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

Annual Examinations for Secondary Schools 2022

YEAR 11 HOME ECONOMICS MARKING SCHEME

1a. Nutrients are substances that our body needs for different functions in the body.

Accept any other relevant answer. (1 mark)

b. It is a diet consisting of a variety of foods and providing adequate amounts of nutrients necessary for good health.

Accept any other relevant answer. (1 mark)

c. *Accept any one of the functions and any two of the sources listed.*

Vitamin	Function	Sources
Ascorbic Acid	• Needed to enable the body to absorb iron from food. • Needed for the production of collagen. • It acts as an antioxidant.	Blackcurrants, citrus fruits, green peppers, kiwi, green leafy vegetables, Brussels sprouts, broccoli, peas.
Retinol	• Helps the body to grow and develop. • Keeps the lining of the throat, digestive system and lungs moist and free from infection. • Keeps skin healthy. • It acts as an antioxidant. • It helps us to see in the dim light.	Milk, cheese, butter, oily fish, liver, liver products.
Cholecalciferol	• It helps to develop strong bones and teeth. • Aids in the absorption of calcium.	Liver, oily fish, butter, cheese, milk, eggs, sunlight.
Folic Acid	• Helps the body to use protein. • It makes DNA which is important for cell division. • Prevents spina bifida in the baby.	Green leafy vegetables, liver, potatoes, oranges, berries, asparagus, beans, wholegrain cereals, seeds, nuts.

(1 mark x 4 = 4 marks for function, ½ mark x 8 = 4 marks for sources)

Accept any other relevant answers. (Total = 8 marks)

d.

Deficiency disease	Vitamin Required
Scurvy	Vitamin C / Ascorbic acid
Night Blindness	Vitamin A / Retinol
Beriberi	Vitamin B1 / Thiamine
Rickets	Vitamin D / Cholecalciferol

(½ mark x 4 = 2 marks)

e.

- Prepare them the last thing before you need them.
- Cook them in as little water as possible.
- Use the water they were cooked in for making gravy or soup.
- Steam instead of boil to retain the vitamins.

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

2a. *Any two*

- Consume skimmed milk instead of whole milk.
- Use low fat yoghurts instead of the full fat versions.
- Choose chesses that are lower in fat, example cottage cheese, *irkotta*, mozzarella, fresh pasteurised *ġbejniet*.
- Limit the use of condensed milk.

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

b. *Any four*

- In cake making.
- In bread making.
- In sauces.
- In soups.
- In hot or cold desserts.

Accept any other relevant answer. (½ mark x 4 = 2 marks)

c. *Any two*

- Rice milk
- Lactose-free milk
- Almond milk
- Coconut milk
- Oat milk
- Walnut milk

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

d. *Any two*

- Milk is a refreshing drink and fills you up.
- Milk can be taken as a healthy snack, replacing other high sugary or salty snacks, like sweets and crispy snack packets.
- Milk nourishes dry skin and gives healthy glow to skin.
- Milk strengthens the immune system.

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

e. Milk contains high biological value protein because it contains all the essential amino acids in sufficient quantity.

(1 mark)

f. *Any two*

- Rice
- Corn
- Lentils
- Nuts
- Peas
- Beans
- Broccoli
- Asparagus

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

g. So that the essential amino acids which are limited in one food are provided by the other. Thus, a sufficient supply of essential amino acids are provided.

(1 mark)

h.

- For growth.
- To repair body tissues. (1 mark x 2 = 2 marks)

i. Roderick, being a teenager has a higher need for protein because of his rapid spurt of growth.

(1 mark)

j. The protein in milk coagulate gradually as milk is heated and forms a ‘skin’ on the surface.

(1 mark)

3a. Coeliac disease is an autoimmune disease where the person is sensitive to gluten as the lining of the small intestines is damaged by this substance. This damage hinders the absorption of nutrients from the small intestines. (2 marks)

b. *Any three*

wheat, barley, oats, rye (½ mark x 3 = 1½ marks)

c.

(2 marks for the correct design)
(½ mark for clarity)
(Total marks: 2½ marks)

di. Main dish: Chicken stew

Drink: Freshly squeezed orange juice (1 mark x 2 = 2 marks)

ii. Reason: *Any one*

- They do not contain any gluten and thus it makes this suitable for coeliac sufferers.
- Chicken stew is rich in protein, needed for repair of body tissues

Accept any other valid main dish and drink accompanied by a valid reason. (2 marks)

4a i. *Any two for each type of fish*

White fish – cod, haddock, whiting, plaice, sole, coley, saithe.

Oily fish – herring, mackerel, sardine, pilchard, salmon, trout, tuna.

Shell fish – lobster, crab, prawns, shrimps, cockles, mussels, oysters.

Accept any other correct answer. (½ mark x 6 = 3 marks)

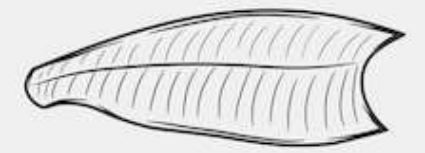
ii. *Any one different cooking method for each type of fish*

grilling, baking, steaming, boiling, poaching

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

b.

steak



fillet

(1 mark x 2 = 2 marks)

c. *Any three*

- The flesh should be firm and moist.
- Whole fish should have bright red gills.
- Fish should have sparkling scales firmly attached to the skin.
- The eyes should be prominent and not sunken.
- The fish should have a fresh smell.

