FORM 5  HOME ECONOMICS  TIME: 1h 45min

Name: ____________________________  Class: ______________

Answer all the questions.

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 two 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)

(e) List two 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>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.)

(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>

(SECTION B)

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

(a) Identify four considerations you would need to discuss carefully while planning the new kitchen.

- ___________________________________________ 
- ___________________________________________ 
- ___________________________________________ 
- ___________________________________________ 

(4 marks)
(b) (i) In the space provided, draw the kitchen you are planning.
   (ii) Label the components which make up the work triangle.

(iii) Comment on your choice of kitchen type.

_____________________________________________________________________
_____________________________________________________________________

(2 marks)

(c) How would you make your kitchen environmentally friendly?

1. ____________________________________________________________________
2. ____________________________________________________________________
3. ____________________________________________________________________

(3 marks)

5. (a)
   (i) Suggest three possible difficulties an elderly person might experience when shopping in a supermarket.

   • ____________________________________________________________________
   • ____________________________________________________________________
   • ____________________________________________________________________

(3 marks)

(ii) Identify an alternative method of shopping that the elderly person may find more convenient. Give two reasons for your choice.

   Method of Shopping: ________________________________

(1 mark)
Reasons for Choice:

•

•

(4 marks)

(b)
(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.

<table>
<thead>
<tr>
<th>Current Food Choice</th>
<th>Healthier Alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Packet soup</td>
<td></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>
</tbody>
</table>

(3 marks)

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

(i) Service: ______________________

(1 mark)
(ii) State **four** benefits of the service.

- ________________________________
- ________________________________
- ________________________________
- ________________________________ (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 include in their first-aid box.

- ________________________________
- ________________________________
- ________________________________
- ________________________________ (4 marks)

(b) Explain the first-aid treatment needed when:

(i) The younger child bruises his knee:

- ________________________________
- ________________________________
- ________________________________

(ii) The elder child suffers a nose bleed:

- ________________________________
- ________________________________
- ________________________________

(iii) The mother faints at the beach:

- ________________________________
- ________________________________
- ________________________________ (3, 3, 3 marks)
7. (a) How would you care for a shirt which has the care label shown below?

(b) List the properties of a suitable detergent you could use to wash the shirt which has a protein stain. Keep in mind the environmental impact.

(c) Write down the procedure you would follow to prepare the shirt for washing.

1. ______________________________________________________________________
2. ______________________________________________________________________
3. ______________________________________________________________________
4. ______________________________________________________________________
5. ______________________________________________________________________

(d) Suggest ways of saving energy and water when caring for clothes.

- ______________________________________________________________________
- ______________________________________________________________________
- ______________________________________________________________________
- ______________________________________________________________________
- ______________________________________________________________________