

Annual Examinations 2017

YEAR 10	HOME ECONOMICS	MARKING SCHEME
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|---|--|-----------------|
| i. Chicken mince | | (½ mark) |
| ii. For growth and repair of body tissue | | (1 mark) |
| iii. Chicken mince | | (½ mark) |
| iv. Animal fats are high in cholesterol which can lead to coronary heart disease | | (1 mark) |
| v. Lean beef mince | | (1 mark) |
| vi. Vitamin C | | (1 mark) |
| vii. Chicken mince | | (½ mark) |
| viii. The B group of vitamins helps in the release of energy from food | | (1 mark) |
| bi. Choice of mince: chicken mince | | (1 mark) |

Reasons for Choice:

- Chicken mince is high in protein needed by my teenage friend for growth
- It is also high in Vitamin B to help my friend to get the energy needed for his/her sports activity

Give credit for other suitable options which are accompanied by valid answers.

Answers have to link to this particular scenario.

(2 x 2 = 4 marks)

bii. *Examples:*

Fresh Fruit Salad; Fresh Fruit Kebabs; Fruit Fool; Fruit Crumble

Give credit for other healthy suggestions

(1 mark)

biii. *Examples:*

Vitamin C; N.S.P.; Carbohydrate (any two)

(½ x 2 = 1 mark)

2a. **Stone fruit** 1. Peach 2. Plum

Citrus fruit 1. Lemon 2. Orange

Award marks for any relevant answers.

(½ x 4 = 2 marks)

- b.** • Most fruits contains anti-oxidants
- Can be eaten by most people whatever the health condition
 - Can be eaten in a variety of ways.
 - Fruits contain a variety of nutrients including vitamins and fibre.
- Give credit for other valid suggestions **(1 mark)**

c. Vitamin C, Fibre **(1 x 2 = 2 marks)**

- d.** – Prepare a smoothie for breakfast.
- Take a fruit to school as part of his lunch.
 - Prepare a fruit salad as a dessert after dinner
- Award marks for any relevant answers. **(1 x 2 = 2 marks)**

- e.** – Colours should be bright
- No bruises
 - No signs of insect damage
 - Smooth skin not wrinkled
 - Firm and straight fruit
- Choose two from the above. **(1 x 2 = 2 marks)**

f. Organic produce has been grown without the use of chemical fertilisers and pesticides. The farmers use sustainable agricultural practices. **(1 mark)**

g. Genetically Modified Organisms **(1 mark)**

- 3a.** Herbs and spices are a better choice because salt is needed by the body in very small amounts, an excess can lead to serious health problems
- Award full marks for a full answer only **(2 marks)**

- b.** *Any two*
- Avoid using processed meats as they have a high salt content
 - Prepare fresh vegetable soups rather than using packet soups
 - Use fresh stocks rather than using stock cubes
 - Choose cheeses which are low in salt
 - Limit the use of salt at the dining table
- Give credit for other valid suggestions **(1 x 2 = 2 marks)**

- ci.** *Examples:*
- Herbs:** parsley; basil; mint; rosemary; bay leaves; oregano; thyme (*any three*)
- Spices:** cinnamon; curry; mustard; mixed spice; paprika; cloves; pepper corns (*any three*)
- Give credit for other valid suggestions **(½ x 6 = 3 marks)**

cii. Vitamin C (1 mark)

4a. Convalescent (½ mark)

b. Foods to avoid

Pies, egg bacon burger, chocolate muffin, chips, pizza

Healthy foods

Vegetable soup, fruit salad, steamed fish, chicken, stewed apple

(½ x 10 = 5 marks)

c. Any one

So that he does not get dehydrated.

Help regulate body temperature especially if there is fever (1 mark)

d.

1. As there may be loss of appetite any food that has not been eaten will have to be thrown away and is, thus wasted.
2. To encourage eating and to tempt the patient's appetite.
3. The food prepared should not present a hazard to both the patient and other members of the family through contamination.

(1 x 3 = 3 marks)

5ai. The body cannot easily digest lactose, which is a natural sugar found in milk and dairy products. (1 mark)

ii. Any 2.

