Section A.

1a. A wide variety of fish is available on the market. Sort the following fish into the table below.

<table>
<thead>
<tr>
<th>lampuki</th>
<th>shrimps</th>
<th>mussels</th>
<th>tuna</th>
<th>salmon</th>
<th>swordfish</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>White fish</th>
<th>Oily fish</th>
<th>Shellfish</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(3 marks)

b. List three points that you would you look for when buying fresh fish.

• _____________________________________________________________________

• _____________________________________________________________________

• _____________________________________________________________________

(3 marks)

c. Last Sunday, Leah bought some fresh lampuki from the open market at Marsaxlokk. She placed them on a plate and stored them in the fridge to cook them on Wednesday.

Point out two things that Leah did wrong when storing the fish.

• _________________________________________________________________

• _________________________________________________________________

(2 marks)
d. Name two nutrients that are found in fish and explain the main function of each.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>• _______</td>
<td>• ______________</td>
</tr>
<tr>
<td>• _______</td>
<td>• ______________</td>
</tr>
</tbody>
</table>

(1, 4 marks)

e. Leah has two young children. Fish is not one of their favourite foods. Suggest two interesting and healthy ways how Leah can include fish in her children's diet.

• ____________________________________________
• ____________________________________________

(2 marks)

2. The following are the food labels of three different bags of flour.

![Tal-Qamha All-Purpose Flour](Net Weight 1 kg)
![Tal-Mithna Self-Raising Flour](Net Weight 1 kg)
![Ta' Terez Strong Flour](Net Weight 1 kg)

a. Which one would you choose to make bread? Give a reason for your choice.
   Type of flour: _____________________________
   Reason: __________________________________________________________
   ________________________________________________________________

(1, 2 marks)
b. Yeast is used to help bread to rise. Read the information about yeast and bread and fill in the blanks.

<table>
<thead>
<tr>
<th>warmth</th>
<th>raising agent</th>
<th>fermentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>proofing</td>
<td>carbon dioxide</td>
<td>moisture</td>
</tr>
</tbody>
</table>

Yeast is a _____________________. It is a living organism. Yeast needs food, ________________ and ________________ to grow. It produces ________________ gas which helps the dough to rise. This process is known as ________________. In order for the dough to rise we also need to give it time. This is called _________________.

(3 marks)

c. Name one sweet and one savoury dish in which yeast is used.

- **Sweet dish:** _______________________________
- **Savoury dish:** _______________________________

(1, 1 mark)

d. The following sentences describe the process of bread making. Put the sentences in order. *Number 1 has been done for you.*

1. Measure the correct amount of warm water and add the oil.
2. Light the oven, Gas 8, 230°C, and grease a loaf tin.
4. Bake in the oven.
5. Stir the liquid into the flour and mix together.
6. Place the dough into a tin and leave in a warm place until it has doubled in size.
7. Knead the dough firmly for ten minutes and shape into a loaf.

(3 marks)
3a. The following are pictures of the large intestine. Match the picture with the correct description.

![Healthy intestine](image1) ![Intestine with diverticular disease](image2)

b. To prevent diverticular disease, it is important to have a diet that is:

- a. Low in NSP / dietary fibre
- b. High in NSP / dietary fibre
- c. Low in fat

Tick the correct answer.

(1 mark)

c. Isaac suffers from diverticular disease. His favourite dish is ricotta pie. The following are the ingredients for the pie. Change two ingredients to make the pie more suitable for Isaac.

<table>
<thead>
<tr>
<th>Original Recipe</th>
<th>Modified Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pastry</td>
<td></td>
</tr>
<tr>
<td>200g white flour</td>
<td></td>
</tr>
<tr>
<td>100g polyunsaturated margarine</td>
<td></td>
</tr>
<tr>
<td>Filling</td>
<td></td>
</tr>
<tr>
<td>200g ricotta</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>50g chopped ham</td>
<td></td>
</tr>
</tbody>
</table>

(1,1 mark)

d. What can Isaac have together with the pie, for a healthier, balanced meal?

- _____________________________
- _____________________________

(1,1 mark)
4a. The following diagram shows a pan of water on a burner. Name the **two** methods of heat transfer that are taking place.

(1,1 mark)

b. Fill in with a suitable cooking method. Each cooking method can be used only once.

i. ________________ is a suitable method for cooking tender cuts of meat.

ii. ________________ and ________________ are two moist methods of cooking food.

iii. ________________ cooking helps to save time and energy.

iv. ________________ should be avoided as it is a source of fat in the diet.

v. ________________ meat, fish or chicken develops a good flavour. This can be done either in the oven or on a barbecue.

(6 marks)

**SECTION B**

5. Julian and Martina are married and live in a flat. They both work full-time. They already own a fridge but are thinking of buying a freezer.

a. Why would it be a good decision to buy a freezer? Give **two** reasons.

