HOME ECONOMICS SPECIMEN PAPER

Guidelines for teachers

- In line with the new Form 1 curriculum, this specimen paper is a graded paper, thereby encompassing questions from Level 5, Level 6, Level 7 and Level 8.
- The following are the marks and percentages allocated per level:
  - Level 5: 10 marks (10%)
  - Level 6: 26 marks (26%)
  - Level 7: 56 marks (56%)
  - Level 8: 8 marks (8%)
- The Marking Scheme indicates the level corresponding to each question.
FORM 1 HOME ECONOMICS TIME: 1h 30min

Name: _____________________________________ Class: _______________

1. Which of the following will help to keep you healthy? Circle four pictures.

(4 marks)

2. Fill in the blanks with the words below.

<table>
<thead>
<tr>
<th>occasions</th>
<th>repair</th>
<th>energy</th>
<th>hungry</th>
</tr>
</thead>
<tbody>
<tr>
<td>growing</td>
<td>disease</td>
<td>taste</td>
<td>cells</td>
</tr>
</tbody>
</table>

Food is important for life. We usually eat food when we are _____________. Sometimes we also eat food because we like the _______________. On special _________________, food is also used as a means of socialising with family or friends.

Food provides many functions in the body. Without food, our body will stop _________________.

Food gives us _________________ that helps us to carry out different activities during the day. This is also needed for other bodily functions. Food also helps to _________________ any damage done to _________________ or tissues. A healthy diet protects us from _________________.

(½ mark each - 4 marks)
3. Label the CINDI Food Guide Pyramid with the correct food group. 
   An example has been done for you.

![Image of Food Guide Pyramid]

4. We are advised to follow a well-balanced diet. Put the following foods in the correct column according to the CINDI Food Guide Pyramid.

   doughnuts    bread    broccoli    milk
   nuts         tuna      biscuits    potatoes
   fried chips  grapes    eggs        soft drinks

<table>
<thead>
<tr>
<th>EAT MOST</th>
<th>EAT MODERATELY</th>
<th>EAT LEAST</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></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(½ mark each - 6 marks)
5. The CINDI dietary guidelines help us to plan a healthy, balanced diet. Name one CINDI dietary guideline and explain two ways of putting this guideline into practice when preparing a packed lunch.

(a) **One** dietary guideline:

   ______________________________________________________ (1 mark)

(b) **Two** ways how to practise this guideline:

   • ___________________________________________________ (4 marks)
   • ___________________________________________________ (4 marks)

6. (a) Read the following paragraph and underline three unhealthy habits (behaviours). *An example has been done for you.*

   Daphne often sleeps late and then finds it difficult to wake up in the morning. She rushes out to catch the school bus and often forgets her lunch at home. Then, she buys a doughnut, some pastizzi and a soft drink from a nearby confectionery before entering school. Daphne feels tired during lessons and does not participate in any sports or activities during break time.

   (3 marks)

(b) Write the three unhealthy habits (behaviours) below and suggest a healthier option for each. *An example has been done for you.*

<table>
<thead>
<tr>
<th>Unhealthy Habit</th>
<th>Healthier Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>• She buys a doughnut, some pastizzi and a soft drink.</td>
<td>• Daphne buys a wholemeal sandwich, a fruit salad and a bottle of water.</td>
</tr>
<tr>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

(6 marks)
7.
(a) **Label** the pictures using the words below.

**spring balance scales**  **measuring spoons**  **measuring jug**

![spring balance scales](image1)  ![measuring spoons](image2)  ![measuring jug](image3)

(3 marks)

(b) Explain, by giving **two** examples, how incorrect weighing and measuring of ingredients can lead to unsatisfactory results. *An example has been done for you.*

- If too much flour than stated in the recipe is added, the final result would give a heavy and dry texture.

- _______________________________________________________________________

- _______________________________________________________________________

(4 marks)

8. Rock buns are made using the rubbing-in method of cake-making.

(a) From the pictures below, circle the **two** ingredients needed for the rubbing-in method.

