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?

Snack A □ Snack B □ Snack C □ Snack D □

(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?

Snack A □ Snack B □ Snack C □ Snack D □

(1 mark)

ii. Give a reason for your choice of snack.

Reason: ____________________________________________________________

__________________________________________

(2 marks)

c)i. Snack A 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>quarn</th>
</tr>
</thead>
<tbody>
<tr>
<td>peanuts</td>
<td>butter beans</td>
<td>tofu</td>
<td>lentils</td>
<td>rice</td>
</tr>
</tbody>
</table>
iv. H.B.V. Protein foods are better for us because they contain all the _______________________________. (1 mark)

2. Nutrients provide the body with energy.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>K cal 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 mark)

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 well

(1 mark)

3. Look carefully at the foods below:

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

**Food 1:** ______________________________

**Food 2:** ______________________________

**Food 3:** ______________________________
ii. The body needs Vitamin C:
   • to protect it from infections
   • for strong bones and teeth
   • to help release energy from food
   • to help in the absorption of iron

Tick **two** correct answers

(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 (opposite), 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)
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.

thick white shell germ
thin white yolk

(2½ mark)
ii) Name **four** nutrients found in eggs.

- 
- 
- 
- 

(2 marks)

iii) List **two** effects of heat on eggs.

- 
- 

(2 marks)

b) Fill in the Web Diagram below:

- USES OF EGGS IN COOKING

(5 marks)

c) Give **two** advantages of using free range eggs.

- 
- 

(2 marks)

6a)i. List **two** methods of cake-making which you have tried out at school.

- 
- 

(2 marks)

ii. Name **four** different types of cakes/buns you could prepare with **one** of the methods you have listed.
Chosen method of cake-making: ____________________________

Name of buns/cakes
• ______________________________________
• ______________________________________
• ______________________________________
• ______________________________________
• ______________________________________

(2 marks)

iii. Write four ingredients you would need to prepare the buns.
• ________________  • ________________
• ________________  • ________________

(2 marks)

b) Write down the steps you would follow to prepare some buns for tea-time.
• __________________________________________
• __________________________________________
• __________________________________________
• __________________________________________
• __________________________________________
• __________________________________________

(5 marks)

c) At what oven temperature would you bake the buns?
Gas Mark ____________  or ______________ °C

(1 mark)

d) List five pieces of equipment you would need to prepare the buns and write down the correct use of each one.

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Correct Use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
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<td></td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(2½, 5 marks)
7. a) Your family will be going to Gozo for the week-end.

List eight items you would pack into the First-Aid Box to take with you.

• ___________________  • ___________________  • ___________________
• ___________________  • ___________________  • ___________________
• ___________________  • ___________________ (4 marks)

b) Explain what first-aid you would give to:

i) Your young sister who grazes her knee while playing.

• _______________________________________________________________
• _______________________________________________________________
• _______________________________________________________________
(3 marks)

ii) A parent who burns an arm while preparing lunch.

• _______________________________________________________________
• _______________________________________________________________
• _______________________________________________________________
(3 marks)

8) Immunisation is compulsory in Malta.

a)i. Who is immunised against certain contagious diseases?

• ___________________  • ___________________ (2 marks)

ii. Why are they immunised?

• _______________________________________________________________
• _______________________________________________________________
(2, 2 marks)

iii. Who provides the Vaccination Programme in Malta?

• ___________________ (1 mark)
b) List four diseases against which immunisation is carried out.

• ____________ • ____________ • ____________ • ____________

(4 marks)

9. Below is a list of needs which contribute to a healthy lifestyle.

Place each item from the list in the correct column on the table. Some of the items can be placed in more than one column.

<table>
<thead>
<tr>
<th>Physical</th>
<th>Intellectual</th>
<th>Emotional</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ____________</td>
<td>• ____________</td>
<td>• ____________</td>
<td>• ____________</td>
</tr>
<tr>
<td>• ____________</td>
<td>• ____________</td>
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<tr>
<td>• ____________</td>
<td>• ____________</td>
<td>• ____________</td>
<td>• ____________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>fresh air</th>
<th>going to a disco</th>
<th>be liked by peers</th>
<th>learning new skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>regular exercise</td>
<td>support from family</td>
<td>reading</td>
<td>nutritious food</td>
</tr>
<tr>
<td>respect from friends</td>
<td>joining a youth club</td>
<td>going to evening classes</td>
<td>a family hike</td>
</tr>
</tbody>
</table>

(6 marks)