






Annual Examinations for Secondary Schools 2014

FORM 3 HOME ECONOMICS MARKING SCHEME

1. a)

				
√		√		√
Whole milk	Pasta with tomato sauce	Butter	Salmon	Muffin

(1 mark x 3 = 3 marks)

b) *Any three from:*

- Provide a concentrated source of energy.
- Surround and protect certain vital organs, such as the kidneys and the heart.
- Form an insulating layer under the skin to preserve body heat.
- Provide a source of fat soluble vitamins A, D, E and K.
- Provide the **essential fatty acids**.
- Save protein from being used for energy.

(1 mark x 3 = 3 marks)

c) i. A fat, most often of animal origin and that is solid at room temperature. An excess of these fats in the diet raise the cholesterol level in the bloodstream.

Give credit for any valid definition of saturated fats.

(1 mark)

- ii. **Examples:**
- Bean dip with vegetable sticks
 - Whole-meal bun with low fat cheese, lettuce and tomatoes
 - Chicken wrap with vegetables
 - Fruit smoothie

Give credit for any other healthy snack that Maria could have.

(½ mark x 4 = 2 marks)

Example:**Chosen Snack:** Bean dip with vegetable sticks**Health Benefits:**

This snack is low in fat. Beans contain soluble fibre which may help keep control blood cholesterol at levels.

(2 marks)**d) Any three from:**

- Choose extra-lean meat and skinless chicken breasts.
- Trim all visible fat from meat.
- Grill, bake, steam and microwave foods instead of frying them.
- Drain fat from cooked meats and blot them with kitchen paper if necessary.
- Use vegetables, beans or whole grains to replace some of the meat content of burgers and meat loafs.
- Coat chicken and fish in breadcrumbs rather than batter, and bake them instead of frying them.

(1 mark x 3 = 3 marks)

- 2. a)** - Focus on her social skills since during the school day she will be meeting many other children.
- Focus on her mental skills. e.g. playing with numbers.

*Give credit for any other valid answer.***(1 mark x 2 = 2 marks)****b) Any three from:**

- i. Limit the consumption of sweets and cakes.
- ii. Avoid nectars and opt for water instead.
- iii. Do not give her soft drinks.

*Give credit for any other valid answer.***(1 mark x 3 = 3 marks)**

- c)** - Overweight/obesity due to high energy diet.
- Prolonged intake of sugar has the potential of tooth erosion which leads to teeth decay.

*Give credit for any other valid answer.***(1 mark x 2 = 2 marks)**

- d)** Suggest healthier ingredients that Ella's parents can choose for her school packed lunch:

Ingredients	Healthier Option
White bun	Whole-meal, multi-grain bun
Cream cheese	Low fat spread
Salami	Chicken slices
Chocolate chip muffin	Apple pieces
Salted crackers	Unsalted crackers
Peach Nectar	Water

(½ mark x 6 = 3 marks)

e) i. Physical needs:

Toys such as wagons, bikes, boxes, puzzles and blocks can help muscle development as well as hand and eye coordination.

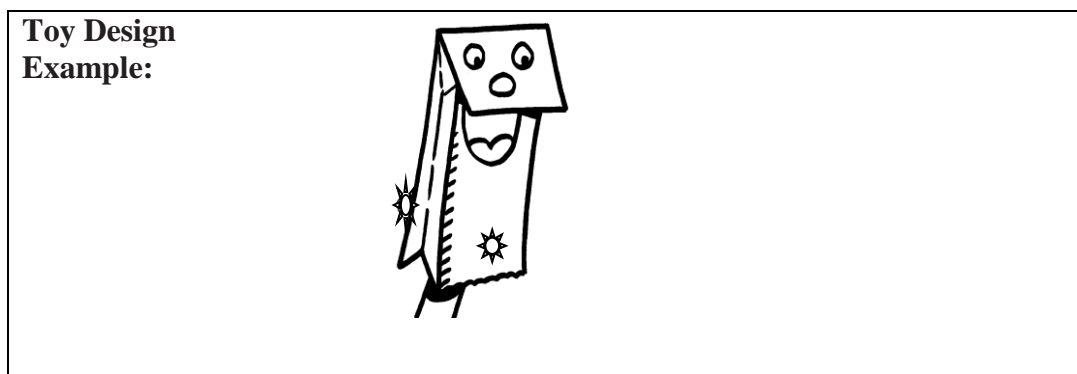
Social needs:

Toys such as dolls, dress-up clothes, puppets, cars, trucks, games, and books help in the social development of children through mingling with adults and other children.