![flour](image4)  ![cheese](image5)  ![chicken](image6)

(2 marks)
(b) Continue the following sentences to explain how rock buns are made.

i. Preheat the ___________________________ to Gas Mark 6, 200°C. Grease a baking tray.

ii. Sift the ___________________________.

iii. Add the ___________________________ and rub in using your fingertips until the mixture looks like fine breadcrumbs.

iv. Add the fruit and ___________________________ and mix using a round-bladed knife.

v. Gradually, add the beaten ___________________________ and milk to make a soft dough. Spoon the mixture into the baking tray and bake for 20 minutes.  

(5 marks)

9. Kyra and her brother Mark have been watching TV for the past 30 minutes. They feel like having a snack and a drink.

(a) Suggest one healthy snack and one healthy drink that Mark and Kyra can have.

Snack: ___________________________

Drink: ___________________________  

(2 marks)

(b) Give one reason for each of your choice.

Snack

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Drink

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________  

(4 marks)
(c) The following is a shopping list of possible foods that Kyra and Mark commonly use in snacks. Suggest a healthier option for each of the foods. The first one has been done for you.

<table>
<thead>
<tr>
<th>Food</th>
<th>Healthier Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>Low-fat spread</td>
</tr>
<tr>
<td>White bread</td>
<td></td>
</tr>
<tr>
<td>Salami</td>
<td></td>
</tr>
<tr>
<td>Cream cheese</td>
<td></td>
</tr>
<tr>
<td>Sausages</td>
<td></td>
</tr>
<tr>
<td>Crisps</td>
<td></td>
</tr>
<tr>
<td>Soft drinks</td>
<td></td>
</tr>
</tbody>
</table>

(½ mark each - 3 marks)

10. This is what Jake does in the morning. Read it carefully and answer the questions that follow.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.45 am</td>
<td>Wakes up</td>
</tr>
<tr>
<td>6.45 – 6.55 am</td>
<td>Brushes teeth and washes face</td>
</tr>
<tr>
<td>6.55 – 7.10 am</td>
<td>Gets dressed</td>
</tr>
<tr>
<td>7.10 – 7.30 am</td>
<td>Walks the dog</td>
</tr>
<tr>
<td>7.30 am</td>
<td>Prepares himself to go to school</td>
</tr>
</tbody>
</table>

(a) Name the first important meal of the day that Jake misses.

________________________________________________________________________________

(1 mark)

(b) Give one reason why this meal is important.

________________________________________________________________________________

________________________________________________________________________________

(2 marks)
(c) The following is an example of what Jake can have in the morning. Fill in the table by suggesting **two** other examples of things Jake can eat. Make sure that your suggestions are:

- low in sugar
- low in fat
- high in dietary fibre

<table>
<thead>
<tr>
<th>Example 1</th>
<th>Example 2</th>
<th>Example 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>Drink</td>
<td>Food</td>
</tr>
<tr>
<td>Porridge with milk</td>
<td>Orange Juice</td>
<td></td>
</tr>
</tbody>
</table>

(4 marks)

(d) In the space provided, put the following utensils in the correct setting to lay the table for Jake.

Napkin  Spoon  Glass  Cereal bowl

(½ mark each - 2 marks)

11. (a) What is the basic function of a cooker? Underline the correct answer.

- To cook food
- To wash clothes
- To store food
- To wash dishes

(1 mark)
(b) Put the following cooker parts in the right place:

<table>
<thead>
<tr>
<th>Hob</th>
<th>Grill</th>
<th>Control knobs</th>
<th>Oven</th>
</tr>
</thead>
</table>

Name of dish 1: _______________
Name of dish 2: _______________

Grill:
Name of dish 1:  ___________________
Name of dish 2:  ___________________

(c) Susan and Luke normally help their parents to prepare meals for the family.
Name two dishes that they can prepare by using each of the following cooker parts:

Hob: Name of dish 1: _______________  Grill: Name of dish 1: _______________
     Name of dish 2: _______________  Name of dish 2: _______________

Oven: Name of dish 1: _______________
     Name of dish 2: _______________

(½ mark each - 3 marks)