(1 mark x 3 = 3 marks)

d. *Any two*

- It is plentiful and easily available.
- It is at its lowest price.
- It could be bought in abundance and frozen.

(1 mark x 2 = 2 marks)

e.

	Sodium (salt)	Shelf-life
Fresh Fish	Lower in sodium	Very short shelf-life
Canned Fish	Higher in sodium	Very long shelf-life

(½ mark x 4 = 2 marks)

5a. Shortcrust pastry (1 mark)

b. Rubbing-in method (1 mark)

c. *Any one*

Food mixer; food processor (1 mark)

d. *Any three*

- Keep the ingredients and utensils cold.
- Handle lightly.
- Do not over rub the margarine.
- Do not over knead the pastry.
- Keep the pastry resting in a cool place or in the fridge.
- Bake in a hot oven. (1 mark x 3 = 3 marks)

e. It can be put in a plastic bag and stored in the fridge or in the freezer. (1 mark)

f. *Any three*

spinach, broad beans, peas, parsley, corn, onion, sultanas

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

g. Brushing egg/milk on pastry will give a golden brown colour to baked pies. (1 mark)

h.

	Freshness	Cost
Home-made ricotta pie	It is very fresh	Cheaper
Ready-made ricotta pie	Not as fresh as homemade	More expensive

(½ mark x 4 = 2 marks)

i. It can be served with boiled vegetables or a vegetable salad to make a balanced course.

Accept any other correct answer. (1 mark)

6a. *Any three*

- Loneliness.
- Loss of appetite.
- Difficulty in shopping.
- Difficulty in buying amounts of food small enough for one person.
- Lack of knowledge about which foods will keep him healthy.
- Lack of cooking skills.

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

b. *Any two*

- George may gain extra weight and eventually become obese.
- George may suffer from constipation, coronary heart disease, diabetes or other diet-related disorders.
- George may lack important nutrients to keep him healthy and away from diseases.

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

c. *Any three*

- Food needs to be easy to chew especially if he has teeth problems or a denture.
- Avoid saturated fats to avoid the risk of coronary heart disease and obesity.
- Include high fibre rich foods to prevent constipation and diverticulitis.
- Food needs to be high in important nutrients like protein, vitamins and minerals.
- Food needs to be low in sodium to avoid the risk of hypertension.

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

d. *Any four*

- clothing
- sleep
- warmth
- hygiene
- exercise
- adaptable home

Accept any other relevant answer. (½ mark x 4 = 2 marks)

e. Emotional need (½ mark)

f. *Any two*

- day care centres
- voluntary groups
- clubs
- local councils

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

g. *Any one*

- When living in his own home, George may feel familiar with his home environment. However, he may sometimes feel lonely and insecure.
- George has the privacy of his own home. However, he might encounter difficulties in preparing food and doing house chores especially when feeling sick.

Accept any other relevant answer. (2 marks)

h. *Any three*

- non-slip mat in bath/shower.
- bath/shower seat.
- grab bars.
- grip aids.
- stair lift.

Accept any other relevant answer. (½ mark x 3 = 1½ marks)

i. *Any three*

- Use electrical appliances carefully.
- Don't wear clothes with long, loose sleeves while cooking.
- Saucepans should have handles turned inwards when they are on the cooker.
- Avoid the use of rugs in the kitchen.
- Wipe up any spills straight away.
- Use chopping knives with thicker and shaped handles for easier control when cutting or chopping food.

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

7a. Dwelling: Għargħur / Birżebbuga apartment

Reason: It is an apartment which is already furnished therefore no extra money for furniture is needed and it has three bedrooms therefore it is not small and suitable for a family of 4 and the one of Għargħur also comes with a lift. The Gharghur apartment is the most expensive from the three given. .

Accept any other relevant reason for the choice of dwelling.

(1 mark for listing the dwelling, 2 marks for a valid reason. Total: 3 marks)

b. *Any one advantage and any one disadvantage*

Advantages	Disadvantages
It is the only way of having the house the way you really want it and which suits all the present and future needs of different family members, if good planning is done.	It is expensive and the price may go over the estimated price.
The house belongs to you, and you do not share areas with others e.g. common area in an apartment.	Building a house is a long process.
While building certain preventive measures such as installation on foundation, thermal insulation and more can be done and so prevent problems which may arise later.	A lot of hard work has to be put up with. In the process the family members will have to deal with building contractors, plumbers, electricians and plasterers.

Accept any other relevant advantage and disadvantage.

(1 mark for advantage and 1 mark for disadvantage. Total: 2 marks)

c. Renting (1 mark)

d. *Any four*

- Condition of the house
- Locality
- Area
- Layout
- Money available
- Size of the family
- Type of house
- Availability

Accept any other relevant factor. (½ mark x 4 = 2 marks)

e. *Any one*

- The estate agent will match the property to potential buyers.
- The agent will save a lot of time for the buyers, as they will give him/her their specifications and he/she will show them the available properties.
- The estate agent will help the buyers in negotiations.
- The buyer will be assisted to conclude all necessary papers such as notary and architect contracts.

Accept any other relevant answer. (1 mark)

f. *Any four*

- Entertainment
- Take-away food
- Mobile cards
- Mobile apps
- Clothes and shoes
- Online shopping

Accept any other relevant answers. (½ mark x 4 = 2 marks)

g. It is important that one's expenditure does not exceed one's income as the couple would not have the money to buy the property and would not be able to save up for any future needs.

Accept any other relevant answer. (2 marks)