Give credit for any other valid answers.

(2 marks x 2 = 4 marks)

- ii.** Design a simple toy which would meet the physical and social needs of three-year-old Ella.



- iii.** *Give credit for valid answers which describe how the designed toy meets physical and social needs.*

Description - Example

The toy consists of a puppet from a variety of materials such as paper, cloth, with various decorations and stuck to a lollipop stick. It is made up of different materials, colour and has many textures. It helps the child to explore her senses e.g. her sense of touch. The toy can be used to play with other children and also when playing on her own. It helps in the development of imagination. It can also be used to promote language development.

(Drawing = 2 marks, Description = 1 mark x 6 = 6 marks)

- 3. a)** - Pregnant women need extra iron to supply the baby.
- Iron helps red blood cells which carry oxygen to the mother and baby.

Give credit for any other valid reason.

(2 marks x 2 = 4 marks)

b) **Any three from:**
 Red meat, liver, kidney, cocoa, dried fruit, green leafy vegetables, lentils, curry, spices, egg yolk, fortified breakfast cereals. **(1 mark x 3 = 3 marks)**

c) Vitamin C **(1 mark)**

d) It helps prevent spinal cord defects in the unborn baby. **(1 mark x 2 = 2 marks)**

e) Preparation

Do not rinse cereals (rice) before cooking unless the package advises you to do so (some rice does need to be rinsed). Washing rice once may take away thiamin. (Vitamin B1)

Cooking

Toast bread only until the crust is light brown to preserve heat-sensitive Vitamin Bs.
 Use dripping gravy from meat in soup and sauces.

Serving

Serve milk cold or warm as boiling milk for 15 minutes causes depletion of vitamins B-1, B-2, B-3, B-6 and folate.

Give credit for any other valid answer.

(2 marks x 3 = 6 marks)

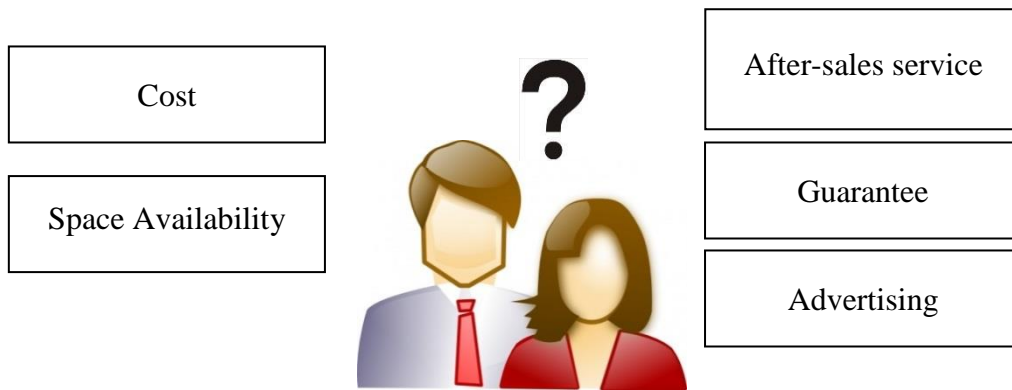
4. a)

Refrigerator	Toaster
Freezer	Microwave oven
Dishwasher	Juicer
Cooker	Electric hand blender
Food processor	Steamer

Give credit for any other appliance.

(½ mark x 10 = 5 marks)

b)



Give credit for any other relevant factor.

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

c) i. Refrigerator/Freezer, and cooker.