12. Trips and falls are common accidents in the kitchen.
Suggest four possible causes of such accidents.

•
•
•
•

(4 marks)
13. Match the following statements by placing the correct letter in the column. 
*The first one has been done for you.*

<table>
<thead>
<tr>
<th></th>
<th>Do not cough or sneeze</th>
<th>a</th>
<th>tie it back and cover it.</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>If you have long hair</td>
<td>b</td>
<td>roll them up.</td>
</tr>
<tr>
<td>b</td>
<td>Keep nails short and</td>
<td>c</td>
<td>with clean, waterproof dressings.</td>
</tr>
<tr>
<td>c</td>
<td>Cover cuts and sores</td>
<td>d</td>
<td>a over food.</td>
</tr>
<tr>
<td>d</td>
<td>If you have long sleeves</td>
<td>e</td>
<td>remove jewellery and nail polish.</td>
</tr>
<tr>
<td>e</td>
<td>Always wash your hands and dry them well</td>
<td>f</td>
<td>apron before starting to cook.</td>
</tr>
<tr>
<td>f</td>
<td>Cover your clothes with a clean</td>
<td>g</td>
<td>before cooking.</td>
</tr>
<tr>
<td>g</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(½ mark each - 3 marks)

14. Karen, Paul and Mike are carrying out different tasks in the Food Lab.

(a) Help them choose the best equipment for the following tasks:

<table>
<thead>
<tr>
<th>Task</th>
<th>Equipment Chosen</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Peeling apples</td>
<td></td>
</tr>
<tr>
<td>ii. Grating carrots</td>
<td></td>
</tr>
<tr>
<td>iii. Mashing potatoes</td>
<td></td>
</tr>
<tr>
<td>iv. Measuring milk</td>
<td></td>
</tr>
<tr>
<td>v. Squeezing oranges</td>
<td></td>
</tr>
</tbody>
</table>

(5 marks)

(b) Choose one piece of equipment from the above list. Explain how you would clean it.

Equipment: ______________________

How to clean it:

____________________________________________________________________________________

____________________________________________________________________________________

(2 marks)
15. Your school is going to organise a *Traditional Food Day*. Students and teachers are encouraged to prepare different traditional Maltese dishes to be served to visitors.

(a) Suggest a traditional dessert made of milk and fruit which can be prepared.

(b)  
(i) In the space below, create a poster about the health benefits of either milk or fruit.  
(ii) Give an interesting title to your poster.

16. It is important to take care of our environment.

(a) Tick the two boxes which show environment friendly behaviour.
(b) Carbon emissions pollute (dirty) our environment.

Look at the pictures below and tick ☑ the four activities that give out carbon emissions.

• Driving a car
• Heating the home
• Flying on an aeroplane
• Using a laptop

(4 marks)

(c) How can we be sustainable when preparing food? Underline the correct answer.

• Choose healthy food.
• Choose food which has a good taste and an attractive colour.
• Choose food which does not harm the environment.

(1 mark)

(d) Marija and Ganni are each preparing a rice salad.

<table>
<thead>
<tr>
<th>Marija’s Rice Salad</th>
<th>Ganni’s Rice Salad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td>Rice</td>
</tr>
<tr>
<td>Frozen peas</td>
<td>Fresh local tomatoes</td>
</tr>
<tr>
<td>Can of sweetcorn</td>
<td>Tuna</td>
</tr>
<tr>
<td>Tuna</td>
<td>Maltese olives</td>
</tr>
<tr>
<td>Edam cheese</td>
<td>Spanish olives</td>
</tr>
<tr>
<td>Spanish olives</td>
<td>Fresh local peppers</td>
</tr>
<tr>
<td></td>
<td>Fresh Maltese mozzarella</td>
</tr>
</tbody>
</table>

Whose salad is the more sustainable - Marija’s or Ganni’s? Explain why.

