**Section A**

1. Read carefully the nutrition label of a popular oat-based breakfast cereal with dried fruit. Then answer the questions that follow.

### Oat Cereal Nutrition

<table>
<thead>
<tr>
<th>Information</th>
<th>100g</th>
<th>45g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>420kcal</td>
<td>189kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
<td>3.6g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>72g</td>
<td>32.4g</td>
</tr>
<tr>
<td>Of which sugar</td>
<td>23g</td>
<td>10.4g</td>
</tr>
<tr>
<td>Fat</td>
<td>1.2g</td>
<td>0.5g</td>
</tr>
<tr>
<td>Fibre</td>
<td>6.5g</td>
<td>2.9g</td>
</tr>
<tr>
<td>Sodium</td>
<td>0.38g</td>
<td>0.09g</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.9mg</td>
<td>0.4mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.2mg</td>
<td>0.5mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>13.6mg</td>
<td>6.1mg</td>
</tr>
</tbody>
</table>

**i.** Name the three vitamins found in this breakfast cereal and write down the amount present in a 45g portion of cereal.

- __________________   _______
- __________________   _______
- __________________   _______

(1½, 1½ marks)

**ii.** State to which group of vitamins they belong.

____________________   (1 mark)

**iii.** Name two foods, other than the oat-based cereal, which are rich in these nutrients.

- __________________
- __________________   (1 mark)

**iv.** From the nutrition label, name another nutrient which works together with these vitamins.

____________________   (1 mark)

**v.** How do the nutrients identified in (1a i and iii) work together.

- __________________

____________________

(2 marks)
2. a. A young married couple is aware that fruit and vegetables are an important part of a healthy diet. They are trying hard to include more fruit and vegetables in their daily diet.

Fill in the web diagram below, identifying the different uses of fruits and vegetables to help the couple achieve its goal.

(3 marks)

b. State four factors that the couple should consider when buying and storing fruits and vegetables.

• _______________________________________________________________________

• _______________________________________________________________________

• _______________________________________________________________________

• _______________________________________________________________________

• _______________________________________________________________________

(4 marks)
3 a. Fill in the table below using a different cooking method and accompaniment for each type of meat.

<table>
<thead>
<tr>
<th>Type of Meat</th>
<th>Cooking Method</th>
<th>Accompaniment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Breast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef cubes (tough cut)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tender beef slices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg of lamb</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef mince</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(6, 6 marks)

b. Name methods of cooking which use the following methods of heat transfer.

<table>
<thead>
<tr>
<th>Heat Transfer</th>
<th>Method of Cooking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Radiation</td>
<td></td>
</tr>
<tr>
<td>Conduction</td>
<td></td>
</tr>
<tr>
<td>Convection</td>
<td></td>
</tr>
</tbody>
</table>

(1½ marks)

c. Give four reasons why we cook meat.

• __________________________________________________
• __________________________________________________
• __________________________________________________
• __________________________________________________

(4 marks)

d. Name three nutrients found in meat and give the main function of each nutrient.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Main Function</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(1½, 3 marks)
e. Identify three considerations you would keep in mind when buying fresh meat and poultry.

• ________________________________________________________________________
• ________________________________________________________________________
• ________________________________________________________________________ (3 marks)

Section B

4. a. Write down the main use of the following ingredients when preparing bread.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong flour</td>
<td>__________________________________________________________________</td>
</tr>
<tr>
<td>Yeast</td>
<td>__________________________________________________________________</td>
</tr>
<tr>
<td>Pinch of sugar</td>
<td>__________________________________________________________________</td>
</tr>
<tr>
<td>Warm water</td>
<td>__________________________________________________________________</td>
</tr>
</tbody>
</table>

(4 marks)

b. Fill in the missing steps in the method for making bread.

