

Annual Examinations for Secondary Schools 2022

YEAR 9 **HOME ECONOMICS** **TIME: 1h 30min**

Name: _____

Class: _____

Answer all the questions.

1. Vitamins and minerals are essential for a healthy life. Fill in the following table where appropriate.

Vitamin/ Mineral name	Rich food sources	Function	Deficiency condition/ disease
Thiamine	<ul style="list-style-type: none"> • Meat • Milk 	_____ _____	Beri beri
_____	<ul style="list-style-type: none"> • Spinach • Pulses 	Helps to make red blood cells	Spina bifida
Ascorbic acid	<ul style="list-style-type: none"> • Oranges • _____ 	_____ _____	Scurvy
Calcium	<ul style="list-style-type: none"> • _____ • _____ 	For strong bones and teeth	_____
Iron	<ul style="list-style-type: none"> • _____ • _____ 	Helps to make red blood cells	Anaemia

(1, 2½, 2, 1 marks)

2. Fat is one of the macro-nutrients.

a. Define the term macro-nutrient.

(1 mark)

b. List **four** functions of fat in the body.

- _____
- _____
- _____
- _____

(4 marks)

c. Sources of fat may be either of animal or vegetable origin.

i. Identify **three** rich sources of fat that are of animal origin.

- _____
- _____
- _____

(1½ marks)

ii. Identify **three** rich sources of fat that are of vegetable origin.

- _____
- _____
- _____

(1½ marks)

iii. Fats can be either saturated or unsaturated. Name **two** types of unsaturated fats.

- _____
- _____

(2 marks)

d. Continue the following sentences on essential fatty acids.

i. **Two** examples of essential fatty acids are _____ and _____.

ii. They are called essential because _____
_____.

iii. Essential fatty acids are beneficial to our health because _____
_____.

(1, 1, 1 mark)

- e. Health experts advise us to reduce fat while preparing meals. Suggest **three** ways how we can follow such a guideline.

- _____
- _____
- _____

(3 marks)

- 3a. Milk is an important food commodity as it contains all the nutrients. Compare and contrast the fat content and water content of fresh milk and skimmed milk.

(2 marks)

- b. Keeping the dietary guidelines in mind, which type of milk would cater for the needs of the following people? Choose your answer from:

<i>fresh milk</i>	<i>flavoured milk</i>	<i>skimmed milk</i>
<i>lactose free milk</i>	<i>condensed milk</i>	<i>almond milk</i>

Each answer could be used more than once and not every answer must be used.

Persons with different dietary needs	Suitable type of milk
an elderly lady	
a one-year-old child	
a lactose intolerant person	
a teenager	
a vegan	
a person who is on a slimming diet	
an overweight person	
a five-year-old child	

(4 marks)

c. List **three** points to be considered when buying milk.

- _____
- _____
- _____

(3 marks)

d. List **two** dishes which use milk as a main ingredient.

- _____
- _____

(2 marks)

e. What do the letters U.H.T. in milk stand for?

(1 mark)

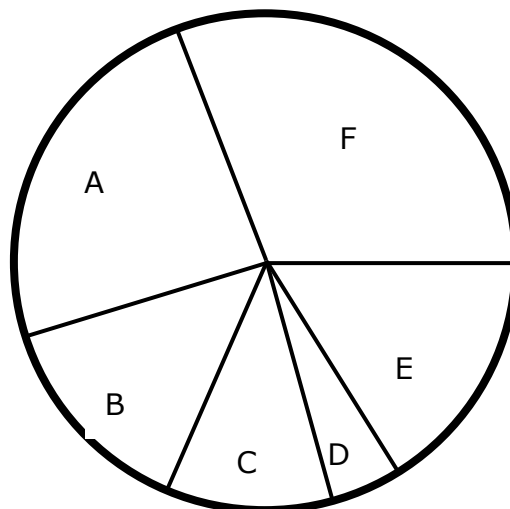
f. Explain the process that milk is passed through to obtain U.H.T. milk.

(2 marks)

g. Write **one** advantage of using U.H.T. milk.

(1 mark)

4. The Healthy Plate is a pictorial guide to help us choose a variety of nutritious food. A partially labelled diagram is shown below.



- a. Fill in the table below by writing the name of the labelled food groups and give **two** sources for each group.

Food Group	Food Group Name	Sources
A	• _____	• _____ • _____
B	• _____	• _____ • _____
E	• _____	• _____ • _____
F	• _____	• _____ • _____

(2, 4 marks)

- b. The Healthy Plate also suggests that we should

- i. Use herbs and spices instead of _____.
- ii. Keep active by _____.
- iii. Drink plenty of _____.

(3 marks)

- c. A year 9 student has learnt about the dietary and lifestyle guidelines during one of his lessons. Suggest **two** ways how he can apply these guidelines into practice.

- i. Eat vegetables and fruits of different colours every day.

- _____
- _____

- ii. Eat more high fibre foods by making regular use of legumes, wholegrains, nuts and seeds.