__________________________ salad is the more sustainable one.

Reason:

(2 marks)
FORM 1 HOME ECONOMICS MARKING SCHEME

1. (Level 5: 4 x 1 = 4 marks)

2. hungry; taste; occasions; growing; energy; repair; cells; disease (Level 6: 8 x ½ = 4 marks)

3. Sugars, oils, fats and salt
   Milk and milk products
   Vegetables and Fruit
   Cereals, bread, pasta, rice and potatoes

4. EAT MOST: bread, broccoli, potatoes, grapes  
   EAT MODERATELY: milk, nuts, tuna, eggs  
   EAT LEAST: doughnuts, biscuits, fried chips, soft drinks (Level 7: 12 x ½ = 6 marks)

5. (a) Give credit to a CINDI dietary guideline related to keeping a healthy and balanced diet.  
    (Level 7: 1 x 1 = 1 mark)

(b) Give credit to two valid ways of putting this guideline into practice when preparing a packed lunch.  
    (Level 7: 2 x 2 = 4 marks)
6. (a)

<table>
<thead>
<tr>
<th>Unhealthy Habits</th>
<th>(any three)</th>
</tr>
</thead>
<tbody>
<tr>
<td>often sleeps late</td>
<td></td>
</tr>
<tr>
<td>finds it difficult to wake up in the morning</td>
<td></td>
</tr>
<tr>
<td>rushes out to catch the school bus</td>
<td></td>
</tr>
<tr>
<td>often forgets her lunch at home</td>
<td></td>
</tr>
<tr>
<td>feels tired during lessons</td>
<td></td>
</tr>
<tr>
<td>does not participate in any sports or activities during break time</td>
<td></td>
</tr>
</tbody>
</table>

(Level 6: 3 x 1 = 3 marks)

5. (b)

<table>
<thead>
<tr>
<th>Unhealthy Habits</th>
<th>Healthy Habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>often sleeps late</td>
<td>Daphne should have at least 8 hours of sleep each night.</td>
</tr>
<tr>
<td>finds it difficult to wake up in the morning</td>
<td></td>
</tr>
<tr>
<td>rushes out to catch the school bus</td>
<td>She should wake up earlier to be able to leave home on time without having to</td>
</tr>
<tr>
<td></td>
<td>rush to catch the school bus.</td>
</tr>
<tr>
<td>often forgets her lunch at home</td>
<td>She should make sure to take her lunch to school.</td>
</tr>
<tr>
<td>feels tired during lessons</td>
<td>She should take a healthy breakfast before she goes to school.</td>
</tr>
<tr>
<td>does not participate in any sports or activities during break time</td>
<td>She should participate in sports and be more active during break time or she</td>
</tr>
<tr>
<td></td>
<td>should ensure to keep active for at least for one hour a day.</td>
</tr>
</tbody>
</table>

(any three)  
(Level 7: 6 x 1 = 6 marks)

7.  
(a)  

measuring jug  
spring balance scales  
measuring spoons  

(Level 6: 3 x 1 = 3 marks)
7. (b) 
- If too much sugar than stated in the recipe is added, the final result would give too sweet a taste AND/OR a speckled crust/hard, sugary crust AND/OR a collapsed cake.
- If too much liquid than stated in the recipe is added, the final result would give a heavy/hard texture.
- If too little liquid than stated in the recipe is used, the final result would give a dry texture.
- If too much fat than stated in the recipe is added, the final result would give a compact texture AND/OR affect the taste.
- If too little fat than stated in the recipe is added, the final result would give a solid and tough texture and decrease the keeping qualities. 

(any two) 
(Level 8: 2 x 2 = 4 marks)

8. 
(a) 

(Level 5: 2 x 1 = 2 marks)

8. (b) 
(i) oven  
(ii) flour  
(iii) margarine  
(iv) sugar  
v. egg  

(Level 7: 5 x 1 = 5 marks)

9. (a) Snacks: Chicken and vegetable wrap; tuna dip and plain galletti; rice salad; traditional Maltese ftira; pasta/couscous salad; vegetable salad (any one) 

Drinks: Fresh fruit milk shake; smoothie; yoghurt drink; fresh fruit juice; water (any one)

Give credit to any other healthy snacks and drinks. (Level 6: 2 x 1 = 2 marks)

(b) Give credit to any two valid reasons. (Level 7: 2 x 2 = 4 marks)

