Annual Examinations for Secondary Schools 2014

FORM 3 HOME ECONOMICS TIME: 1h 30min

Name: _______________________________ Class: _______________

1. Maria, aged 36 years, has just been diagnosed with high blood cholesterol and her doctor advised her to become more active, follow a balanced diet and control her saturated fat intake.

a) Tick (√) three foods that Maria should avoid taking.

- Whole milk
- Pasta with tomato sauce
- Butter
- Salmon
- Muffin

(3 marks)

b) List three functions of fats in the body.

- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________

(3 marks)

c) i. What is meant by ‘saturated fats’?

_________________________________________________________________

_________________________________________________________________

(1 mark)
ii. Give four examples of healthy snacks that Maria could have.

- _________________________________________________________________
- _________________________________________________________________
- _________________________________________________________________
- _________________________________________________________________ (2 marks)

iii. Choose one snack and explain its health benefits.

| Chosen Snack: | _________________________________________________________________ |
| Health Benefits: |                                                                 |
|                 |                                                                 |
|                 |                                                                 |
|                 |                                                                 |

(2 marks)

d) Suggest three changes/modifications that Maria could make to reduce fat while preparing meals.

i. _________________________________________________________________

ii. _________________________________________________________________

iii. _________________________________________________________________

(3 marks)

2. Ella is three years old and will be starting kindergarten school.

a) List two ways how her family could help Ella prepare for kindergarten.

- _________________________________________________________________

(2 marks)
b) Ella’s parents make every effort to reduce Ella’s intake of sugar. State three ways how this could be done.

i. ____________________________

ii. ____________________________

iii. ____________________________ (3 marks)

c) Explain two long-term effects of eating too much sugar.

• ____________________________

• ____________________________ (2 marks)

d) Suggest healthier ingredients that Ella’s parents could choose for her school packed lunch.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Healthier Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>White bun</td>
<td></td>
</tr>
<tr>
<td>Cream cheese</td>
<td></td>
</tr>
<tr>
<td>Salami</td>
<td></td>
</tr>
<tr>
<td>Chocolate chip muffin</td>
<td></td>
</tr>
<tr>
<td>Salted crackers</td>
<td></td>
</tr>
<tr>
<td>Peach Nectar</td>
<td></td>
</tr>
</tbody>
</table>

(3 marks)

e) i. When choosing toys for children, their individual needs should be considered carefully. Explain how a toy could meet the following needs.

Physical needs:

• ____________________________

• ____________________________

• ____________________________ (2 marks)
Social needs:
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
(2 marks)

ii. Design a simple toy which would meet the physical and social needs of three-year-old Ella.

Toy Design

(2 marks)

iii. Write a short paragraph to describe how this toy meets both physical and social needs.

Description
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

(6 marks)

3. Lina is pregnant and she has been advised by her doctor to eat more foods containing iron.

a) Give two reasons for this advice.

   • ____________________________________________________________________________
   • ____________________________________________________________________________

(2, 2 marks)
b) List three foods rich in iron which Lina could eat.
   • ..............................................................
   • ..............................................................
   • .............................................................. (3 marks)

c) Which vitamin helps in the absorption of iron? ___________________________ (1 mark)

d) Explain the importance of folic acid during the pre-pregnancy period and pregnancy itself.
   • ____________________________________________
   _______________________________________________ (2 marks)

e) Suggest one way how Lina could preserve water-soluble vitamins during the preparation,
   cooking and serving of food.
   Preparation
   _______________________________________________
   _______________________________________________
   Cooking
   _______________________________________________
   _______________________________________________
   Serving
   _______________________________________________
   _______________________________________________ (6 marks)

4. Jacob and Maria are planning to get married soon.
   a) List ten appliances which Jacob and Maria could consider buying.

   (5 marks)
b) List five factors which could influence the purchase of the appliances.

\[ ? \]

(2½ marks)

c) i. Suggest, in order of priority, two appliances that would be essential for Jacob and Maria to buy first.

__________________________

(1 mark)

ii. Give a reason for the choice of appliances suggested in 4.c.i. above.

