

Annual Examinations for Secondary Schools 2022

YEAR 11	HOME ECONOMICS	TIME: 1h 45min
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Name: _____

Class: _____

Answer all the questions.

1a. What do you understand by the term nutrients?

(1 mark)

b. What is a balanced diet?

(1 mark)

c. Vitamins are essential nutrients. Fill in the table below by writing **one** function and **two** sources of each vitamin listed.

Vitamin	Function	Sources
Ascorbic Acid		<ul style="list-style-type: none">• _____• _____
Retinol		<ul style="list-style-type: none">• _____• _____
Cholecalciferol		<ul style="list-style-type: none">• _____• _____
Folic Acid		<ul style="list-style-type: none">• _____• _____

(4,4 marks)

- d. Identify **one** type of vitamin needed to prevent each of the following deficiency diseases.

Deficiency disease	Vitamin Required
Scurvy	
Night Blindness	
Beriberi	
Rickets	

(2 marks)

- e. Vitamin C is easily destroyed by careless storage and cooking. Identify **four** ways to help prevent the loss of this vitamin.

- _____
- _____
- _____
- _____

(4 marks)

2. One of the national dietary guidelines states to choose milk and dairy products that are low in fat and with no added sugar.

- a. List **two** ways how Roderick, your teenage friend, can follow the above dietary guideline.

- _____
- _____

(2 marks)

b. State **four** uses of milk in cookery.

- _____
- _____
- _____
- _____

(2 marks)

c. Recently, Roderick has been diagnosed with lactose intolerance. Suggest **two** types of milk that Roderick could consume.

- _____
- _____

(1 mark)

d. Apart from the nutritional aspect, explain **two** other benefits of consuming milk.

- _____
- _____

(2 marks)

e. Milk is a very rich source of high biological value protein. Explain why milk contains this type of protein.

(1 mark)

f. Identify **two** sources of low biological value protein.

- _____
- _____

(1 mark)

g. It was suggested to Roderick to consume two sources of low biological protein together. Explain why.

(1 mark)

h. Outline **two** main functions of protein.

- _____
- _____

(2 marks)

i. Explain why teenagers such as Roderick have a higher need for protein.

(1 mark)

j. Explain what happens to the protein found in milk when it is heated.

(1 mark)

3. Maria, a twenty-four-year old lady, has lately been diagnosed with coeliac disease.

a. Explain briefly this condition.

(2 marks)

b. List **three** cereals that should be avoided by Maria.

- _____
- _____
- _____

(1½ marks)

c. In the box below, draw the symbol that Maria should check for when buying food from a supermarket.



(2½ marks)

- di. Keeping Maria's condition in mind, suggest a main dish together with a drink for her.

Main dish:	
Drink:	

(2 marks)

- ii. Give a reason for your choice of the main dish suggested.

(2 marks)

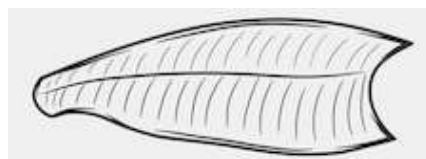
4a. Fish is an important food commodity in a healthy balanced diet.

- Name **two** examples of each type of fish listed below.
- Identify **one** suitable cooking method for each. A cooking method should be used only once.

Type of Fish	Name of Fish	Cooking Method
White Fish	<ul style="list-style-type: none"> _____ _____ 	_____
Oily Fish	<ul style="list-style-type: none"> _____ _____ 	_____
Shell Fish	<ul style="list-style-type: none"> _____ _____ 	_____

(3, 3 marks)

- b. Identify the cuts of fish below.



- _____
- _____

(2 marks)

c. Describe **three** characteristics you would look for when buying fresh fish.

- _____
- _____
- _____

(3 marks)

d. Identify **two** advantages of buying seasonal fish.

- _____
- _____

(2 marks)

e. Compare and contrast the sodium (salt) content and shelf-life of fresh fish and canned fish.

