal help to meet.

   CINDI DIETARY GUIDELINES
   - eg eat bread everyday
   -
   (2 marks)
c. Eating the wrong kind of food can cause certain diet-related diseases or conditions.

Write whether these statements are True or False

i. Eating too much sugary food can prevent tooth decay and diabetes.  
   ________________________________  

ii. Lack of calcium and Vitamin D can be the cause of developing osteoporosis (weak bones).  
   ________________________________  

iii. Overeating and the wrong kind of diet can cause obesity.  
   ________________________________  

iv. A diet low in fibre can prevent constipation and diverticulitis.  
   ________________________________  

(4 marks)

2a. Underline the correct function of each of the following nutrients:

- Protein is needed
  - to prevent tooth decay  
  - for growth and repair

- Carbohydrates are needed for
  - strong bones and teeth  
  - energy

- Calcium is needed for
  - strong red blood  
  - the formation of strong bones and teeth

- Vitamin C helps to
  - resist infections  
  - have a healthy body weight

- Iron is needed to
  - prevent constipation  
  - make red blood cells

(5 marks)

b. Fill in the blanks with the correct words from the list below.

<table>
<thead>
<tr>
<th>starches</th>
<th>N.S.P.</th>
<th>meat</th>
<th>cereals</th>
<th>rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>animals</td>
<td>plants</td>
<td>cheese</td>
<td>yoghurt</td>
<td>pasta</td>
</tr>
<tr>
<td>kiwi</td>
<td>oranges</td>
<td>potatoes</td>
<td>wholemeal bread</td>
<td></td>
</tr>
</tbody>
</table>

Protein foods can be obtained from __________________________ and __________________________.

One food rich in each source is __________________________ and __________________________.

Carbohydrates are made up of sugar, __________________________ and __________________________.

Examples of food rich in each type are jam, __________________________ and __________________________.

Two foods rich in Calcium are __________________________ and __________________________.

Vitamin C is found in __________________________ and __________________________.

Two foods rich in starch are __________________________ and __________________________.

(7 marks)
3. Valentina has the following recipe to prepare an apple pie.

Valentina wants to change the apple pie ingredients to be in line with the CINDI DIETARY GUIDELINES.

a. Fill in the following table.

<table>
<thead>
<tr>
<th>Ingredients for apple pie</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pastry</strong></td>
</tr>
<tr>
<td>• 200g plain flour</td>
</tr>
<tr>
<td>• 100g fat</td>
</tr>
</tbody>
</table>

Valentina wants to change the apple pie ingredients to be in line with the CINDI DIETARY GUIDELINES.

b. List four rules Valentina has to keep in mind when making short crust pastry.

Rules for making short crust pastry.
• *eg* keep everything cool, ingredients and utensils.
• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________

(4 marks)

c. Name two other dishes made with Short Crust pastry.
• ____________________________________________________________
• ____________________________________________________________

(2 marks)
d. Put the words underneath in the correct spaces.

<table>
<thead>
<tr>
<th>water</th>
<th>soft</th>
<th>bulky</th>
<th>N.S.P.</th>
</tr>
</thead>
</table>

Apples contain a good amount of ____________________ . N.S.P. is of great importance because it absorbs ____________________ . This makes the contents of the bowels ____________________ and ____________________ . (2 marks)

e. Suggest three ways how Valentina can eat more N.S.P. (*dietary fibre*) in her daily diet.
- eg *add peas, beans and lentils to soups.*
- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________

(3 marks)

f. It is suggested to drink water when eating fibre rich foods. How much water should we drink everyday?

1 to 2 litres

2 to 3 litres

Tick the correct answer.

(1 mark)

g. Give two health benefits of drinking water.

**Healthy Benefits**
- eg *it prevents urinary infections.*
- ____________________________________________________________
- ____________________________________________________________

(2 marks)
4. Name **five** factors which may influence a teenager’s choice of food by filling in the web diagram.

5. Eating habits have changed in recent years.
   
a. Why is it important to sit down to have your meals at a well set table?

