FORM 3 HOME ECONOMICS TIME: 1h 30min

Name: _______________________________ Class: ______________ 

Section A

Answer all the Questions

1. A parent wishes to buy a healthy snack for a primary school child to eat while on a school outing. Study the information about snack products below.

<table>
<thead>
<tr>
<th>Snack</th>
<th>Energy (kJ)</th>
<th>Protein (g)</th>
<th>Sugar (g)</th>
<th>Fat (g)</th>
<th>Vit B (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>519</td>
<td>0.5</td>
<td>35.0</td>
<td>1.8</td>
<td>0.06</td>
</tr>
<tr>
<td>B</td>
<td>668</td>
<td>4.1</td>
<td>15.9</td>
<td>1.2</td>
<td>0.23</td>
</tr>
<tr>
<td>C</td>
<td>1190</td>
<td>3.3</td>
<td>19.9</td>
<td>19.5</td>
<td>0.14</td>
</tr>
<tr>
<td>D</td>
<td>1225</td>
<td>1.4</td>
<td>58.5</td>
<td>4.8</td>
<td>0.12</td>
</tr>
</tbody>
</table>

Tick ✓ in the correct box of your choice.

a. i. Which snack has the highest energy value?

Snack A  Snack B  Snack C  Snack D

(½ mark)

ii. Which snack has the least protein?

Snack A  Snack B  Snack C  Snack D

(½ mark)
iii. Which snack has the highest fat content?

<table>
<thead>
<tr>
<th>Snack</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
</table>

(½ mark)

iv. What is the difference in grams between the sugar content of Snack D and Snack A?

______________ grams

(½ mark)

b. i. Which snack would you suggest the parent buys for her young child?

<table>
<thead>
<tr>
<th>Snack</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
</table>

(1 mark)

ii. Give a reason for your choice of snack.

Reason: ________________________________________________________________

_____________________________________________________________________

(2 marks)

c. i. Snack B contains 4.1 grams of protein

Why is protein needed by the body?

Underline the correct answer.

i. for strong bones and teeth

ii. for warmth and energy

iii. for growth and repair of cells

(½ mark)

ii. If eaten in excess, protein can also provide the body with ________________.

(1 mark)
iii. Place the following foods under the correct heading.

<table>
<thead>
<tr>
<th>ricotta</th>
<th>soya mince</th>
<th>peas</th>
<th>eggs</th>
<th>quorn</th>
</tr>
</thead>
<tbody>
<tr>
<td>peanuts</td>
<td>butter beans</td>
<td>tofu</td>
<td>lentils</td>
<td>rice</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>High Biological Value Protein</th>
<th>Low Biological Value Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>• __________________________</td>
<td>• __________________________</td>
</tr>
<tr>
<td>• __________________________</td>
<td>• __________________________</td>
</tr>
<tr>
<td>• __________________________</td>
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<td>• __________________________</td>
<td>• __________________________</td>
</tr>
<tr>
<td>• __________________________</td>
<td>• __________________________</td>
</tr>
</tbody>
</table>

(5 marks)

iv. H.B.V. Protein foods are better for us because they contain all the ____________________ (1 mark)

2. Look carefully at the foods below:

a. i. Choose three foods rich in Vitamin C.

   Food 1: __________________________
   Food 2: __________________________
   Food 3: __________________________ (1½ marks)
ii. The body needs Vitamin C:
Tick **two** correct answers

- to protect it from infections
- for strong bones and teeth
- to help release energy from food
- to help in the absorption of Iron

(2 marks)

iii. Tick the box next to the correct answer.

Vitamin C is water soluble

Vitamin C is fat soluble

(½ mark)

iv. Suggest **two** ways of preparing and cooking vegetables to preserve the loss of Vitamin C.

- ________________________________________________
- ________________________________________________

(2 marks)

b. i. From the picture (in page 3), list **three** foods containing Vitamin A.

**Food 1:** ______________________________

**Food 2:** ______________________________

**Food 3:** ______________________________

(1½ marks)

ii. Why does the body need Vitamin A?

- ________________________________________________

- ________________________________________________

(2 marks)
iii. Tick the box next to the correct answer.

Vitamin A is water soluble ☐  
Vitamin A is fat soluble ☐  

(½ mark)

c. Which Vitamin is produced in the body from sunlight?

Vitamin ____________ .  

(1 mark)

3. Nutrients provide the body with energy.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Kcal per gram</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>3.75</td>
</tr>
<tr>
<td>Fat</td>
<td>9</td>
</tr>
<tr>
<td>Protein</td>
<td>4</td>
</tr>
</tbody>
</table>

a. From the table, choose the nutrient which provides most energy.

Nutrient: ____________________________  

(½ mark)

b. i. Name the nutrient from which we are advised to get most of our energy.

Nutrient: ____________________________  

(1 mark)

ii. Give two reasons why this is a sensible choice.

