

Annual Examinations 2017

**YEAR 9 HOME ECONOMICS MARKING SCHEME**

1a.

3	Cut the fat into small pieces and add to the flour.
2	Sift the flour.
6	Place dough on a plate, cover with cling film and leave to rest in the refrigerator.
1.	Weigh and measure all the ingredients carefully.
5	Add the water a little at a time to make a soft dough.
7	Roll out the pastry and use as required.
4	Rub the fat into the flour using the fingertips until mixture looks like fine crumbs.

(6x½ = 3 marks)

bi.

Ingredients	Healthier Ingredients
100g butter	polyunsaturated margarine
200g plain flour	whole meal/wholegrain flour
½ teaspoon salt	Pinch of salt

(3x½ = 1½ marks)

bii.

**Change 1** this fat is of plant origin and so does not contain any saturated fats which are harmful to health.

**Change 2** this type of flour is an excellent source of N.S.P.

**Change 3** a pinch of salt is enough to flavour the pastry

Give credit for full answers only.

(1x3 = 3 marks)

ci. **Savoury Pies:**

*Example:*

- Lampuki Pie
- Chicken and Vegetable Pie

**Sweet Pies:**

- Apple Pie
- Mixed Fruit Pie

( $\frac{1}{2} \times 2 = 1$  mark)

Give credit for other valid suggestions

cii.

<b>Utensils</b>
mixing bowl
table knife
table spoon
sieve
rolling pin

Give credit for other valid suggestions

( $\frac{1}{2} \times 5 = 2\frac{1}{2}$  marks)

2a.

<b>SHOPPING LIST</b>	
<b>Original List</b>	<b>Modified List</b>
200g pork mince	200g chicken mince
1 packet sugar-coated breakfast cereal	1 packet whole-grain breakfast cereal
150g streaky bacon	150g back bacon / ham

1 bag white pasta	1 bag wholegrain pasta
3 tubs yoghurt	3 tubs low-fat yoghurt
1 carton full-fat milk	1 carton skimmed / semi-skimmed milk
1 loaf of white sliced bread	1 loaf of whole-grain / wholemeal bread
1 large can peas	200g fresh peas / 1 bag of frozen peas

( $\frac{1}{2} \times 8 = 4$  marks)

b. *Any two:*

- To make the recipe healthier in line with the current dietary guidelines
- To make good use of local / seasonal foods
- To adapt a recipe to suit the likes/dislikes of the different family members
- To use a cheaper alternative

Give credit for other valid suggestions (2x2 = 4 marks)

3a. **Macronutrients:** 1. Proteins      2. Fats      3. Carbohydrates (*Any two*)

**Micronutrients:** 1. Vitamins      2. Minerals

( $\frac{1}{2} \times 4 = 2$  marks)

b. Macronutrients are found and needed in small amounts by the body while micronutrients are found and needed in small amounts.

(1 mark)

ci.

Nutrient	Function
Fats	Is responsible for keeping the body warm
Carbohydrates	Is a primary source of energy for the body
Protein	Is responsible for tissue growth, repair and maintenance
Vitamins & Minerals	Protect the body against diseases

(1x5 = 5 marks)

cii.

Nutrient	Sources
<i>Any two</i>	
<b>Fats</b>	<b>butter, olives, milk, bacon, meat</b> <span style="float: right;"><i>(any two)</i></span>
<b>Carbohydrates</b>	<b>pasta, rice, bread, cakes, cereals</b> <span style="float: right;"><i>(any two)</i></span>
<b>Proteins</b>	<b>Milk/dairy products, meat, fish, eggs, pulses</b> <span style="float: right;"><i>(any two)</i></span>

Give credit for other valid suggestions.

**( $\frac{1}{2} \times 4 = 2$  marks)**

4a.

1. Starches	2. N.S.P.	3. Sugars
Source:	Source:	Source:
pasta	wholegrain cereals	soft drinks
rice	wholemeal bread	cakes
bread	brown pasta	sweets
cereals	vegetables	ice-cream
<i>(Any one)</i>	<i>(Any one)</i>	<i>(Any one)</i>

Give credit for other valid suggestions.

**( $\frac{1}{2} \times 6 = 3$  marks)**

b. *Any two*

- Lack of exercise
- Overeating
- Eating the wrong types of food

Give credit for other valid suggestions

**(1x2 = 2 marks)**

c. *Any four*

pasta      rice      bread      cereals      breakfast cereals

**( $\frac{1}{2} \times 4 = 2$  marks)**

d. *Any two*

- Complex carbohydrates are filling so that Emma will not get hungry quickly
- They can be excellent sources of N.S.P.

- They can help contribute in the prevention of heart disease and some cancers.