_______________________________________________________________

(2 marks)

d) Explain two safety aspects that you should consider when using electrical appliances.

• _______________________________________________________________

• _______________________________________________________________

(4 marks)

5. a) Milk is the main raw material in the production of a variety of food products. Fill in the web diagram below with a list of milk products.

(An example is given)

Yoghurt

(2 marks)
b) Milk is a nutritious food. List four nutrients found in milk and write down their main function in the body.

<table>
<thead>
<tr>
<th>Nutrients in Milk</th>
<th>Main Function in the Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>• __________________</td>
<td>• __________________</td>
</tr>
<tr>
<td>• __________________</td>
<td>• __________________</td>
</tr>
<tr>
<td>• __________________</td>
<td>• __________________</td>
</tr>
<tr>
<td>• __________________</td>
<td>• __________________</td>
</tr>
</tbody>
</table>

(2, 4 marks)

c) Explain why milk is heat treated.

• ____________________________

(1 mark)

d) Today on the market we find different types of milk suitable for different uses. Suggest different milk suitable for the following situations.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Suitable type of Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>A person who is on a fat-reduced diet.</td>
<td>• __________________</td>
</tr>
<tr>
<td>A person who is lactose intolerant.</td>
<td>• __________________</td>
</tr>
<tr>
<td>A five-year-old school child.</td>
<td>• __________________</td>
</tr>
<tr>
<td>An elderly person who is house bound.</td>
<td>• __________________</td>
</tr>
<tr>
<td>A milk to take on a picnic in the countryside.</td>
<td>• __________________</td>
</tr>
<tr>
<td>A seven-month-old baby.</td>
<td>• __________________</td>
</tr>
</tbody>
</table>

(3 marks)
e) Yoghurt has become a very **important** food in the Maltese kitchen. Account for this increase in importance.

• ______________________________________________________________________________________

• ______________________________________________________________________________________

• ______________________________________________________________________________________ (3 marks)

f) The parents of a five-year-old child who is a fussy eater would like some advice on how to introduce yoghurt in their child’s diet.

Suggest interesting ways how they can utilise this commodity when preparing the child’s main meals.

1. ______________________________________________________________________________________

2. ______________________________________________________________________________________

3. ______________________________________________________________________________________

4. ______________________________________________________________________________________ (4 marks)

6. a) The following are two ingredient lists for two methods of cake making.

<table>
<thead>
<tr>
<th>List A</th>
<th>List B</th>
</tr>
</thead>
<tbody>
<tr>
<td>100g self-raising flour</td>
<td>100g self-raising flour</td>
</tr>
<tr>
<td>50g sugar</td>
<td>100g sugar</td>
</tr>
<tr>
<td>50g margarine</td>
<td>100g margarine</td>
</tr>
<tr>
<td>1 egg</td>
<td>2 eggs</td>
</tr>
</tbody>
</table>

i. Which method of cake making is being used in A?

• _______________ (½ mark)

ii. Which method of cake making is being used in B?

• _______________ (½ mark)

iii. Which method would you need to use if you want to make and ice a birthday cake?

• _______________ (½ mark)
Give a reason for your answer.

______________________________________________________________________________

______________________________________________________________________________

(2 marks)

b) Jack wants to make fairy cakes for his dad’s birthday. He will be using the following ingredients:
self raising flour, sugar, eggs, margarine, grated lemon rind.
Each ingredient has an important role in cake making.
Give one role of each ingredient used:
- Self-raising flour ________________________________________________________________
- Sugar _________________________________________________________________________
- Eggs _________________________________________________________________________
- Margarine _____________________________________________________________________
- Lemon rind ___________________________________________________________________

(5 marks)

c) Jack wants a perfect result.
Say why:
- he has weighed ingredients carefully.

______________________________________________________________________________

- he has bought caster sugar and not granulated sugar.

______________________________________________________________________________

- he has taken out the eggs two hours before starting his recipe.

______________________________________________________________________________

- he has bought cake margarine.

______________________________________________________________________________

(4 marks)

d) Which is the main advantage of using a labour-saving device when making fairy cakes?

______________________________________________________________________________

______________________________________________________________________________

(2 marks)

END OF PAPER