

Annual Examinations 2017

YEAR 10

HOME ECONOMICS

TIME: 1h 30min

Name: _____

Class: _____

Answer all the questions.

1a. Look carefully at the table below and then answer the questions that follow.

Type of Meat	Protein (grams)	Fat (grams)	Iron (mg)	Vitamin B (mg)
Lean beef mince (per 100g)	19.0	16.0	2.7	4.0
Lean pork mince (per 100g)	16.0	30.0	0.8	4.2
Chicken mince (per 100g)	21.0	4.0	0.7	8.0

i. Which type of mince has the highest protein content?

_____ (½ mark)

ii. Why is protein needed in the diet?

_____ (1 mark)

iii. Which type of mince has the least amount of fat?

_____ (½ mark)

iv. Why should we avoid animal fats?

_____ (1 mark)

v. A teenager has just been told that she is anaemic. Which type of mince would be best for her?

_____ (1 mark)

vi. Which vitamin helps in the absorption of iron?

_____ (1 mark)

vii. Which type of mince would you choose if you wanted to increase your Vitamin B intake?

_____ (½ mark)

viii. Why is Vitamin B necessary in the body?

_____ (1 mark)

bi. A friend who is an athlete will be joining you for lunch at your house.

You will be preparing a meat pie for lunch. Which type of mince would you choose?



Give two reasons for your choice of mince.

Choice of mince: _____

(1 mark)

Reasons for Choice:

- _____

- _____

(4 marks)

bii. Suggest an interesting healthy dessert that you could serve with the meat pie.

_____ **(1 mark)**

biii. Name two nutrients found in the dessert that you have suggested in bii.

_____ **(1 mark)**

2. One of the main components of the Healthy Plate is the fruit section.



a. Give two examples of stone fruit and two examples of citrus fruit.

(2 marks)

Stone fruit 1. _____ 2. _____

Citrus fruit 1. _____ 2. _____

b. Why is it important to include fruit in our diet?

(1 mark)

c. List two nutrients which are found in fruit.

- _____
- _____

(2 marks)

d. Matthew a thirteen-year-old student has learnt at school about the importance of fruit.

Suggest two ways how Matthew can include fruit in his daily diet.

- _____
- _____

(2 marks)

e. What should Matthew keep in mind when buying fruit? Mention two factors.

- _____
- _____

(2 marks)

f. Whilst Matthew was shopping with his grandpa in a supermarket, he came across a sales person who was promoting a selection of organic fruit.

State a difference between organic fruit, and fruit grown in a traditional manner.

(1 mark)

g. Fruit can be altered or changed by the use of GMO's. What does GMO stand for?

(1 mark)

3a. The dietary guidelines suggest that to flavour food salt is replaced with fresh herbs and spices.

Give one reason for this guideline.



(2 marks)

b. Suggest two other ways how we can reduce the amount of salt when preparing family meals.

- _____
- _____

(2 marks)

ci. List three herbs and three spices commonly used to flavour food when preparing family meals.

Herbs

Spices

_____	_____
_____	_____
_____	_____

(3 marks)

cii. Name a Vitamin usually found in fresh green herbs.

(1 mark)

4a. Paul is at home recovering from influenza. A person who is recovering from sickness is known as a _____.



(1/2 mark)

b. The doctor has advised him to avoid certain foods and eat more of other foods which could help him recover better.

The following is a list of foods. **Place each food** under the correct heading.

Pies	Egg Bacon Burger	Vegetable soup	Fruit salad	Chocolate muffin	Chips	Steamed fish	Chicken	Pizza	Stewed apple
------	------------------------	-------------------	----------------	---------------------	-------	-----------------	---------	-------	-----------------

Foods to avoid	Healthy foods

(5 marks)

c. Why is it important that Paul drinks plenty of fluids especially water?

(1 mark)

d. When planning meals for anyone recovering from an illness it is important to keep in mind certain basic rules.

Give a reason for each of the following rules.

1. Meals should be light, and easy to eat.

2. Serving should be attractive with a variety of colour and texture.

3. Careful attention should be given to the preparation and serving of food.

(3 marks)

5a. Luca is a forty-year-old man who suffers from lactose intolerance.

i. Define the term lactose intolerance.

(1 mark)

ii. Mention two food items that Luca cannot eat or drink.

