1. Complete the following table.

<table>
<thead>
<tr>
<th>1a. Nutrient</th>
<th>1b. Food sources</th>
<th>1c. Function in the body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td></td>
<td>•</td>
<td>For growth and repair of the body</td>
</tr>
<tr>
<td>Fats</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td></td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Iron</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td></td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td></td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

(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 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.

<table>
<thead>
<tr>
<th>Ingredients needed for the pie</th>
<th>Ingredients for the filling:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients for the pastry:</strong></td>
<td><strong>200g ricotta</strong></td>
</tr>
<tr>
<td>200g plain flour</td>
<td></td>
</tr>
<tr>
<td>100g fat</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>Cold water to mix</td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Savoury dish</th>
<th>Sweet dish</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(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:

**Ingredients For The Macaroni Cheese**

- 100g whole wheat macaroni
- 375ml full-fat milk
- 100g cheddar cheese
- 25g margarine
- 25g plain flour
- Parsley
- Salt, pepper, pinch of mustard

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 main 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.

<table>
<thead>
<tr>
<th>Shopping facility 1: ____________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advantage: _________________________________</td>
</tr>
<tr>
<td>___________________________________________</td>
</tr>
<tr>
<td>Disadvantage: ______________________________</td>
</tr>
<tr>
<td>___________________________________________</td>
</tr>
</tbody>
</table>

(1, 1 mark)

<table>
<thead>
<tr>
<th>Shopping facility 2: ____________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advantage: _________________________________</td>
</tr>
<tr>
<td>___________________________________________</td>
</tr>
<tr>
<td>Disadvantage: ______________________________</td>
</tr>
<tr>
<td>___________________________________________</td>
</tr>
</tbody>
</table>

(1, 1 mark)
6. The Attard family consists of the parents and their two children, Mark and Chloe. They are 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.

![Food label diagram]

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

<table>
<thead>
<tr>
<th>Name of symbol</th>
<th>Definition of symbol</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(5 marks)

(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.

![Diagram of refrigerator with food items]

- Milk carton
- Uncooked chicken for thawing
- Margarine
- Carrots
- Ricotta pie
- Eggs

(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 box includes different household items to be thrown away.

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>washed can of tuna</td>
<td>cling film</td>
<td>empty wine bottle</td>
</tr>
<tr>
<td>empty plastic bottle</td>
<td>battery</td>
<td>used paper handkerchief</td>
</tr>
<tr>
<td>empty breakfast cereal box</td>
<td>used foil</td>
<td>broken spectacles</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Column A Item</th>
<th>Column B Colour of the bring-in site bin</th>
<th>Column C Name of the bring-in site bin</th>
</tr>
</thead>
<tbody>
<tr>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>•</td>
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<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

(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

- **Old pair of jeans**
  - [Drawing]
  - Suggestions for reusing
9. We find various items in a First Aid Box. Suggest which item you would use for each of the 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)