FORM 4  HOME ECONOMICS  TIME: 1h 30min

Name: _______________________________________  Class: _______________

Answer all the questions.

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>
</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.*

- Measure the correct amount of warm water and add the oil.
- Light the oven, Gas 8, 230°C, and grease a loaf tin. **1**
- Put flour, sugar and yeast in a mixing bowl.
- Bake in the oven.
- Stir the liquid into the flour and mix together.
- Place the dough into a tin and leave in a warm place until it has doubled in size.
- 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. Give two reasons why it would be convenient for them to own a freezer.
   • _____________________________________________________________________
   • _____________________________________________________________________

   (2 marks)

b. List three points they need to consider before buying the freezer.
   • _____________________________________________________________________
   • _____________________________________________________________________
   • _____________________________________________________________________

   (3 marks)

c. Suggest a type of freezer that would be suitable for this couple. Give one main reason for your choice.
   • Type of freezer: _____________________________
   • Reason for choice: ______________________________

   (1, 2 marks)

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

   • _____________________________________________________________________
   • _____________________________________________________________________

   Digital temperature display

   Product features
   • Clear plastic drawers
   • Digital temperature display
   • _____________________________
   • _____________________________

i. In the box above, add two other features that can be found on a freezer. (2 marks)
ii. Choose two of the features and explain their function.

- **Feature 1**: ______________________
  **Function**: ________________________________________________________

- **Feature 2**: ______________________
  **Function**: ________________________________________________________

(2, 2 marks)

e. The freezer that Julian and Martina bought had the following label. Why is it important that consumers look for this kind of label on appliances?

_________________________________________________________________
_________________________________________________________________

(1 mark)

f. Write two basic rules that a consumer should follow when storing food in the fridge or freezer. Explain the reason for each rule.

- **Rule 1**: _______________________________________________________
  **Reason**: _______________________________________________________
  ___________________________________________________________________

- **Rule 2**: _______________________________________________________
  **Reason**: _______________________________________________________
  ___________________________________________________________________

(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 six factors that Lucia has to keep in mind when planning and preparing the light meal.

b. One of Lucia’s friends is a coeliac.
   i. List two foods that Lucia should avoid when preparing the light meal.
      • ____________________________
      • ____________________________

   ii. Give one reason 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. State two differences between organic vegetables and other vegetables grown in the traditional manner.

• ____________________________________________________________
• ____________________________________________________________  

(1, 1 mark)

b. Identify one health benefit and one environmental benefit of organic farming.

• Health benefit: _______________________________________________
• Environmental benefit: __________________________________________

(1, 1 mark)

c. While reading the label of a tub of *bigilla*, Matthias saw the following term ‘Contains genetically modified beans’. Explain in your own words the term ‘genetically modified’.

_________________________________________________________________
_________________________________________________________________

(2 marks)
d. Suggest two initiatives that your local council can take to promote 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. Name one governmental service that Eileen can make use of in order to keep living independently in her own home. Explain how this service can be of help to Eileen.

- Service: _________________________
- Help provided: ______________________________________________________

(1, 2 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. Name one lifestyle adjustment and one adjustment in the physical environment that Carmen’s family might have to make when Eileen goes to live with them.

- Lifestyle adjustment: _____________________________________________
- Environmental adjustment: _________________________________________

(2, 2 marks)
d. Having an elderly relative living with the family has its benefits. Explain how each of these people would benefit by having Eileen living with them.

- Carmen and her husband: ________________________________________________________________
  ______________________________________________________________________________________

- The children: __________________________________________________________________________
  ______________________________________________________________________________________

  (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. The bank representative explained that he can choose from two accounts which enable him to have his salary deposited directly.

a. Which two bank accounts can Edward choose from?
- ____________________________  
- ____________________________  

  (1 mark)

b. After his first month of work he receives his first salary. The payslip contains the following terms. Explain these terms.

- Gross income ________________________________________________________________
- Net income _________________________________________________________________

  (2, 2 marks)

c. Edward decides to put aside some of his money and invest it for his future needs. However, he does not know what is available. Suggest two possible schemes which he can invest in.

- ____________________________
- ____________________________  

  (2 marks)