SECTION A

1. Look carefully at the label below and answer the questions that follow.

**Fusilli with Cheese Sauce**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutritive Value Per 100g</th>
<th>Daily Recommended Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy Value</td>
<td>362 kcal</td>
<td>2000 kcal</td>
</tr>
<tr>
<td>Proteins</td>
<td>13.5g</td>
<td>45g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(of which starch)</td>
<td>62.5g</td>
<td>230g</td>
</tr>
<tr>
<td></td>
<td>54.7g</td>
<td>140g</td>
</tr>
<tr>
<td>Fats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(of which saturates)</td>
<td>6.6g</td>
<td>70g</td>
</tr>
<tr>
<td></td>
<td>4.9g</td>
<td>20g</td>
</tr>
<tr>
<td>Salt</td>
<td>1.89g</td>
<td>6g</td>
</tr>
</tbody>
</table>

(a) i) How much energy is provided by a 100g portion of Fusilli with Cheese Sauce?

__________________________________________________________ (½ mark)

ii) How much starch do we find in 100g of this pasta dish?

__________________________________________________________ (½ mark)

iii) Why are we encouraged to get our energy intake from starch?

__________________________________________________________ (1 mark)

(b) i) How much unsaturated fat does this dish provide?

__________________________________________________________ (1 mark)
ii) The CINDI Dietary Guidelines suggest we reduce the amount of saturated fat in our diet. Give **two** reasons for this advice.

- 
- 

(2 marks)

(c) i) How much salt is found in 100g of Fusilli with Cheese Sauce?

___________________________________________________

(½ mark)

ii) Why is salt needed by the body? Give **two** reasons.

- 
- 

(2 marks)

iii) Although salt is needed by the body, we are being advised to reduce our salt intake. Give **one** reason for this.

___________________________________________________

___________________________________________________

(2 marks)

2. Yoghurt has become a popular food with Maltese families and a wide variety is available on the local market.

(a) List **three** health benefits of using yoghurt when preparing family meals.

- 
- 
- 

(3 marks)

(b) i) Select a **different** type of yoghurt you would recommend for **each** of the following:

- a ten year old child
- a vegan
- a person with high blood cholesterol

(3 marks)
ii) For each of your choices in (b) i), give a reason why you chose that particular yoghurt.
  • ____________________________________________________________
  • ____________________________________________________________
  • ____________________________________________________________

(4½ marks)

(c) Suggest different and interesting ways of using yoghurt when preparing:

Breakfast ______________________________________________________
A sponge flan ____________________________________________________
Lasagna __________________________________________________________
A fruit salad ______________________________________________________

(4 marks)

3. Study carefully the table below and fill in the blanks.

<table>
<thead>
<tr>
<th>Food Product</th>
<th>Healthier Alternative</th>
<th>CINDI Dietary Guideline</th>
</tr>
</thead>
<tbody>
<tr>
<td>whole milk</td>
<td></td>
<td>Eat less fat.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>white meat</td>
<td></td>
<td>Eat more NSP (dietary fibre).</td>
</tr>
<tr>
<td>canned fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>wholegrain bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>formula milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>canned peas</td>
<td></td>
<td>Reduce intake of processed food.</td>
</tr>
<tr>
<td>butter</td>
<td>polyunsaturated margarine</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Use milk products which are low in fat.</td>
</tr>
</tbody>
</table>

(5, 5, 6 marks)
SECTION B

4. Meals for young children need careful planning.

(a) Match column A with column B.  
*The first one has been done for you.*

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>i  All children’s meals</td>
<td>new foods at the same time.</td>
</tr>
<tr>
<td>ii Always include</td>
<td>instead of sugary desserts.</td>
</tr>
<tr>
<td>iii Do not introduce too many</td>
<td>a pleasant family occasion.</td>
</tr>
<tr>
<td>iv Portions served</td>
<td>instead of soft drinks.</td>
</tr>
<tr>
<td>v  Do serve fresh local vegetables</td>
<td>i must be well balanced.</td>
</tr>
<tr>
<td>vi Serve water and fresh juices</td>
<td>strong herbs and spices.</td>
</tr>
<tr>
<td>vii As a treat serve fresh fruit</td>
<td>must not be too large.</td>
</tr>
<tr>
<td>viii Avoid using</td>
<td>a variety of textures and colours.</td>
</tr>
<tr>
<td>ix Mealtimes must be</td>
<td>when in season.</td>
</tr>
</tbody>
</table>

(4 marks)

(b) i) You will be taking care of your neighbour’s five year old child for the day.