Give credit for other valid suggestions

**(2x2 =4 marks)**

5a. milk, cheese, yoghurt, ricotta

**(1/2x4 =2 marks)**

b. *Any one*

- Together with Vitamin D it helps to build strong bones and teeth.
- It helps blood to clot.

**(1x2 = 2 marks)**

c. *Any one*

Rickets     Osteoporosis

**(1 mark)**

d. Vitamin D

**(1 mark)**

e. Sunlight

**(1 mark)**

f. *Example:*

**Breakfast:** wholegrain cereal with skimmed milk

**Lunch:** Ricotta Pie

**Dinner:** Cauliflower Cheese

Give credit for other valid suggestions

**(1x3 = 3 marks)**

g. **Group 1:** Pregnant women

**Reason:** To help build up the strength of the baby's bones and teeth.

**Group 2:** Children/teenagers

**Reason:** To strengthen their bones while they are growing up.

Give credit for other groups of people which are accompanied by valid reasons

**(1, 2, 1, 2 = 6 marks)**

6a. **Nutrient 1:** Protein

**Importance:** For the growth and development of the baby

**Nutrient 2:** N.S.P.

**Importance:** To help prevent constipation

Give credit for other valid suggestions

**(1x4 = 4 marks)**

b.

Social
Intellectual
Emotional
Physical

( $\frac{1}{2} \times 4 = 2$  marks)

c. Home-made baby food contains no additives and preservatives as it is fresh.

The food can be varied.

The mother can make use of seasonal foods.

Give credit for other valid suggestions

(2 marks)

d.

<b>During the mother's pregnancy</b> Accompany the mother on all ante-natal visits
<b>During birth</b> Be present during the birth
<b>During the early weeks of the baby's life</b> Allow for quality time alone with the baby
<b>When a child reaches school age</b> Help the child with home-work and studying

Give credit for other valid suggestions

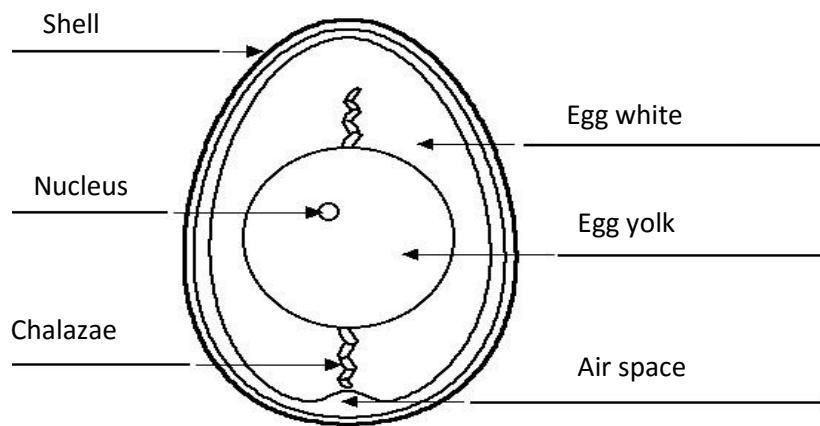
( $1 \times 4 = 4$  marks)

e. The EU mark of safety

The toy is not suitable for a child under the age of three.

( $2 \times 2 = 4$  marks)

7a.



**(1x6 = 6 marks)**

b. to help bind the ingredients together

to provide a framework for the aeration created by the beating/whisking of the eggs

**(1x2 = 2 marks)**

c. Place in the refrigerator with the pointed end down

**(1 mark)**

d. *Examples:*

Scrambled egg on toast

Hard-boiled egg salad

Give credit to other valid suggestions

**( $\frac{1}{2} \times 2 = 1$  mark)**

e.



**A**

**B**

**C**

**(1x3 = 3 marks)**

f. The chickens are left to roam about and peck on natural way.

**(1 mark)**

- 8a. Whisking method  
Rubbing-in method  
All-in-one method/Creaming method

(1x3 = 3 marks)

- b. *Any one:*

**Whisking Method:**

Wholemeal flour, plain flour, eggs, sugar

**Rubbing-in Method/All-in-one Method/Creaming**

Wholemeal flour, self-raising flour, eggs, sugar, margarine (*any four*)

( $\frac{1}{2}$ x4 = 2 marks)

- c. You get better results as cooking starts immediately as the oven needs time to reach the required temperature.

(1 mark)

- d. *Any two:*

low-fat yoghurt      nuts      fresh fruit      ricotta

( $\frac{1}{2}$ x2 = 1 mark)

- 9a.

5
4
1
2
3

(1x5 = 5 marks)

- b. *Any two:*

Preparing supper for the family

Taking care of your school uniform

Tidying your bedroom

Helping siblings with their homework/studying

Give credit for other valid suggestions

(1x2 = 2 marks)