DEPARTMENT FOR CURRICULUM,
LIFELONG LEARNING AND EMPLOYABILITY
Directorate for Learning and Assessment Programmes
Educational Assessment Unit

Annual Examinations for Secondary Schools 2022

YEAR 9 HOME ECONOMICS MARKING SCHEME

1.

Vitamin/ Mineral name	Rich food sources	Function	Deficiency condition/ disease
Thiamine	• Meat • Milk	Helps carbohydrates to be converted into energy.	Beri beri
Folic acid	• Spinach • Pulses	Helps to make red blood cells	Spina bifida
Ascorbic acid	• Oranges *Any one* • Lemons/ Strawberries/ Broccoli	*Any one* Heal wounds./ Helps in the absorption of iron in the body./ Make connective tissue which binds the body cells together. / Acts as an antioxidant vitamin.	Scurvy
Calcium	*Any two* • Cheese • Yoghurt/ Milk	For strong bones and teeth	*Any one* Rickets/ Osteomalacia/ Osteoporosis
Iron	*Any two* • Red meat • Liver/ green leafy vegetables/ pulses/ dried fruits/ eggs	Helps to make red blood cells	Anaemia

Accept any other correct rich food sources for ascorbic acid, calcium and iron; and also accept any other relevant function for thiamine and ascorbic acid.

(Vitamin or mineral name = 1 mark)
(Rich food sources: ½ mark x 5 = 2½ marks)
(Function: 1 mark x 2 = 2 marks)
(Deficiency condition/ disease = 1 mark)
(Total = 6½ marks)

2a. A nutrient that is required in large quantities in the diet. (1 mark)

b.

- Provides energy.
- Keeps our body warm.
- Provides a source of fat soluble vitamins A, D, E and K.
- Surrounds and protects certain important organs, example the heart.

(1 mark x 4 = 4 marks)

ci. *Any three*

- butter
- cream
- lard
- suet
- meat
- bacon
- milk
- cheese
- egg yolk

Accept any other correct answers. (½ mark x 3 = 1½ marks)

ii. *Any three*

- olive oil
- seeds
- avocado
- vegetable oil
- nuts

Accept any other correct answers. (½ mark x 3 = 1½ marks)

iii.

- Monounsaturated fats
- Polyunsaturated fats

(1 mark x 2 = 2 marks)

di. Two examples of essential fatty acids are omega-3 and omega-6.
(½ mark x 2 = 1 mark)

ii. They are called essential because our body cannot produce them on its own, so they must come from the diet. (1 mark)

iii. Essential fatty acids are beneficial to our health because they reduce the risk of various conditions including coronary heart disease. (1 mark)

e. *Any three*

- Grill, boil, steam or bake food instead of frying it.
- Choose fish, rabbit, poultry and lean cuts of meat.
- Use skimmed milk instead of whole milk.
- Consume light yoghurts instead of full-fat yoghurts.
- Watch out for foods like sausages, pies, cakes, biscuits, pastries, mayonnaise and salad dressings, as they are high in fat.

Accept any other relevant answers. (1 mark x 3 = 3 marks)

3a. Fresh milk has a higher fat content than skimmed milk whilst skimmed milk has a higher water content than fresh milk.

(2 marks)

b.

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

(½ mark x 8 = 4 marks)

c.

- At the shop milk should be stored in a clean refrigerator that is operating at the right temperature.
- Milk should be within the 'use by' date when sold.
- The milk carton should be clean, free from dents and sealed.

Accept any other correct answer. (1 mark x 3 = 3 marks)

d. *Any two*

- Custard cream
- Macaroni cheese
- Lasagne
- Mushroom soup

Accept any other correct answer. (1 mark x 2 = 2 marks)

e. Ultra heat treated (1 mark)

f. Milk is heated in a heat exchanger at 132°C for not more than one second. It is then rapidly cooled and packed into foil-lined containers which are sealed.
(2 marks)

g. *Any one*
It can be kept in sealed packs for several months.
Heat resistant bacteria are destroyed.
There is less processing time.
(1 mark)

4a.

Food Group	Food Group Name	Sources
A	• Cereal, cereal products (preferably wholegrain) and potatoes	• Wholemeal bread • Wholegrain cereal
B	• Milk and Milk Products	• Skimmed milk • Yoghurt
E	• Fruit	• Apple • Orange
F	• Vegetables	• Broccoli • Carrot

(½ mark x 4 = 2 marks for writing the food group)
(½ mark x 8 = 4 marks for every correct example of food from each section)
(Total = 6 marks)
Accept any other relevant source for each food group.

b.

i. salt
ii. doing moderate exercise
iii. water

(1 mark x 3 = 3 marks)

c.

i. Eat vegetables and fruits of different colours every day.
   - Include vegetables like lettuce and tomatoes in his school lunch.
   - Prepare a fruit salad to be eaten after school.

ii. Eat more high fibre foods by making regular use of legumes, wholegrains, nuts and seeds.
   - Instead of white bread, make use of wholemeal bread for his school lunch.
   - Add nuts and seeds to salads.

   Accept any other relevant answer. (1 mark x 4 = 4 marks)

5ai. Carbohydrates (1 mark)
ii. For energy (1 mark)
iii. Protein (1 mark)
iv. *Any one*
   - For growth
   - For the repair of body tissues (1 mark)

bi. No (½ mark)
ii. Because Rebecca's diet may be lacking other important nutrients like vitamins and minerals.
   Accept any other relevant answer. (2 marks)

c. It is not wise to give Rebecca a chocolate muffin as a reward after finishing her pasta dish. It is high in sugar and lacks other important nutrients like vitamins and minerals. It is better to give her a fresh fruit instead or maybe give her a fruit or vegetable muffin, like a banana muffin or a courgette muffin.
   Accept any other relevant evaluation. (2 marks)

d. *Any two*
   - Be a role model for Rebecca and eat a healthy diet.
   - Share and enjoy eating time together as a family.
   - Involve Rebecca in simple and healthy meal preparation.
   - Offer new foods slowly with the pasta dish.
   - Decorate the dish with colourful and different food and designs.