1. Weigh and measure all the ingredients.

2. __________________________________________________________________

3. __________________________________________________________________

4. Knead the dough well until soft and smooth.

5. __________________________________________________________________

6. Shape the dough as required. Glaze with milk, add poppy/sesame seeds.

7. __________________________________________________________________

8. __________________________________________________________________

9. Check if the bread is cooked. (5 marks)
c. How would you check if the bread is cooked?

__________________________________________________________________________

(1 mark)

d. Write down four uses of a yeast dough other than bread.

__________________________________________________________________________

(2 marks)

5. a. i. Plan a day’s menu for an elderly person who wishes to follow a healthy diet but has a small appetite. Fill in each blank in the box with a different item. (12 items in all)

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Mid-Morning Snack</th>
<th>Midday Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teatime</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(6 marks)

ii. Write down two factors which have influenced your choice of dishes.

• __________________________________________________________________________

• __________________________________________________________________________ (2 marks)

b. What advice would you give to an elderly person who is not very physically active but who wants to keep to a healthy lifestyle?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________ (3 marks)

c. Name and describe a service provided by the State that elderly persons could avail themselves of, if they have difficulty in preparing meals at home.

Name of Service: ____________________________

• __________________________________________________________________________

• __________________________________________________________________________

• __________________________________________________________________________ (1 mark, 3 marks)
6. a. You are buying a new fridge-freezer.
   i. List two methods of payment you can use.
      ______________________________  ____________________________  (2 marks)
   ii. Give one advantage and one disadvantage of one of the methods listed in a.i. above.
      
      Advantage:
      • ______________________________________________________________
      • ______________________________________________________________

      Disadvantage:
      • ______________________________________________________________
      • ______________________________________________________________  (2 marks)

b. Today, Jennifer Gatt will be buying a new microwave cooker from THE APPLIANCE SHOP for two hundred and sixty euro and twenty five cents. She will be paying by cheque. Fill in the blank cheque provided with the necessary details.

   (5 marks)

c. Paul has started working as a secretary. He intends to open a bank account as he needs to start saving money to buy a car.

   i. Which bank account would be most suitable?
       ______________________________  (1 mark)

   ii. Give two reasons why you have chosen this account.
       __________________________________________
       __________________________________________
       __________________________________________
       __________________________________________  (2 marks)
7. a. i. Some supermarkets carry their own brand-name products.
   List four foods that are bought as brand-name products.
   ___________________ ___________________ ___________________ ___________________  
   (2 marks)

   ii. Why are people often interested in buying brand-name products?
   ________________________________________________________________  
   (1 mark)

b. Shopping trends are rapidly changing.
   Give four reasons (two for each shopping trend) to show why retailers are opting for:

   On-line Shopping:
   ________________________________________________________________  
   ________________________________________________________________  
   ________________________________________________________________  
   ________________________________________________________________  
   (4 marks)

   Farmers’ market:
   ________________________________________________________________  
   ________________________________________________________________  
   ________________________________________________________________  
   ________________________________________________________________  
   (4 marks)

c. Today lots of food are bought through supermarkets. These offer schemes to tempt people to buy.
   Describe two such schemes and give an advantage of each scheme to the consumer.

   Scheme 1: _____________________
   Advantage of scheme:
   ________________________________________________________________  
   ________________________________________________________________  
   ________________________________________________________________  
   (2 marks)

   Scheme 2: _____________________
   Advantage of scheme:
   ________________________________________________________________  
   ________________________________________________________________  
   ________________________________________________________________  
   (2 marks)

8. a. i. John is a six-year-old boy. He loves to help his father in the garage.
   List two safety rules his father should practise to set a good example to his son.
   • ________________________________________________________________  
   • ________________________________________________________________  
   (2 marks)
ii. The garden is often a place of recreation. However, gardens can be dangerous places especially for children. What hazards are associated with each of the following and how can you minimise the risks and render the garden safer?

**Soil**

**Hazards:**

**Minimising the risk:**

**Ponds**

**Hazards:**

**Minimising the risk:**

**Garden furniture**

**Hazards:**

**Minimising the risk:**

**A garden swing**

**Hazards:**

**Minimising the risk:**

(4, 4 marks)