1. You will be preparing a pie for lunch.
(a) List SIX pieces of equipment you would need to prepare the short crust pastry. Also write down the correct use for each one.

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

(3, 6 marks)

(b) Suggest an electrical appliance (labour saving device) you could use instead to help you prepare the pastry. Also list TWO advantages of using this piece of equipment.

Name of Appliance: ____________________________________________________________ (1 mark)

Advantages:

• __________________________________________________________________________
  __________________________________________________________________________

• __________________________________________________________________________
  __________________________________________________________________________

(4 marks)
(c) Identify **TWO** factors you would need to consider when buying the appliance you have suggested in (b).

- __________________________________________________________________________
- __________________________________________________________________________
- __________________________________________________________________________

(4 marks)

2. Study carefully the label below and then answer the questions that follow.

![Wheat Feast Breakfast Cereal Label]

<table>
<thead>
<tr>
<th>Nutrition Information per 100g</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy 338kcal</td>
<td>Whole Wheat; Malted Barley Extract; Sugar; Salt; Folic Acid.</td>
</tr>
<tr>
<td>Proteins 11.5g</td>
<td><strong>A low-fat</strong> Breakfast Cereal</td>
</tr>
<tr>
<td>Carbohydrate 78.4g</td>
<td><strong>A low-sugar</strong> Breakfast Cereal</td>
</tr>
<tr>
<td>Fat (of which saturates) 2.0g</td>
<td><strong>A high-fibre</strong> Breakfast Cereal</td>
</tr>
<tr>
<td>0.6g</td>
<td></td>
</tr>
<tr>
<td>Fibre (Soluble) 10.0g</td>
<td></td>
</tr>
<tr>
<td>2.3g</td>
<td></td>
</tr>
<tr>
<td>(Insoluble) 7.7g</td>
<td></td>
</tr>
<tr>
<td>Sodium 0.26mg</td>
<td></td>
</tr>
<tr>
<td>Folic Acid 170.0µg</td>
<td></td>
</tr>
<tr>
<td>Iron 11.9mg</td>
<td></td>
</tr>
</tbody>
</table>

(a)  

i. How much fat is provided by a 100g portion of Wheat Feast Breakfast Cereal?

____________________ (½ mark)

ii. How much saturated fat does 100g of this breakfast cereal provide?

____________________ (½ mark)

iii. Why are we being advised to cut down on the amount of saturated fat we use in meal preparation?

____________________ (1½ marks)
(b)  
i. How much dietary fibre is provided by 100g of Wheat Feast Breakfast Cereal?  
_________________________ (½ mark)  

ii. Which ingredient makes this breakfast cereal a High Fibre food?  
_________________________ (½ mark)  

iii. How much soluble fibre is provided by 100g of this cereal?  
_________________________ (½ mark)  

iv. Why is soluble fibre needed by the body?  
• ____________________________________________________________  
• ____________________________________________________________  
(2 marks)  

v. Give examples of TWO other foods you could add to this breakfast cereal to add soluble fibre.  
_________________________  
(1 mark)  

vi. Why is insoluble fibre necessary in the diet?  
• ____________________________________________________________  
• ____________________________________________________________  
(2 marks)  

vii. Name TWO other foods which can provide insoluble fibre.  
_________________________  
(1 mark)  

viii. Suggest persons for whom this particular breakfast cereal would be especially important.  
_________________________  
(2 marks)  

ix. Name TWO dishes where this breakfast cereal could be used as a main ingredient.  
_________________________  
(2 marks)
3. Fill-in the blanks with the correct word/s from the given list.

