Answer all the questions.

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 (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 (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>water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>white meat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>canned fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>wholegrain bread</td>
<td></td>
<td>Eat more NSP (dietary fibre).</td>
</tr>
<tr>
<td>formula milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>canned peas</td>
<td></td>
<td>Reduce intake of processed foods.</td>
</tr>
</tbody>
</table>
| butter           | polyunsaturated margarine | Use milk products which are low in fat. | (5, 5, 6 marks)
SECTION B

4. Meals for young children need careful planning.

(a) List four points you would consider before planning a meal for a five year old child.

• ____________________________________________________________________________
• ____________________________________________________________________________
• ____________________________________________________________________________
• ____________________________________________________________________________ (4 marks)

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

i) Plan a midday meal you will serve the child, using, where possible, fresh Maltese products. Keep the CINDI Dietary Guidelines in mind.

Dishes Chosen:
Main Dish ______________________________________________________________________
Dessert ________________________________________________________________________ (3 marks)
Drink ________________________________________________________________________

ii) Give two reasons for your choice of 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 marks)
5. Some Maltese families have mixed feelings about living in flats.

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

\begin{itemize}
  \item \hfill \\
  \item \hfill \\
  \item \hfill \\
  \item \hfill \\
\end{itemize}

(b) Identify three objections people might have to living in a flat.

\begin{itemize}
  \item \hfill \\
  \item \hfill \\
  \item \hfill \\
\end{itemize}

(c) i) Suggest an alternative, yet similar type of accommodation which might be more appealing to a young couple who earn a moderate income and are about to buy their first home.

\hfill (1 mark)

ii) Give two reasons for your choice of home.

\begin{itemize}
  \item \hfill \\
  \item \hfill \\
\end{itemize}

(d) List four issues (points) a young couple would have to consider before making their final decision on the choice of home.

\begin{itemize}
  \item \hfill \\
  \item \hfill \\
  \item \hfill \\
  \item \hfill \\
\end{itemize}
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) List three possible causes of stress in teenagers.

• _____________________________________________________ _____________________

• _____________________________________________________ _____________________

• _____________________________________________________ _____________________

• _____________________________________________________ _____________________(3 marks)

(b) i) Identify two persons who can help this teenager to relieve stress.

• _____________________________________________________ _____________________

• _____________________________________________________ _____________________(2 marks)

ii) How can these persons help the teenager? Give three suggestions.

• _____________________________________________________ _____________________

• _____________________________________________________ _____________________

• _____________________________________________________ _____________________(3 marks)

(c) Suggest three ways how fifth form students can try to avoid stressful situations.

• _____________________________________________________ _____________________

• _____________________________________________________ _____________________

• _____________________________________________________ _____________________

• _____________________________________________________ _____________________(6 marks)
7. The care of the environment is the responsibility of all.

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

i) we go out with friends?

• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________ (3 marks)

ii) choosing and using stationery?

• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________ (3 marks)

(b) Name two ways of disposing of separated waste in your locality.

• ____________________________________________________________
• ____________________________________________________________ (2 marks)

(c) At home, your family is not keen to separate waste before disposing of it.

Explain to your family three benefits of separating waste at source.

• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________
• ____________________________________________________________ (6 marks)