Milk, cheese, yoghurt, ricotta

Accept any relevant answer. (½ x 2 = 1 mark)

iii. Starter: Pumpkin Soup

Main meal: Spinach & Tuna Pie

Dessert: Fresh fruit Salad

Award marks for other suitable dish/dishes. (1 x 3 = 3 marks)

iv. Calcium (1 mark)

v. Any 2

Sardines, dark green leafy vegetables, fortified cereals, soya beans (½ x 2 = 1 mark)

bi. He needs to check before going to the restaurant to see if it caters for his condition. (1 mark)

bii. He should be able to understand food labels so as to look for any traces of nuts. (1 mark)

6. He should know how to understand the symbol.

a. anorexia nervosa bulimia nervosa

(1 x 2 = 2 marks)

b. Any four

- An unhappiness about body size and shape
- An unhappy childhood
- Prolonged stress
- Unhappy relations within the family
- Fear of growing-up
- An emotional shock/grief/bereavement
- A need to have control over one's life

Give credit for other valid causes

(1 x 4 = 4 marks)

c. Any two

- Watch out for the obvious signs that your friend has a problem
- Gently point out to your friend that you feel that there is a problem
- Be a good listener
- Ask a trusted adult to guide you on what you should do
- Gently hint to your friend that he/she should consult a professional person for help

Give credit for other valid suggestions

(2 x 1 = 2 marks)

d. Any three

- Guidance teacher
- School counsellor
- Child psychologist
- Psychiatrist

Give credit for other valid suggestions

(1 x 3 = 3 marks)

e. Dar Kenn ghal Saħħtek

(1 mark)

7a. Bar code

(1 mark)

b. Goods such as food, detergents that are sold to consumers

(½ mark)

c. Any two

Receipts are itemised so consumer knows what has been paid for by item.

Bar code indicates whether item bought is on special or reduced

Often carries the right price

(1 x 2 = 2 marks)

di. Corner shop

(1 mark)

ii. *Any two*

Advantages

Nearest to her home

Offers a personal service

Some offer a free delivery service

Meeting place for the locals to chat and spend time together

Can go as often as is required

Are open early in the morning

Any two

Disadvantage

Not self-service

Does not offer a wide range of goods to choose from

Prices may be slightly more expensive

May offer less discounts and special offers

Receipts of items bought may not be listed according to bar code system.

(2 x 2 = 4 marks) (2 x 1 = 2 marks)

e. *Any two*

Be careful to avoid scams

Shop wisely as it is very easy to overspend or buy unnecessary items

Be on the lookout for anyone trying to hack cards

Buy from reputable firms/companies

Take into consideration exchange rates and /or shipping costs.

(1 x 2 = 2 marks)

8a. A free-standing

B split-level

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

b. *Any two*

Reasons

Does not require the use of a gas cylinder which may be difficult to transport and buy.

Very energy-efficient as it heats only the cookware and not the whole surface

Fast method of cooking as you get instant heat

Easy to clean and keep clean

Safe for children as parts not being used never get hot even when hob is being used.

Automatically switches off when pan is taken off the unit

Design have made them easier to blend into one's kitchen

(2 x 2 = 4 marks)

c. Hire purchase

(1 mark)

d. *Any one*

Gives them time to save up for the cooker

They can have the cooker at home when it is bought and a down payment has been paid.

(1 mark)

9a. Any two

People are living longer

Relatives have moved away

Relatives cannot offer assistance

Illness, disability makes it impossible for elderly to be cared for at home.

Poor housing conditions/low income

(1 x 2 = 2 marks)

b. People and surroundings are familiar

(1 mark)

c. Any two

Advantages

Feeling safe from crime

Assistance is given when needed

Companionship

Welcoming environment

Well-equipped bedrooms, bathrooms

Meals prepared and served daily

No worries about maintenance of house, bills to be paid or repairs to be done

Organised activities to keep the elderly entertained.

Peace of mind for relatives

Doctor/nurses on call all the time

(2 x 2 = 4 marks)

d. Option

Hiring a carer on a daily basis.

Any one reason

Can still live at home

Does not lose his independence

Feels safe

Companionship

May have errands done for him

(1 mark, 1 x 2 = 2 marks)

10a. Paper, plastic, metal

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

b. A sticker will be stuck on the bag which was taken out on the incorrect day.

(1 mark)

c. Make compost at home.

(1 mark)

d. Any two

Vegetable peel, tea bags, egg shells

Accept any relevant answer

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

e. Civic Amenity Site,

Bulky refuse

(2 x 1 mark = 2 marks)

f. Put them in the blue boxes for clothes which are located around Malta.

(1 mark)