- _____
- _____

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

iii. Luca has asked for your help in preparing a menu for dinner. What would you suggest as a starter, main meal and a dessert?

Starter: _____

Main meal: _____

Dessert: _____

(1 x 3 = 3 marks)

iv. Luca's diet may be lacking from a particular nutrient. **Which nutrient** may be lacking in Luca's diet?

(1 mark)

v. State two types of food which Luca can consume to have an adequate amount of the nutrient mentioned in (iv).

- _____
- _____

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



b. Paul suffers from a nut allergy. He needs to be extra careful when eating.

i. List **one** consideration he should keep in mind when eating out.

(1 mark)

ii. List **one** consideration he should keep in mind when shopping for food.

(1mark)

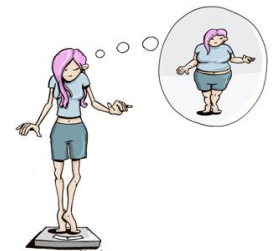
6. Eating disorders have long been associated with the eating habits of teenagers and adults.

a. Give the names of two common eating disorders.

(2 marks)

b. Suggest **four possible factors** which may contribute towards eating disorders in teenagers.

- _____
- _____
- _____
- _____



(4 marks)

c. You feel that one of your school friends has an eating disorder. What would you do?

- _____
- _____

(2 marks)

d. Identify **three professional persons** who can be of help to teenagers who have an eating disorder.

(3 marks)

e. Name an organisation which offers residential assistance to persons who have an eating disorder.

(1 mark)

7a. What is the symbol shown on the right called?



(1 mark)

b. Where is it usually found?

_____ (½ mark)

c. What advantage does this symbol have to the consumer?

(2 marks)

d. Cettina is a seventy-nine-year old living on her own. She buys on a daily basis.

i. Which kind of shop would be most convenient to her?



(1 mark)

ii. Give two advantages and one disadvantage that this kind of shop offers to Cettina.

Advantages

1. _____

2. _____

Disadvantage

(4, 2 marks)

e. Twenty-two year old Mary loves shopping online.

Which two suggestions would you give Mary to ensure safe shopping when she is ordering goods?

- ---

- ---

(2 marks)

8a. Which type of cookers are A and B?



A



B

(1 mark)

b. Dave and Emma have a two year old boy and a five year old girl. They live in a penthouse. They need to change their old gas cooker. They are considering buying an induction cooker.

Give two reasons why you think that such a cooker would be suitable for Dave and Emma?

- _____

- _____

(4 marks)

c. The cooker Dave and Emma like is rather expensive. Which method of payment can they make use of to help make payment easier for them?

(1 mark)

d. Why would this method of payment be useful to Dave and Emma?

(1 mark)

9. Residential homes for the elderly have increased these last few years.

a. Give two suggestions why you think there is this demand for residential homes.

- _____

- _____

(2 marks)

b. Why would it be beneficial to have residential homes for the elderly in one's town and village?

(1 mark)

c. Mr Fenech is a healthy seventy six-year-old widower living on his own. His children live abroad. Lately he has started to feel unsafe. He is thinking of moving to a residential home.

Which two advantages would a residential home offer to Mr Fenech?

- _____

- _____

(4 marks)

d. His friend is, however, suggesting an alternative solution so that Mr Fenech could still live at home and feel safe at the same time.

Which other option could Mr Fenech consider? **Give a reason** for your answer.

Option

Reason

(1, 2 marks)

10. The Borg's Family have been constantly hearing about the importance of taking care of the environment especially when disposing of their waste. However, they do not know exactly how and would need some guidance.



a. What kind of material should they throw in the green/grey bag which is collected every Tuesday and Thursday/Friday?

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

b. What measures will be taken if they do not take out the correct bag on the right day?

(1 mark)

c. Family Borg have a garden in their home. What can they do with the organic waste that they have at home?

(1 mark)

d. List two examples of organic waste.

- _____
- _____

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

e. This family have just recently refurbished their house. They have a lot of waste and material such as mattresses, cabinets, furniture, stone etc. which they need to throw away. **Mention two** facilities this family can make use of to dispose of this kind of waste.



- _____
- _____

(2 marks)

f. Sarah, the eldest daughter of the family has recently grown out of a number of clothes and shoes. Mention a campaign which she can make use of to dispose of this kind of waste, which has recently been introduced in Malta.

(1 mark)