- _____________________________________________________________________
- _____________________________________________________________________
- _____________________________________________________________________

(2, 2 marks)
b. List three points they need to consider before buying the freezer.

• _____________________________________________________________________
• _____________________________________________________________________
• _____________________________________________________________________
(3 marks)

c. Below are the two main types of freezers found on the market. Which of these freezers would you suggest for this couple? Give one main reason for your choice.

Type of freezer: __________________________
Reason for choice: __________________________

(2 marks)

d. While shopping around, they came across the freezer below.

Give the benefit of three of the features listed above.

• Feature 1: __________________________
  Benefit: __________________________
• Feature 2: __________________________
  Benefit: __________________________
• Feature 3: __________________________
  Benefit: __________________________
• Feature 2: ______________________
  Benefit: ________________________________
• Feature 3: ______________________
  Benefit: ________________________________

(1,1,1 mark)

e. The freezer that Julian and Martina bought had the following label.
What does this label tell us?
____________________________________________________
(1 mark)

f. The following are basic rules that a consumer should follow when storing food in the
fridge or freezer. Give a reason for each rule.

• Rule 1: Never put hot food in the freezer.
  Reason: ______________________________________________________
  ___________________________________________________________________

• Rule 2: Cover food before placing it in the fridge.
  Reason: ______________________________________________________
  ___________________________________________________________________

• Rule 3: Do not overfill the fridge.
  Reason: ______________________________________________________
  ___________________________________________________________________

(2, 2, 2 marks)
6. Lucia is fourteen years old. She has invited her friends home to work on a school project together. Before their arrival, she needs to prepare a light meal for them to have while they are working.

a. Identify **five** factors that Lucia has to keep in mind when planning and preparing the light meal. *An example has been done for you.*

   - **Price of food**

b. One of Lucia’s friends is a coeliac.

   i. List **three** foods that Lucia should avoid when preparing the light meal.

      - ________________________________
      - ________________________________
      - ________________________________  (3 marks)

   ii. Explain why Lucia should avoid these foods.

      ____________________________________________________________
      ____________________________________________________________  (2 marks)
c. While shopping for food needed for the light meal, Lucia came across the following symbols on some products.

Symbol a

Symbol b

Symbol c

Which of the above symbols is found on products suitable for coeliacs?

______________________         (1 mark)

7. Whilst Matthias was shopping with his parents in a supermarket, they were approached by a salesperson who was promoting a selection of organic vegetables.

a. Match the sentences about organic vegetables. *An example has been done for you.*

| 1. Organic vegetables are grown | less chemicals are transferred to the soil. |
| 2. When growing organic vegetables | and are better for our health. |
| 3. Organic vegetables contain less harmful chemicals | friendly insects to control other pests. |
| 4. Organic vegetables are | without the use of artificial pesticides. |
| 5. The farmer who grows organic vegetables uses | more expensive to buy. |

(4 marks)

b. How can your local council encourage people to choose organic food?

• ____________________________________________________________________

• ____________________________________________________________________

• ____________________________________________________________________

(2, 2 marks)

8a. Eileen who is 75 years old and who lives on her own has broken her leg in an accident. Given that Eileen is now wheelchair bound, identify two difficulties that she might face if she keeps on living alone at home.

• ____________________________________________________________________

• ____________________________________________________________________

(1, 1 marks)
b. List two services available for senior citizens which Eileen can make use of. Explain how each of these services can be of help to Eileen.

- **Service:** _________________________
  
  **Help provided:** ______________________________________________________
  _____________________________________________________________________

- **Service:** _________________________
  
  **Help provided:** ______________________________________________________
  _____________________________________________________________________

  (2, 4 marks)

c. Carmen, Eileen’s daughter, is married and has two children, aged 8 and 13 years. Carmen and her husband have invited Eileen to live with them until she fully recovers. Identify two problems that Carmen’s family might encounter when Eileen goes to live with them?

  • ____________________________________________________________________
  • ____________________________________________________________________

  (2, 2 marks)

d. Having an elderly relative living with the family has its benefits. Write two advantages that Carmen’s family would gain by having Eileen living with them.

  • ____________________________________________________________________
  • ____________________________________________________________________

  (2, 2 marks)

9. Edward is twenty-one years old and he will soon start his first full-time job. He went to the bank to open a bank account.

a. Name one type of account that Edward could open to have his salary deposited directly into it.

  ________________________________

  (1 mark)
b. Edward has just received his first salary. He now needs to start budgeting his money. Explain why it is important for Edward to budget his money.

_____________________________________________________________________
_____________________________________________________________________

(2 marks)

c. Edward’s parents also draw a budget every month. Name three important expenses that Edward’s parents need to consider when planning their budget.

• _______________________  
• _______________________  
• _______________________  

(3 marks)