SECTION A

1. (a) Read carefully the table below and answer the questions that follow.

<table>
<thead>
<tr>
<th>Food</th>
<th>Iron Content (mg/100g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver (fried)</td>
<td>10.9</td>
</tr>
<tr>
<td>Beef (cooked)</td>
<td>3</td>
</tr>
<tr>
<td>Eggs (boiled)</td>
<td>2</td>
</tr>
<tr>
<td>Cod (grilled)</td>
<td>0.5</td>
</tr>
<tr>
<td>Oats (porridge)</td>
<td>3.8</td>
</tr>
<tr>
<td>Spinach (boiled)</td>
<td>4</td>
</tr>
<tr>
<td>Baked beans</td>
<td>1.4</td>
</tr>
<tr>
<td>Bread (wholemeal)</td>
<td>2.5</td>
</tr>
</tbody>
</table>

(i) Which food has the highest iron content per 100g? ________________ (½ mark)

(ii) Which food has the lowest iron content per 100g? ________________ (½ mark)

(iii) Name the two best sources of haem iron.

_____________________  ____________________ (1 mark)

(iv) List the two best sources of non-haem iron.

_____________________  ____________________ (1 mark)
(b) Fill in the blanks by choosing the correct word/s from the given list.

<table>
<thead>
<tr>
<th>green peppers</th>
<th>females</th>
<th>absorbed</th>
<th>oxygen</th>
<th>vegetarians</th>
</tr>
</thead>
<tbody>
<tr>
<td>anaemia</td>
<td>red cells</td>
<td>Vitamin C</td>
<td>kiwi</td>
<td>tissues</td>
</tr>
</tbody>
</table>

Iron is made up mainly of haemoglobin a substance which gives ________________ their colour. Haemoglobin is needed to transport ________________ to all the body _________________. A deficiency of iron in the diet might cause ________________. Because the iron in the foods being eaten is not ________________, Foods rich in ________________ help iron absorption. Examples of foods rich in this nutrient include ________________ and ________________. People particularly at risk of lacking iron in their diet are ________________ and ________________. (5 marks)

(c) Suggest three ways of increasing the iron content of family meals to prevent iron deficiency anaemia.

• ____________________________________________________________________

• ____________________________________________________________________

• ____________________________________________________________________ (3 marks)

2. Ricotta is a popular food in the Maltese diet.

(a) List four benefits of using ricotta when preparing family meals.

• ____________________________________________________________________

• ____________________________________________________________________

• ____________________________________________________________________

• ____________________________________________________________________ (4 marks)
(b) Identify two persons who should make good use of ricotta and two persons who should avoid its use in meal preparation. Give reasons for your answers.

Use Ricotta:
1. ___________________ Reason: ____________________________
   ____________________________

2. ___________________ Reason: ____________________________
   ____________________________

Avoid Ricotta:
1. ___________________ Reason: ____________________________
   ____________________________

2. ___________________ Reason: ____________________________
   ____________________________

(2, 4 marks)

(c) List 2 dishes (sweet/savoury) where ricotta could be used to replace other less healthy ingredients.
   Give reasons for your changes.

Name of Dish 1: ___________________ use ricotta instead of ___________________
   Reason: ____________________________

Name of Dish 2: ___________________ use ricotta instead of ___________________
   Reason: ____________________________

(4 marks)

3. (a) Match the Food Additives in column A to their Use in Food in column B.
   (An example has been given.)

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Additives</td>
<td>Use in Food</td>
</tr>
<tr>
<td>1 Nutrients</td>
<td>Bring out the flavour of food without adding their own.</td>
</tr>
<tr>
<td>2 Antioxidants</td>
<td>Replace sugar in low-calorie foods.</td>
</tr>
<tr>
<td>3 Emulsifiers</td>
<td>1 Restore nutrients lost during food processing.</td>
</tr>
<tr>
<td>4 Flavour Enhancers</td>
<td>Help stop food from spoiling and going bad.</td>
</tr>
<tr>
<td>5 Colours</td>
<td>Prevent fats and oils from going rancid.</td>
</tr>
<tr>
<td>6 Anti-Caking Agents</td>
<td>Help to mix and hold together a fat and water mixture.</td>
</tr>
<tr>
<td>7 Sweeteners</td>
<td>Add sharpness to food.</td>
</tr>
<tr>
<td>8 Preservatives</td>
<td>Prevent powdery food particles from sticking together.</td>
</tr>
<tr>
<td>9 Acids</td>
<td>Make the food look more attractive.</td>
</tr>
</tbody>
</table>

(4 marks)
(b) Fill in the diagram below by listing five important pieces of information you would expect to find on a breakfast cereal packet.

(An example has been given.)