   ____________________________________________
   ____________________________________________

   (2 marks)
b. Place the equipment listed below correctly to lay the table for one person for a midday meal. Draw a simple table decoration and add to your place setting.

<table>
<thead>
<tr>
<th>napkin</th>
<th>glass</th>
<th>meat plate</th>
<th>soup plate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>soup spoon</td>
<td>fork</td>
<td>knife</td>
<td>dessert spoon</td>
</tr>
</tbody>
</table>

Table setting with decoration for one person.

<table>
<thead>
<tr>
<th>Decoration</th>
</tr>
</thead>
<tbody>
<tr>
<td>(2 marks)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Place setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>(4 marks)</td>
</tr>
</tbody>
</table>

c. I chose this decoration because ________________________________

_____________________________________________________________________________

(2 marks)

d. List three table manners you would like your family to observe during meal times.

Table manners

- *eg Don’t fill your mouth with too much food but eat slowly.*
- _____________________________________________________________
- _____________________________________________________________
- _____________________________________________________________
- _____________________________________________________________
- _____________________________________________________________

(4 marks)
6a. List **three** shopping outlets found in Malta.

- *eg* open market.
- ___________________________________
- ___________________________________
- ___________________________________

(3 marks)

b. Choose **one** of the shopping outlets listed above and give **one** advantage and **one** disadvantage for it.

<table>
<thead>
<tr>
<th>Shopping Outlet</th>
<th>Advantage</th>
<th>Disadvantage</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(2 marks, 2 marks)

c. What do specialist shops sell?

_____________________________________________________________________________
_____________________________________________________________________________

(2 marks)

d. Give **two** examples of specialist shops

_____________________________________________________________________________

(2 marks)
7. All packed food is labelled.

a. From the label list the:

- name of the food  ________________________________________
- weight of the food  ________________________________________
- storage instructions  ________________________________________
- best before  ______________________________________________
- three nutrients found in this food

  __________________________________
  __________________________________
  __________________________________

(b) From the label,  
i. choose one piece of information and explain its importance to the consumer.

  Information  __________________________
  
  Explanation: It is important to the consumer because _________________________________
  _________________________________
  _________________________________

(2 marks)
ii. In the box below copy the symbol which shows that the manufacturer cares for the environment.

(1 mark)

c. Give the meaning of symbol drawn.

______________________________________________________________________________
______________________________________________________________________________

(2 marks)

8. Waste at home is separated into four groups before being taken to the Bring-in-Sites.

a. Name the groups.

• ___________________ • ___________________ • ___________________ • ____________

(2 marks)
b. List **two** benefits we can enjoy when we take care of the environment.

**Benefits**
- *eg* save resources.
- ______________________________________________________
- ______________________________________________________
- ______________________________________________________
- ______________________________________________________
(2 marks)

c. Suggest **three** practical hints how young people can help to care for the environment.
- *eg* buy items marked biodegradable.
- ______________________________________________________
- ______________________________________________________
- ______________________________________________________
- ______________________________________________________
(3 marks)

d. One of the students showed you the symbol shown on this label.

Explain the meaning of this symbol.
- ______________________________________________________
- ______________________________________________________
- ______________________________________________________
(2 marks)

e. Name **two** items where this symbol can be found.

- ______________________________________________________
- ______________________________________________________
(2 marks)
9. At school you have just finished a basic course on **First Aid**.

a. Give advice to your parents about **six** important items to include in your home **First Aid Box**.
   i. _______________________________________________
   ii. _______________________________________________
   iii. _______________________________________________
   iv. _______________________________________________
   v. _______________________________________________
   vi. _______________________________________________

   (3 marks)

b. Explain the correct use of each item.
   i. ______________________________________________________________________________
   ii. ______________________________________________________________________________
   iii. ______________________________________________________________________________
   iv. ______________________________________________________________________________
   v. ______________________________________________________________________________
   vi. ______________________________________________________________________________

   (6 marks)