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

ii. Both the refrigerator/freezer and cooker are indispensable appliances needed for the storage of perishable food items and preparation (cooking) of food.

Give credit for any other valid reason.

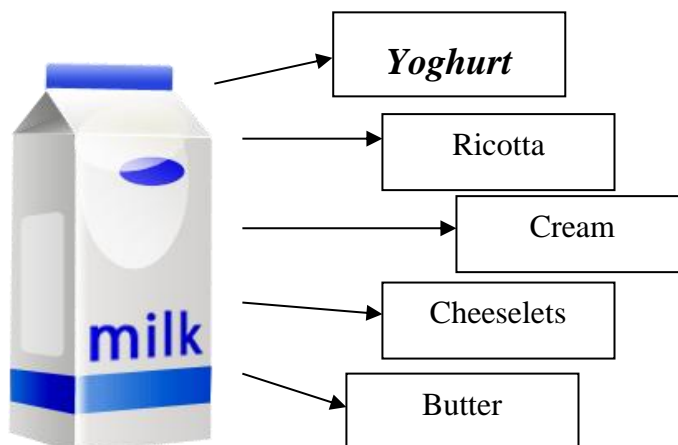
(1 mark x 2 = 2 marks)

- d) • Be careful when handling electrical appliances. Always unplug the appliance before cleaning it.
• Water and electricity do not go together. Do not put any appliance straight into the water.

Give credit for any other valid answer.

(2 marks x 2 = 4 marks)

5. a)



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

b.

Nutrients in Milk	Main Function in the Body
• Protein	• For growth and repair of tissues
• Calcium	• For stronger bones and teeth
• Fat	• For warmth and energy
• Vitamin D	• For strong bones and teeth.

Give credit for any other nutrient together with the main function which is found in milk.

(Nutrients: ½ mark x 4 = 2 marks)

(Functions: 1 mark x 4 = 4 marks)

c. To kill harmful bacteria that can cause food poisoning.

(1 mark)

d.

Situation	Suitable type of Milk
A person who is on a fat-reduced diet.	• Skimmed milk
A person who is lactose intolerant.	• Soya milk
A five-year-old school child.	• Full fat milk
An elderly person who is house bound.	• Homogenised milk
A milk to take on a picnic in the countryside.	• Dried milk
A seven-month-old baby.	• Breast milk/Formula milk

(½ mark x 6 = 3 marks)

e. The availability of different types on the market. Technological developments have improved the quality of yoghurts. Promotion on the media has encouraged Maltese persons to try out this food commodity.

(1 mark x 3 = 3 marks)

- f. 1. Add to a favourite breakfast cereal.
2. Add to fresh fruit for lunch.
3. Use instead of cream with pasta shapes.
4. Use to decorate biscuits and cakes.

Give credit for any other valid answer.

(1 mark x 4 = 4 marks)

6. a) i. A: rubbing in method
ii. B: creaming method (½ mark x 2 = 1 mark)

iii. • Creaming method

- Reason - cakes made using this method use equal quantities of flour and margarine and are called “rich” cakes and they keep fresh for longer due to the amount of margarine used.

Give credit for any other valid reason. (½ mark for method, 2 marks for reason)

b) *Any one of each from:*

Self-raising flour - Forms the cake/helps cake obtain a soft and tender crumb.

Sugar - Sweetens mixture/Traps air/Increases the volume of the cake.

Eggs - Enriches the colour and flavour of the cake/Traps air and acts as a raising agent.

Margarine - Holds air in the mixture/Adds flavour/Lengthens shelf life.

Lemon rind - Adds flavour.

(1 mark x 5 = 5 marks)

- c) • To obtain a perfect overall end result.
• Caster sugar has smaller crystals and so it blends more easily into the mixture.
• Eggs are used at room temperature to avoid the mixture from curdling.
• Margarine should be cake margarine as block margarine will be harder and more difficult to cream and so insufficient air is beaten in and the cake will have a poor volume.

(1 mark x 4 = 4 marks)

d) Saves time and energy.

(1 mark x 2 = 2 marks)