Plan a nutritious midday meal you will serve the child using, where possible, fresh Maltese products.

**Dishes Chosen:**
- Main Dish ______________________________
- Dessert ______________________________
- Drink ________________________________  (3 marks)

ii) Give **two** reasons for choosing these dishes.

- __________________________________________________________
  __________________________________________________________

- __________________________________________________________
  __________________________________________________________

(4 marks)
(c) In the space provided below, draw your chosen dishes to show how their decoration will make them more appealing to the child.

Label your drawing.

---

5. A number of Maltese families live in flats.

(a) Write down three advantages of living in a flat.

*Convenient as all rooms are on the same floor.*

*__________________________________________________ ____________________*

*__________________________________________________ ____________________*

*__________________________________________________ ____________________*

(b) Some people prefer not to live in flats. Give three possible reasons for this.

*One common entrance door is available to a number of flats.*

*__________________________________________________ ____________________*

*__________________________________________________ ____________________*

*__________________________________________________ ____________________*
(c)  
i) A young couple who earn a moderate income might prefer not to live in a flat.  

From the options below, underline a similar type of accommodation (home) they might afford.  

<table>
<thead>
<tr>
<th>bungalow</th>
<th>terraced house</th>
<th>maisonette</th>
<th>detached villa</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(1 mark)

ii) Give two reasons why you chose this type of accommodation.  

- ________________________________________________________  
  ________________________________________________________  
  ________________________________________________________  
  ________________________________________________________  

(2 marks)

(d) For each of the key words given below, explain a consideration the couple has to keep in mind before making their final choice.  

i) **Price:**  
  ________________________________________________________  
  ________________________________________________________  

(6 marks)

ii) **Locality:**  
  ________________________________________________________  
  ________________________________________________________  

iii) **Size:**  
  ________________________________________________________  
  ________________________________________________________  

(6 marks)

6. A school friend is feeling stressed out and is finding it difficult to cope with the demands of the final year at school.  

(a) Underline six possible causes of stress in fifth form teenagers.  

<table>
<thead>
<tr>
<th>unemployment</th>
<th>examinations</th>
<th>bullying</th>
<th>problems at work</th>
</tr>
</thead>
<tbody>
<tr>
<td>peer pressure</td>
<td>redundancy</td>
<td>sickness</td>
<td>learning to drive</td>
</tr>
<tr>
<td>career choice</td>
<td>parents separating</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(3 marks)
(b)  
i) Identify two persons who can help this teenager:

At School:  • ______________________  • ______________________  
Outside School:  • ______________________  • ______________________  

(4 marks)

ii) Choose one of the persons you have identified in (b) i), and explain briefly how this person can help the teenager.

Chosen Person:  ______________________

Help Given:  ____________________________________________________________

________________________________________________________

(2 marks)

(c) Give three tips to your fifth form friends to help them avoid stressful situations where possible.

An example has been done for you.

• Share your problem/s with someone who can give you the correct advice.

• __________________________________________________________

• __________________________________________________________

• __________________________________________________________

• __________________________________________________________  

(6 marks)

7. The care of the environment is the responsibility of all.

(a)  
i) One way of helping to care for the environment is to separate waste at source.

Name the three materials that are collected (in the grey/green bag) for recycling.

• ______________________  • ______________________  • ______________________  

(3 marks)

ii) At home, your family does not separate waste before disposing of it.

Write two advantages of separating waste at home.

• __________________________________________________________

• __________________________________________________________  

(4 marks)
iii) Name another system, used in your locality, of disposing of separated waste, other than the grey/green bag.

_________________________________________________________________________________________________ (1 mark)

iv) List one advantage of using this system.

_________________________________________________________________________________________________

_________________________________________________________________________________________________ (1 mark)

(b) As teenagers, how can we help protect the environment when:

i) we go out with friends?

* The first one has been done for you.
  * Dispose of waste properly.
  * _____________________________________________________________
  * _____________________________________________________________ (2 marks)

ii) choosing and using stationery?

* The first one has been done for you.
  * Use recycled writing paper.
  * _____________________________________________________________
  * _____________________________________________________________ (2 marks)

iii) we are at school?

* The first one has been done for you.
  * Handle books with care.
  * _____________________________________________________________
  * _____________________________________________________________ (2 marks)