(c)  
- White bread - wholemeal bread, multigrain bread, wholegrain wrap (any one)  
- Salami - lean turkey / chicken slices, tuna, salmon (any one)  
- Cream cheese - feta cheese, rikotta (any one)  
- Sausages - lean chicken / turkey slices (any one)  
- Crisps - plain Maltese galletti, crispbread, rice cakes (any one)  
- Soft drinks - yoghurt drink, cereal drink, smoothie, 100% fruit juice, fruit milk shake, water (any one)  

Give credit to any other healthy alternatives. (Level 7: 6 x ½ = 3 marks)
10

(a) Breakfast (Level 5: 1 x 1 = 1 mark)

(b)
- To help us concentrate at school or at work.
- To start the day well and avoid going to school or work with an empty stomach.
- To prevent us from feeling hungry later on during the morning and to avoid eating quick, unhealthy snacks that are high in fat and sugar.
- Gives us energy to carry out different activities throughout the day.
- To break the fast (any one) (Level 7: 2 x 1 = 2 marks)

(c)

<table>
<thead>
<tr>
<th>Food</th>
<th>Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wholegrain cereal with milk/yoghurt</td>
<td>White milk</td>
</tr>
<tr>
<td>Toast with ricotta/omelette/baked beans</td>
<td>Skimmed Milk</td>
</tr>
<tr>
<td>Wholemeal toast with cheese and tomatoes</td>
<td>Freshly squeezed fruit / vegetables</td>
</tr>
<tr>
<td>Fresh fruit salad</td>
<td>Fruit smoothie</td>
</tr>
</tbody>
</table>

Give credit for other breakfast foods and drinks which are low in sugar, low in fat and high in dietary fibre.

(d) (Level 7: 4 x ½ = 2 marks)

11

(a) To cook food. (Level 5: 1 x 1 = 1 mark)

(b) (Level 6: 4 x 1 mark = 4 marks)
Give credit for other suitable dishes which may be prepared using each cooker part.

(Level 7: 6 x $\frac{1}{2} = 3$ marks)

12.
- spills on the floor/slippery floor/damp floor
- cluttered floor with toys etc.
- bulges or curled up ends of rugs/mats
- pets in the kitchen
- trailing electrical cords of appliances
- rickety stepladder (any four)

Give credit to any other valid answers.

(Level 8: 4 x 1 = 4 marks)

13.

a. Do not cough or sneeze
b. tie it back and cover it.

b. If you have long hair
e. roll them up.

c. Keep nails clean and short and
d. with clean, waterproof dressings.
a. over food.

e. If you have long sleeves
c. remove jewellery and nail polish.

f. Always wash your hands and dry them well
g. apron before starting to cook.

f. Cover your clothes with a clean

before cooking.

(Level 6: 6 x $\frac{1}{2} = 3$ marks)

14. (a)

i. peeler
ii. grater
iii. potato masher
iv. measuring jug
v. orange / lemon squeezer

(Level 7: 5 x 1 = 5 marks)

(b)

- Wash in warm soapy water
- Scrub with a brush (grater, masher, peeler and squeezer).
- Rinse well
- Dry well (especially the equipment made of metal).

(Level 7: 2 x 1 = 2 marks)
15.  
(a) Bread pudding, trifle, kannoli stuffed with ricotta  
(ay one)  
(Level 7: 1 x 1 = 1 mark)
(b)  
i. Give credit for a poster which portrays a suitable health message of either fruit or milk.  
(Level 6: 2 marks)
ii. Give credit for an interesting title.  
(Level 6: 1 mark)

16.  
(a)  
(Level 5: 2 x 1 = 2 marks)

(b)  
(Level 6: 4 x 1 = 4 marks)
(c) Choose food which does not harm the environment.  
(Level 7: 1 x 1 = 1 mark)
(d) Ganni’s salad is the more sustainable one.  
(Level 7: 1 x 1 = 1 mark)

Reason:
- Ganni chose local and where possible fresh products, such as fresh local tomatoes, fresh local peppers, fresh Maltese mozzarella and local olives.
- Marija’s rice salad includes a lot of foreign/not local/imported ingredients.  
(ay one)  
(Level 7: 2 x 1 = 2 marks)