•   ______________________________________________ ____________________________
•   ______________________________________________ ____________________________

(2, 2 marks)
c. Why does the body need energy?
   • ______________________________________________ ____________________________
   • ______________________________________________ ____________________________
   (1½, 1½ marks)

d. What happens if more energy is taken in than the body uses?
   Tick the correct answer.
   i. the body will work better
   □
   ii. the extra energy will be deposited as body fat
   □
   iii. the heart works better
   □
   (1 mark)

4. Your family has just bought a new kitchen and will be investing in some new electrical
   appliances (labour saving devices).

   a. i. List six labour saving devices you feel would be of help in food preparation and cooking.
      • __________________
      • __________________
      • __________________
      • __________________
      • __________________
      • __________________
      (3 marks)

   ii. Write down four safety rules you should follow when using electrical appliances.
      • ____________________________________________________ ________________________
      • ____________________________________________________ ________________________
      • ____________________________________________________ ________________________
      • ____________________________________________________ ________________________
      (4 marks)
Section B

5. Eggs are a very useful cooking ingredient.

a. i. Label carefully the egg below by choosing the correct name from the given list

<table>
<thead>
<tr>
<th>thick white</th>
<th>shell</th>
<th>germ</th>
</tr>
</thead>
<tbody>
<tr>
<td>thin white</td>
<td>yolk</td>
<td></td>
</tr>
</tbody>
</table>

(2½ marks)

ii. Underline four nutrients which we find in eggs.

<table>
<thead>
<tr>
<th>carbohydrates</th>
<th>protein</th>
<th>calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>iron</td>
<td>fat</td>
<td>Vitamin C</td>
</tr>
</tbody>
</table>

(4 marks)

iii. Tick the box next to the correct answers.

When eggs are heated:

- the protein coagulates (sets)
- the nutrients are lost
- they become more nutritious
- they become tough if overcooked

(2 marks)
b. Fill-in the Web Diagram below:

(The first one has been done for you)

To emulsify ingredients together

USES OF EGGS IN COOKING

(5 marks)

c. It is very important to use fresh eggs when preparing meals.

Which of the following shows a:

fresh egg           stale egg

(i) __________________                       (ii) __________________

(1 mark)
6. You will be preparing some buns/a cake with the all-in-one method of cake-making.

   a. i. Name the type of flour you would use to add N.S.P. (dietary fibre) to the mixture.
       
       Type of Flour: ________________________________  (1 mark)
       
   ii. List two other ingredients you could add to the mixture to add even more fibre.
       
       Ingredient 1: ____________________  Ingredient 2: ________________  (2 marks)

   b. Which type of fat would you use to make sure your cakes are healthy?
       Tick the correct answer.
       
       saturated fat  [ ]  polyunsaturated fat  [ ]  (½ mark)

   c. Write down four other ingredients you would need to prepare the cakes.
      
      • ____________________  • ____________________
      • ____________________  • ____________________  (2 marks)

   d. Which piece of equipment would you use to?
      
      i. sieve the flour: ________________________________
      
      ii. prepare the mixture in: ________________________
      
      iii. measure flour and margarine: __________________
      
      iv. beat the egg: _________________________________
      
      v. bake the buns in: _____________________________
      
      vi. remove all the mixture: _______________________
      
      vii. check if the buns are cooked: ________________
      
      viii. cool the buns after baking them: _______________  (8 marks)
e. The steps for making a cake by the all-in-one method of cake-making have become mixed up. Place them in order by writing down the correct number next to each step.

1. Light the oven and grease the tin
2. Sieve the flour and beat the eggs.
3. Place the mixture into the greased tin.
4. Weigh and measure all the ingredients.
5. Mix all the ingredients well until light and fluffy.
6. Bake for about 40 minutes.

(6 marks)

7. a. Your family will be going to Gozo for the week-end.
List five items you would pack into the First-Aid Box to take with you.

- disposable gloves
- __________________________
- __________________________
- __________________________
- __________________________
- __________________________

(5 marks)

b. Explain what first-aid you would give to:
   i. Your sister who cuts her finger while preparing lunch:
- __________________________
- __________________________

(2 marks)

   ii. A parent who burns an arm while taking a pie out of the oven:
- __________________________
- __________________________

(2 marks)
8. a. Fill-in the blanks with the correct word from the given list.

<table>
<thead>
<tr>
<th>recommends</th>
<th>immunised</th>
<th>catching</th>
<th>given</th>
</tr>
</thead>
<tbody>
<tr>
<td>programme</td>
<td>young children</td>
<td>prevent</td>
<td>disease</td>
</tr>
<tr>
<td>free of charge</td>
<td>developing</td>
<td>vaccine</td>
<td>contagious diseases</td>
</tr>
</tbody>
</table>

Babies and _______________ are _______________ against certain _______________ in order to _______________ them from _______________ or _______________ them. A different _______________ is required for each _______________.

The Health Department supplies the vaccination _______________ and _______________ a specific _______________ when each vaccination is to be _______________. (6 marks)

b. Name two diseases which children are immunised against.

(The first one has been done for you)

* mumps
* _______________

(2 marks)

c. Write down three factors which can harm the unborn child.

FACTORS

(3 marks)
d. Below is a list of needs which contribute to a healthy lifestyle. Place each need under the correct heading.

<table>
<thead>
<tr>
<th>Physical Needs</th>
<th>Intellectual Needs</th>
<th>Social Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>regular exercise</td>
<td>going to school</td>
<td>healthy food</td>
</tr>
<tr>
<td>meeting friends</td>
<td>going to a disco</td>
<td>reading a book</td>
</tr>
</tbody>
</table>

(6 marks)