Section A

Answer all the Questions

1. Beef burgers are popular with teenagers.
   Study the table below:

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>polyunsaturated fat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>monounsaturated fat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>saturated fat</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

a) Which beef burger would you choose.
   Tick ✓ near the correct answer.
   A [ ] B [ ] C [ ]

b) Give one reason for your choice of burger.
   •

   (2 marks)

iii) Beef burgers are usually rich sources of
   (Tick ✓ near the correct answers)
   polyunsaturated fat [ ]
   monounsaturated fat [ ]
   saturated fat [ ]

   (1 mark)
iv) Why is it better to avoid this type of fat?

____________________________________________________________________________________

____________________________________________________________________________________

(2 marks)

v) Eating beef burgers frequently could contribute to:

Tick ✓ near the correct answer.

- diabetes
- heart disease
- constipation

(½ mark)

b i) Suggest a healthy method of cooking beef burgers.

Name of cooking method: ____________________

(1 mark)

ii) Give one reason for your answer.

• ________________________________________________________________________________

• ________________________________________________________________________________

(2 marks)

c i) Home-made burgers could be a healthy alternative to ready-made beef burgers.

Identify two ingredients you could use to make burgers to improve their nutritive value.

Ingredient 1: ________________  Ingredient 2: ________________

(½, ½ mark)

ii) Explain how these ingredients contribute to the improvement.

• ________________________________________________________________________________

• ________________________________________________________________________________

• ________________________________________________________________________________

(2, 2 marks)
2. Complete the chart below.  
(The first one has been done for you)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Uses</th>
<th>Examples of Good Sources</th>
</tr>
</thead>
</table>
| **Protein** | needed for growth and repair of cells | • Meat  
• Nuts |
|          | needed for strong bones teeth and healthy muscles | •  
•  |
| **Iron** | •  
•  | • Cereals  
• Liver |
|          | provides energy and protects internal organs | •  
• Olive oil |
| **Vitamin C** | •  
•  | •  
•  |
|          | Helps in the absorption of calcium and phosphorus | • Action of sunlight  
• Oily fish |

(10 marks)

3. Dairy products are widely used in meal preparation
   a) List **four** examples of dairy products.

   •  
•  
•  
•  

   (2 marks)

   b) Identify one type of milk suitable for the following groups of people.

   **A five year old child**

   **A teenager who is intolerant to milk**

   **An elderly person who has a heart condition**

   (3 marks)
c) Suggest ways of including dairy products when preparing:

**Breakfast:**
- •______________________________________________
- •______________________________________________
- •______________________________________________

**Mid Morning Snack:**
- •______________________________________________
- •______________________________________________
- •______________________________________________

(3, 3 marks)

d) List **three** main nutrients of dairy products.

Nutrient 1: _______________________________

Nutrient 2: _______________________________

Nutrient 3: _______________________________

(3 marks)

e) Why is the **USE BY** date found on dairy products useful for the consumer?

____________________________________________________________________________________

____________________________________________________________________________________

(2 marks)

**Section B**

4a i) Complete the list of ingredients you would use to prepare some Short Crust Pastry.

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 g flour</td>
</tr>
<tr>
<td>____ g fat</td>
</tr>
<tr>
<td>4 tbsp _____</td>
</tr>
</tbody>
</table>

(2 marks)
ii) Which type of flour and fat would you use to make a healthy Short Crust Pastry?
Give a reason for your choice of ingredients.

**Type of Flour:** __________________________

*Reason:*)

________________________________________________________

(2 marks)

**Type of Fat:** __________________________

*Reason:*)

________________________________________________________

(2 marks)

b) Below are the ingredients needed for a savoury flan.

Carry out **three** changes to make the filling healthier.

<table>
<thead>
<tr>
<th>Filling</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 onion finely chopped</td>
</tr>
<tr>
<td>100g chopped streaky bacon</td>
</tr>
<tr>
<td>100g cheddar cheese</td>
</tr>
<tr>
<td>300ml milk</td>
</tr>
<tr>
<td>seasoning</td>
</tr>
<tr>
<td>1 sliced tomato</td>
</tr>
</tbody>
</table>

use __________________ instead of __________________________

use __________________ instead of __________________________

use __________________ instead of __________________________

(3 marks)

c) Name **three** other dishes which can be made with Short Crust Pastry.

• __________________ • __________________• __________________

(3 marks)
d) Careful preparation and cooking contribute to good quality Short Crust Pastry.

Give one reason for each of the following:

i) **Weighing ingredients accurately.**

   Reason: ____________________________________________________________
   ____________________________________________________________

ii) **Sifting the flour.**

   Reason: ____________________________________________________________
   ____________________________________________________________

iii) **Leaving the pastry to rest in a cool place before using.**

   Reason: ____________________________________________________________
   ____________________________________________________________

   (2, 2, 2 marks)

5. You will be preparing a cake or some buns for a fund-raising activity at school.

a) Write down the name of the cake or buns you will be preparing and the name of the method you would use to prepare the chosen food item.

   Name of cake or buns  —> _________________________
   Name of method used  —> ________________________

   (1 mark)

b i) Keeping the CINDI Dietary Guidelines in mind, list the ingredients you would use.

   • __________________________  • __________________________
   • __________________________  • __________________________
   • __________________________  • __________________________

   (2 marks)

ii) Give two reasons for your choice of ingredients.

   • ____________________________________________________________
   ____________________________________________________________

   • ____________________________________________________________
   ____________________________________________________________

   (2, 2 marks)
c) How would you store your cake or buns so that they remain fresh until they are sold?

__________________________________________________  
__________________________________________________

(2 marks)

6.a) Fill in the blanks with the correct family type.

Sarah and Jeremy live with both their parents in a ______________ family. Their cousins Liam and Kurt also have their grandparents living with them in an ______________ family. Their neighbour Sarah, lives with her father in a ______________ family. Having been born in Romania, Svetlana has been ______________ by a Maltese family. The Borg brothers live in a ______________ family while their mother is recovering from illness.

(5 marks)

b) Name four factors which can harm the unborn child.

[Diagram of a fetus with blank spaces labeled A, B, C, and D]

(4 marks)

c) Suggest two examples how parents can help their children to develop:

Physically

• _____________________________________________________________

• _____________________________________________________________

(2, 2 marks)
Socially

7.a) Look carefully at the picture of the cook and list six kitchen hygiene rules which are not being observed.

b) You will be shopping for food. Write down two hygiene practices you should follow when:

Purchasing the Food:

Storing the Food: