Section A

1. Meat is an important ingredient in many households. Study carefully the chart below which shows the nutritional values of 100 grams of meat and then answer the questions that follow.

<table>
<thead>
<tr>
<th>Type of Mince</th>
<th>Energy (kcal)</th>
<th>Fat (g)</th>
<th>Protein (g)</th>
<th>Iron (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef mince (raw)</td>
<td>225</td>
<td>16.2</td>
<td>19.7</td>
<td>1.4</td>
</tr>
<tr>
<td>Beef mince (extra lean-raw)</td>
<td>174</td>
<td>9.6</td>
<td>21.9</td>
<td>1.5</td>
</tr>
<tr>
<td>Pork mince (raw)</td>
<td>164</td>
<td>9.7</td>
<td>19.2</td>
<td>0.9</td>
</tr>
<tr>
<td>Lamb mince (raw)</td>
<td>196</td>
<td>13.3</td>
<td>19.1</td>
<td>1.6</td>
</tr>
<tr>
<td>Chicken mince (raw)</td>
<td>106</td>
<td>1.1</td>
<td>24</td>
<td>0.5</td>
</tr>
<tr>
<td>Turkey mince (raw)</td>
<td>105</td>
<td>1.6</td>
<td>22.6</td>
<td>0.6</td>
</tr>
</tbody>
</table>

(a) i) Which meat has the highest energy value? ________________________ (½ mark)

ii) Which meat has the lowest energy value? ________________________ (½ mark)

iii) Give a reason for the difference in energy value between the meats you have chosen in i) and ii).

Reason: ______________________________________________________________

(2 marks)

iv) Why is energy needed by the body?

• _________________________________________________________________

• _________________________________________________________________

(2 marks)
(b) i) Why is protein needed by the body?

___________________________________________________________________________

___________________________________________________________________________  (2 marks)

ii) Which mince has the highest protein content? ____________________________  (½ mark)

iii) Suggest a person for whom this type of mince would be suitable?

__________________________________________ _________________________________  (1 mark)

(c) i) Give the names of three dishes you could prepare with the mince chosen in the previous answer.

________________                 ___________ ______                 ________________  (1½ marks)

ii) Name the two types of mince which have the highest iron content.

________________________________              ________________________________  (1 mark)

iii) Why is iron important in the diet?

___________________________________________________________________________

___________________________________________________________________________  (2 mark)

iv) Suggest a person who needs a high intake of iron.
Give a reason for your answer.

Suggested person: ___________________________  (1 mark)

Reason:

___________________________________________________________________________

___________________________________________________________________________  (2 marks)
2. Match column A with column B.
(An example has been given)

<table>
<thead>
<tr>
<th>FOOD RELATED DISORDER A</th>
<th>POSSIBLE CAUSE B</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Coeliac Disease</td>
<td>Low calcium intake in childhood.</td>
</tr>
<tr>
<td>b. Obesity</td>
<td>Eating too many sugary foods/drinks.</td>
</tr>
<tr>
<td>c. Coronary heart disease</td>
<td>Restricted intake of food.</td>
</tr>
<tr>
<td>d. Osteoporosis</td>
<td>Iron deficiency.</td>
</tr>
<tr>
<td>e. Constipation</td>
<td>High blood cholesterol.</td>
</tr>
<tr>
<td>f. Anorexia Nervosa</td>
<td>Eating too little fruit and vegetables.</td>
</tr>
<tr>
<td>g. Diabetes</td>
<td>a. Intolerance to gluten in protein.</td>
</tr>
<tr>
<td>h. Hypertension</td>
<td>Too many sugary/fatty foods in the diet.</td>
</tr>
<tr>
<td>i. Anaemia</td>
<td>Too little NSP (dietary fibre) in the diet.</td>
</tr>
<tr>
<td>j. Dental Caries</td>
<td>Too much glucose in the blood.</td>
</tr>
<tr>
<td>k. Cancer</td>
<td>High sodium intake.</td>
</tr>
</tbody>
</table>

(5 marks)

3. Fill-in the blanks with the correct word/s from the given list.

large intestine oesophagus time breakdown nutrients saliva intestinal walls small intestines anus mouth stomach chime gastric juices absorption water carbohydrate bacteria chewed

The digestion process starts in the _________________, the food is cut into small pieces and _________________. _________________ moistens the food and softens it. The digestion of _________________ foods starts here. Next, the food moves into the _________________ which pushes it into the _________________. _________________ present further break down the food until it becomes a thick liquid called _________________. Different foods stay in the stomach for different lengths of _________________. Fatty foods take much longer to _________________. The food now passes into the _________________. Most of the digestion and ________________ takes place as the food travels along this organ, ________________ enter the blood through the _________________. The final stages of digestion take place in the ________________ where unwanted materials such as fibre, ________________ and ________________ are processed. These are eliminated from the _________________.

(9 marks)
4. A number of students in your class do not enjoy eating fruit and vegetables.

(a) List four advantages of eating fresh fruit and vegetables daily.

- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________

(4 marks)

(b) Suggest interesting ways of introducing fresh fruit/vegetables in daily meals.

- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________

(4 marks)

(c) Today on the local market we find fruit/vegetables labeled: ORGANICALLY GROWN

What do you understand by organically grown fruit/vegetables?

- ________________________________________________________________

(2 marks)
Section B

5(a) Match column A to column B to write down rules you would follow when planning an evening meal for some friends who have just returned from a session at the gym.

(An example has been done for you)

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. The meal must contain</td>
<td>ingredients available at home.</td>
</tr>
<tr>
<td>b. Include some carbohydrate foods</td>
<td>as it helps release energy from carbohydrate foods</td>
</tr>
<tr>
<td>c. Chosen dishes must be easy to digest</td>
<td>will help replace fluids lost during session.</td>
</tr>
<tr>
<td>d. It is important to check personal a balance of all the essential nutrients.</td>
<td></td>
</tr>
<tr>
<td>e. Make good use of</td>
<td>as possible as they are healthier.</td>
</tr>
<tr>
<td>f. Include foods rich in Vitamin B</td>
<td>since it is an evening meal.</td>
</tr>
<tr>
<td>g. Try to use as many fresh products</td>
<td>to help replace energy lost during the session.</td>
</tr>
<tr>
<td>h. A fresh fruit drink</td>
<td>necessary skills to cook the chosen dishes.</td>
</tr>
<tr>
<td>i. Make sure you have the likes and dislikes.</td>
<td></td>
</tr>
</tbody>
</table>

(4 marks)

b(i) Name four healthy dishes you could serve to your friends using fresh Maltese products.

__________________________  __________________________  
__________________________  __________________________  

(4 marks)

b(ii) Give two reasons for your choice of dishes.

• ____________________________________________________________________________________________

• ____________________________________________________________________________________________

• ____________________________________________________________________________________________

• ____________________________________________________________________________________________

(4 marks)
6. The cooker you have at home is not working well and your family has decided to buy a new one.

(a) Would you suggest they buy:

A Gas Cooker: or An Electric Cooker:

Give a reason for your choice of cooker.

**Choice of Cooker:** ____________________

**Reason:** ______________________________

(b) Below is a list of special features found on modern cookers.

<table>
<thead>
<tr>
<th>Pan Sensor</th>
<th>Self-Cleaning Oven</th>
<th>Fan-Assisted Oven</th>
<th>Ceramic Hob</th>
</tr>
</thead>
</table>

Choose one special feature and write down the benefits of having such a feature in your new cooker.

**Chosen Feature:** ____________________

- ____________________________________________
- ____________________________________________

(4 marks)

(c) Give three rules you would follow to use the new cooker safely.

(The first rule has been given)

- Always read the manufacturers’ instructions well before using.
- ____________________________________________
- ____________________________________________
- ____________________________________________

(6 marks)

(d) How would you dispose of (throw away) your old cooker?

______________________________________________

______________________________________________

(2 marks)
(e) After using the new cooker for a few weeks, it develops a fault. Write down the steps you would follow to have the problem solved.

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________

(4 marks)

7. Some elderly persons find it difficult to keep on living in their own homes.

(a) Suggest four reasons for the above statement.
   *(An example has been given)*

   Dementia

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

(4 marks)

(b) i) List three advantages of an elderly person living in residential accommodation.
   *(The first one has been given)*
   
   • *Help is at hand in the case of an emergency.*
   
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

(6 marks)
ii) Some elderly persons might find it difficult to settle down in a residential home. Give examples of three such difficulties. *(The first one has been given)*

- Going to live amongst strangers.

- __________________________________________________________________________

- __________________________________________________________________________

- __________________________________________________________________________

(6 marks)

8. A young couple would like some advice on how to economise on the use of water and electricity in a new home they will be moving into.

(a) Suggest practical measures they could adopt:

- When washing their car: __________________________________________________________________________

- __________________________________________________________________________

- When washing their clothes: __________________________________________________________________________

- __________________________________________________________________________

- When choosing light fittings: __________________________________________________________________________

- __________________________________________________________________________

- When choosing water heating equipment: __________________________________________________________________________

- __________________________________________________________________________

(8 marks)

(b) Identify three inexpensive ways of keeping their home warm in winter.

- __________________________________________________________________________

- __________________________________________________________________________

- __________________________________________________________________________

(6 marks)