- _____
- _____

(4 marks)

5. Every day, Rebecca, a six-year-old child eats pasta with grated cheese on top. If she eats all the pasta presented, her parents give her a chocolate muffin as a reward.



- a. Identify the macro nutrients found in the food that Rebecca eats every day.

i. The **main** macro nutrient found in pasta: _____

ii. Function of the macro-nutrient mentioned in question 5ai: _____

iii. Apart from fat, identify a **main** macro nutrient found in cheese: _____

iv. Function of the macro-nutrient mentioned in question 5aiii: _____

(4 marks)

- bi. Do you think that it is healthy for Rebecca to eat pasta with cheese every day?

(½ mark)

- ii. Give **one** reason for the above answer in 5bi.

(2 marks)

- c. Evaluate the parents' action of giving Rebecca a chocolate muffin as a reward after finishing her pasta dish.

(2 marks)

- d. Suggest **two** ways how Rebecca's parents can promote good eating habits.

- _____
- _____

(2 marks)

- 6a. Recipe engineering helps us create healthier dishes. The following are some ingredients used in a recipe of the traditional Maltese Stuffed Marrows. Suggest **one** healthier option for each ingredient below. Do not repeat your answers.

Some ingredients used in a recipe of the Traditional Maltese Stuffed Marrows	Healthier option
1 can tomato polpa	
2 tablespoons tomato paste	
300 grams minced beef	
300 grams corned beef	
75 grams grated parmesan cheese	
50 grams grated cheddar cheese	
Palm oil	
Salt	

(4 marks)

- b. Colour and flavour make dishes more appealing and appetizing. Suggest **one** way how you can improve the:

- i. colour of a plain omelette.

_____ (1 mark)

- ii. flavour of plain cereal with milk.

_____ (1 mark)

- c. The nutritional value of dishes can be greatly enhanced by adding the right ingredients. Suggest **one** way how you can add:

- i. protein in a vegetable soup.

_____ (1 mark)

- ii. dietary fibre in a rice salad.

_____ (1 mark)

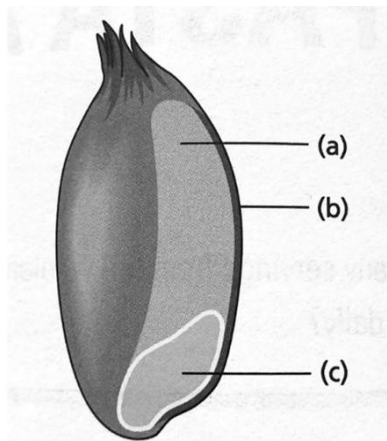
7. Cereals are seeds or grains of cultivated grasses.

a. Name **four** types of cereals available on the local market.

- _____
- _____
- _____
- _____

(2 marks)

b. Name the parts of the cereal grain.



- _____
- _____
- _____

(1½ marks)

c. Outline **three** recipes where cereals are one of the main ingredients.

- _____
- _____
- _____

(1½ marks)

d. Why is it important to choose unrefined cereals over refined ones?

(1 mark)

- e. Below is a recipe where pulses are used.
Underline the **two** pulses present in this recipe.

Risotto	
<ul style="list-style-type: none"> • 300g Arborio rice • 200g broad beans • 200g peas • ½ tsp salt • Pepper • 70g pecorino • 1 lemon 	<ul style="list-style-type: none"> • 3 glove artichokes • 1.2 litres stock • 40g butter • 3 tbsp. olive oil • 1 onion • 1 garlic clove

(1 mark)

- f. State **one** reason why we should include pulses in the diet.

(1 mark)

- g. The above recipe can be cooked in a microwave.

- i. Apart from cooking food, state another **two** functions of using a microwave oven.

• _____ • _____

(2 marks)

- ii. Give **one** advantage and **one** disadvantage of using a microwave.

Advantage	
Disadvantage	

(2 marks)

- iii. Draw the symbol which shows that a container/equipment is suitable to be used in a microwave.



(1 mark)

8a. Several kitchen utensils are used during food preparation and cooking. Complete the following table:

- i. Name the kitchen equipment.
- ii. Identify **one** use for each kitchen equipment.

Utensil / Kitchen Equipment	Name	Use
		
		
		
		
		
		

(3, 3 marks)

- b. Which equipment would you use to:
- Weigh flour _____
 - Measure milk _____ (1 mark)
- c. List **two** rules that you should follow when using each of the equipment mentioned in question 8bii.
- _____
 - _____
- (2 marks)

9a. There are different types of families. Describe the following:

- Extended family - _____

 - Adoptive family - _____

 - Foster family - _____

- (3 marks)

b. Explore the role and responsibility of a teenager within the family.

(2 marks)

c. It is important that family members know how to give first aid to help recovery. Explain how to give first aid in the following situations.

- Family Borg went out on a picnic and Emma, a six-year-old child, sprained her ankle whilst running.

- During a beach outing Paul got stung by a jelly fish.

(2, 2 marks)