List of Additives Used

Information on Food Labels

(5 marks)

(c) Justify the importance of three of the pieces of information which you have listed in 1 (a).

<table>
<thead>
<tr>
<th>Information</th>
<th>Importance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
</tbody>
</table>

(6 marks)

SECTION B

4. Your family will be moving house and you have volunteered to help with the kitchen planning.

(a) Write down four points you would need to keep in mind when planning your kitchen.

(An example has been done for you.)

1. List the activities to be carried out in the kitchen.

2.                                                                                       

3.                                                                                       

4.                                                                                       

5.                                                                                       

(4 marks)
(b) (i) In the space provided draw the kitchen you are planning.

(ii) Clearly mark the work triangle (cooker/sink/refrigerator)

(c) How can you take care of the environment when preparing family meals?
(An example has been given)
- Choose food products with the least amount of packaging.
- _________________________________________________________________________
- _________________________________________________________________________
- _________________________________________________________________________
- _________________________________________________________________________

(4, 3 marks)

5. (a) (i) An elderly person is finding it difficult to do her shopping.

Give three possible difficulties.
(An example has been given)

1. The shop is far away.
2. _________________________________________________________________________
3. _________________________________________________________________________
4. _________________________________________________________________________

(3 marks)
(b) (i) Underline two methods of shopping that an elderly person may find convenient.

Supermarket   Mini-market   Corner Shop   Market Stall   On-line Shopping

(2 marks)

(ii) Choose one of the methods of shopping/shopping outlets you have chosen in (b) (i) and list two reasons for your choice.

• ______________________________________________________________________

• ______________________________________________________________________

(4 marks)

(c) (i) Some elderly persons might find it difficult to prepare nutritious meals due to ill-health or mobility problems.

Below is a list of foods currently being eaten by an elderly person living alone. Modify the list to include healthier alternatives.
(An example has been given.)

<table>
<thead>
<tr>
<th>Current Food Choice</th>
<th>Healthier Alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Packet soup</td>
<td>• Fresh vegetable soup</td>
</tr>
<tr>
<td>• White bread</td>
<td>• ____________________</td>
</tr>
<tr>
<td>• Fish fingers</td>
<td>• ____________________</td>
</tr>
<tr>
<td>• Canned fruit</td>
<td>• ____________________</td>
</tr>
<tr>
<td>• Ham</td>
<td>• ____________________</td>
</tr>
<tr>
<td>• Soft drinks</td>
<td>• ____________________</td>
</tr>
<tr>
<td>• Full fat milk</td>
<td>• ____________________</td>
</tr>
</tbody>
</table>

(3 marks)

(d) (i) Suggest a service elderly persons could benefit from to ensure that they are taking regular well-balanced meals every day.

Service: ____________________

(1 mark)

(ii) How can this service be of help to elderly persons?

__________________________________________________________

__________________________________________________________

(4 marks)
6. A family with two young children will be going for a weekend break in a farmhouse in Gozo.

(a) List eight important items that they must have in their first-aid box.
   (An example has been given.)
   *Saline water* ___________ ___________
   ___________ ___________ ___________
   ___________ ___________ ___________

(4 marks)

(b) Suggest four other occasions when it is important to have a first-aid box handy.

(2 marks)

(c) Write down the first-aid needed when:
   (i) A child suffers a nose bleed.

(3 marks)

(ii) Someone faints.

(3 marks)

7. (a) List three factors you would keep in mind when choosing a new detergent.
(b) Match column A to column B.

<table>
<thead>
<tr>
<th>Column A – Symbol</th>
<th>Column B – Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Use a warm iron.</td>
</tr>
<tr>
<td>2.</td>
<td>Machine wash at 40º C.</td>
</tr>
<tr>
<td>3.</td>
<td>Can be tumble dried.</td>
</tr>
<tr>
<td>4.</td>
<td>Drip dry.</td>
</tr>
<tr>
<td>5.</td>
<td>Do not dry clean.</td>
</tr>
<tr>
<td>6.</td>
<td>Do not bleach.</td>
</tr>
</tbody>
</table>

(6 marks)

(c) Fill-in the blanks by choosing the correct word from the given list.

button pockets programme label detergent sort secured stains

Before we start to wash clothing it is important to read the _______________ well.
Always ________________ articles according to their colour and the amount of dirt they have. Check that _______________ are empty. All _______________ should be removed before the item is placed in the washing machine. If a _______________ is loose it must be _______________ first. Choose the correct washing _______________, temperature and _______________.

(4 marks)

(d) How can we save energy and water when caring for clothes?
(An example has been given.)

• Choose the least possible temperature to wash clothes.

• ________________________________________________

• ________________________________________________

• ________________________________________________

3 marks)