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

6a.

Some ingredients used in a recipe of the Traditional Maltese Stuffed Marrows	Healthier option
1 can tomato polpa	fresh tomatoes
2 tablespoons tomato paste	low salt tomato paste
300 grams minced beef	lean minced beef
300 grams corned beef	lean minced pork
75 grams grated parmesan cheese	*Any one for each; Any other low fat cheese.* Cheeselets/Feta/Mozzarella/Ricotta/Edam cheese
50 grams grated cheddar cheese	
Palm oil	*Any one:* Olive/Rapeseed/Corn/Sunflower oil
Salt	*Any one*: Fresh herbs/ Dried herbs

(½ mark x 8 = 4 marks)

bi. *Any one*
- Add chopped fresh vegetables such as mushrooms, coloured peppers and peas.
- Add chopped fresh parsley.

Accept any other correct answer. (1 mark)

ii. *Any one*
- Add chopped fresh fruits such as strawberries and kiwi.
- Add dried fruit and/or nuts and/or seeds.

Accept any other correct answer. (1 mark)

ci.
- Add peas/beans/lentils/lean chicken/lean meat to the soup.

Accept any other correct answer. (1 mark)

ii. *Any one*
- Add fresh salad vegetables such as tomatoes, cucumber, corn, coloured peppers and rocket.
- Use wholegrain rice.

Accept any other correct answer. (1 mark)

7a. *Any four*
Wheat, barley, rice, rye, oats, maize/corn, millet, quinoa
(½ mark x 4 = 2 marks)

b.
(a) endosperm
(b) bran
(c) germ (½ mark x 3 = 1½ marks)

c. *The recipes below are some correct examples*
- Baked rice
- Stuffed peppers with quinoa
- Timpana

Accept any other recipe having one of the cereals as a main ingredient.
(½ mark x 3 = 1½ marks)

d. Unrefined cereals are better than refined ones since they are high in dietary fibre. (1 mark)

e. Broad beans and peas (½ mark x 2 = 1 mark)

f. *Any one*
- Pulses are relatively easy to grow and have a high nutritional value.
- They are easy to cook.
- They are versatile and can be included in a variety of dishes.

Accept any other relevant answer. (1 mark)

gi.
- Defrost food
- Reheat food

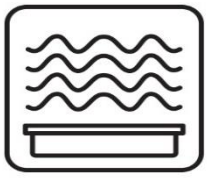
(1 mark x 2 = 2 marks)

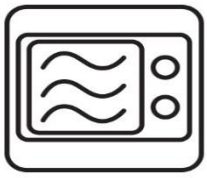
ii. *Any one advantage and any one disadvantage*

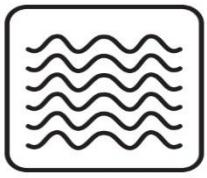
Advantage	• Speeding up cooking time • No pre-heating time is required. • Retains flavour, vitamins and colour. • Easy to use and clean. • Uses less electricity, therefore economical. • Can be used anywhere where there is power supply. • Saves washing up as food can be cooked in serving dishes. • Cuts down cooking smells. • Food can be cooked frozen. • Versatile-boils, bakes, roasts, stews, thaws, reheats and cooks. • Safe for the elderly, disabled people and children as there are no hot surfaces. • Useful for families with flexible meal times. • Less wastage (cook only the amount of food required).
Disadvantage	• Not suitable for large portions of food apart from taking longer to cook, there may also be cold spots. • Food does not brown or crisp. • Cannot use metal utensils in the microwave oven. • Does not cook food evenly, so requires stirring. • Some food is unsuitable.

(1 mark x 2 = 2 marks)

iii. *Any one*







(1 mark)

8a.

Utensil / Kitchen Equipment	Name	Use
	Chopping board	To chop food on
	Peeler	To peel fruit and vegetables
	Apple corer	To remove the core of the apple
	Sieve	To sift the flour
	Chopping knife / cook's knife / chef's knife	To cut meat and vegetables
	Mixing bowls	To mix ingredients in

(½ mark x 6 = 3 marks for writing the name of the utensil)
(½ mark x 6 = 3 marks for writing a correct use of the utensil mentioned)
(Total marks = 6 marks)
Accept any other correct use for each utensil.

b.

i. Kitchen weighing scales / measuring cups
ii. Measuring jug

(½ mark x 2 =1 mark)

c.

- Put on a flat surface.
- Read at eye level.

Accept any other correct answer. (1 mark x 2 = 2 marks)

9a.

i. Extended family –
a family consisting of a large family group which includes the mother, father, child/children and grandparent/s and/or aunties and/or uncles. These relatives tend to live in the same area or nearby.

ii. Adoptive family –
a family consisting of a person/couple who legally take the parental responsibilities of caring for a child/children as if they were their own. The children will take their adoptive parents surname.

iii. Foster family –
a family consisting of a person/couple who temporarily take care of a child/children. The children will not take their foster parents' surname.

(1 mark x 3 = 3 marks)

b. The role of the teenager should be one which supports the family as needed. He/she should help in house chores, maintain his/her bedroom and be as independent as possible.
Accept any other correct answer. (2 marks)

c.

i. Sprained ankle –
stop the activity that caused the injury, sit down and rest the ankle, support it in a raised position, cool with ice.

ii. Jelly fish sting –
rinse the affected area, seek medical advice if painful and/swollen.

(2 marks x 2 = 4 marks)