<table>
<thead>
<tr>
<th>nursing mothers</th>
<th>phosphorus</th>
<th>cabbages</th>
<th>blood</th>
</tr>
</thead>
<tbody>
<tr>
<td>weak teeth</td>
<td>yoghurt</td>
<td>children</td>
<td>bones</td>
</tr>
<tr>
<td>soya drinks</td>
<td>muscles</td>
<td>ricotta</td>
<td>babies</td>
</tr>
<tr>
<td>osteoporosis</td>
<td>sun</td>
<td>teeth</td>
<td>brussels sprouts</td>
</tr>
</tbody>
</table>

Calcium is essential for the healthy growth and maintenance of _______________ and _______________. It also helps _______________ to clot as well as _______________ to contract. Good sources of calcium include dairy products, _______________ and _______________. _______________ too are a good source as they have calcium added to them. Calcium works better in the presence of _______________ and Vitamin D. Vitamin D can be obtained from _______________. _______________ as well as from the action of the _______________ on the skin. Everybody needs a good supply of these three nutrients everyday, however, _______________. _______________ and _______________ need more. A lack of these nutrients can cause rickets, _______________ as well as _______________.

(8 marks)

Section B

4. You have bought a new kitchen and will be investing in new weighing and measuring equipment.

(a) List __FOUR__ pieces of equipment you would buy and suggest __TWO__ foods that could be measured by each one.

<table>
<thead>
<tr>
<th>Weighing/Measuring Equipment</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>____________________________</td>
<td>______________________</td>
</tr>
<tr>
<td>____________________________</td>
<td>______________________</td>
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<tr>
<td>____________________________</td>
<td>______________________</td>
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<tr>
<td>____________________________</td>
<td>______________________</td>
</tr>
</tbody>
</table>

(6 marks)
(b) Why should we weigh and measure ingredients accurately?

__________________________________________________________________________

(1 mark)

(c) Give advice on how to weigh and measure ingredients accurately.

• ________________________________________________________________________

• ________________________________________________________________________

• ________________________________________________________________________

• ________________________________________________________________________

• ________________________________________________________________________

(4 marks)

5. Nutritionists are advising us to include more pulses when preparing family meals.
   (a) Why is it important to use pulses?

• ________________________________________________________________________

• ________________________________________________________________________

• ________________________________________________________________________

• ________________________________________________________________________

• ________________________________________________________________________

(6 marks)

(b) Name FOUR different pulses and suggest TWO different dishes where each one can be used.

<table>
<thead>
<tr>
<th>Pulses</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

(6 marks)
6. **(a)** Fill-in the web diagram below to outline factors to keep in mind when modifying recipes.

*An example has been done for you.*

The person for whom the recipe is being modified.

(i) ________________

____________________

(ii) ________________

____________________

(iii) ________________

____________________

(iv) ________________

____________________

(v) ________________

____________________

(6 marks)

**(b)** The following are the traditional ingredients used to prepare a Shepherd’s Pie.

**SHEPHERD’S PIE**

**INGREDIENTS**

500G PORK MINCE

1 ONION CHOPPED

25G LARD

250ML BOILING WATER

1 PORK STOCK CUBE

1 GLASS RED WINE

1 TSP. MIXED DRIED HERBS

500G BOILED POTATOES

MASHED WITH

50G BUTTER

5 TBSP. WHOLE MILK

i. Modify **FIVE** ingredients to make this recipe healthier.

Use __________________________ instead of __________________________

Use __________________________ instead of __________________________
ii. Identify ONE specific ingredient in this old recipe we can do without completely? Give a reason for your answer.

Leave out: _________________________

Reason: __________________________________________________________

(c) Suggest a suitable dessert and drink you could serve with the Shepherd’s Pie to make a healthy meal for a five-year-old child. Validate your choice of dishes.

Dessert: _________________________          Drink: _________________________

Reasons for Choice:
• __________________________________________________________

• __________________________________________________________

7. As a class, you will be joining your teacher for a day trekking at Ghajn Tuffieha.

(a) List EIGHT items that you should include in the First-Aid box.

__________________________________

__________________________________

__________________________________

__________________________________

__________________________________

__________________________________

(4 marks)
(b) During the outing, two of your friends suffer an injury. Explain what First-Aid treatment should be given in each case.

i. A grazed knee:

(ii. A sprained ankle:

8. (a) Play is a very important element in a child’s life. Discuss THREE benefits of play.

• 

• 

• 

(b) Identify TWO basic needs of children and evaluate how each can be fulfilled (satisfied) through play.

Basic need 1: ________________________

Evaluation: ____________________________________________________________

Basic need 2: ________________________

Evaluation: ____________________________________________________________

(4 marks)