	Sodium (salt) Content	Shelf-life
Fresh Fish		
Canned Fish		

(2 marks)

5. Matthew is preparing plain ricotta pies for dinner.

a. Which kind of pastry is suitable to make ricotta pies?

(1 mark)

b. Which method is used to make this kind of pastry?

(1 mark)

c. Which labour-saving device could help you make pastry?

(1 mark)

d. List **three** tips for successful pastry making.

- _____
- _____
- _____

(3 marks)

e. How can leftover pastry be safely stored for future use?

(1 mark)

f. List **three** healthy ingredients which could be added to the ricotta filling to improve its nutritional value.

- _____
- _____
- _____

(3 marks)

g. What is the purpose of brushing egg or milk on top of a pie before baking it?

(1 mark)

h. Compare and contrast a home-made ricotta pie with a ready-made ricotta pie with regards to freshness and cost.

	Freshness	Cost
Home-made ricotta pie		
Ready-made ricotta pie		

(2 marks)

i. How can a ricotta pie be served to make a balanced course?

(1 mark)

6. George, a physically healthy seventy-year-old man, has been living alone in his house for the past six months, since the passing away of his wife. Lately, he was opting for foods that are easy to prepare and involve little cooking, such as bread, cakes and biscuits.

a. Apart from the reasons mentioned above, identify **three** other possible reasons why George may be eating bread, cakes and biscuits.

- _____
- _____
- _____

(3 marks)

b. Describe **two** possible health consequences if George keeps on eating the types of food mentioned above.

- _____
- _____

(2 marks)

c. George's daughter Maria, who is married, decided to provide her father with a cooked dish at least once a week. Keeping in mind that her father is a physically healthy senior citizen, explain **three** points that she should keep in mind when preparing such dishes.

- _____
- _____
- _____

(3 marks)

d. Food is a physical need. List **four** other physical needs of senior citizens.

- _____
- _____
- _____
- _____

(2 marks)

- e. George is passing through the bereavement process because of his wife's death.
Circle the need that is associated with this fact.

Social need

Intellectual need

Emotional need

(½ mark)

- f. Apart from the family environment, state **two** other environments where the needs of senior citizens can be met or helped.

- _____
- _____

(1 mark)

- g. Evaluate George's decision of living alone in his own home.

(2 marks)

- h. List **three** different gadgets that can be used by senior citizens to live a safer life in their home.

- _____
- _____
- _____

(1½ marks)

- i. Suggest **three** safety precautions that can be taken by George and other senior citizens in order to avoid accidents in the kitchen.

- _____
- _____
- _____

(3 marks)

7. Max and Julia are a couple with two children who are looking to buy a property. They both have a full-time job and earn an average wage. During the summer period they sometimes do a part-time job.

a. From the list below, which type of dwelling do you think is most suitable? Give a reason for your choice.

Dwelling	Details	Price
Balzan	Three bedroom highly finished penthouse with lift and an interconnected garage.	€385,000
Birżebbuġa	Apartment, furnished. Three bedrooms, use of roof.	€250,000
Buġibba	Apartment with side sea views, one bedroom and study.	€140,000
Għargħur	Furnished, three bedroom/two bathroom apartment with lift.	€265,000
Marsaxlokk	Furnished maisonette, three bedrooms, two bathrooms, box room, sea view terraces.	€485,000

Dwelling: _____

Reason: _____

(1,2 marks)

b. They can also decide to build their own home. Give **one** advantage and **one** disadvantage of building their own home.

Advantage: _____

Disadvantage: _____

(1,1 mark)

c. Apart from buying or building the property, what other option do Max and Julia have to acquire a home?

(1 mark)

d. Write **four** factors which can influence the choice of a home.

- _____
- _____
- _____
- _____

(2 marks)

e. Give an advantage that Max and Julia can have if they opt to use an estate agent.

(1 mark)

f. In order to have the funds that they need to buy a dwelling, Max and Julia will require a bank loan. List **four** non-essential expenses that they can cut down on.

- _____
- _____
- _____
- _____

(2 marks)

g. Give a reason why it is important that one's expenditure does not exceed one's income.

(2 marks)