

SECONDARY SCHOOL ANNUAL EXAMINATIONS 2008
DIRECTORATE FOR QUALITY AND STANDARDS IN EDUCATION
Educational Assessment Unit

FORM 5

HOME ECONOMICS

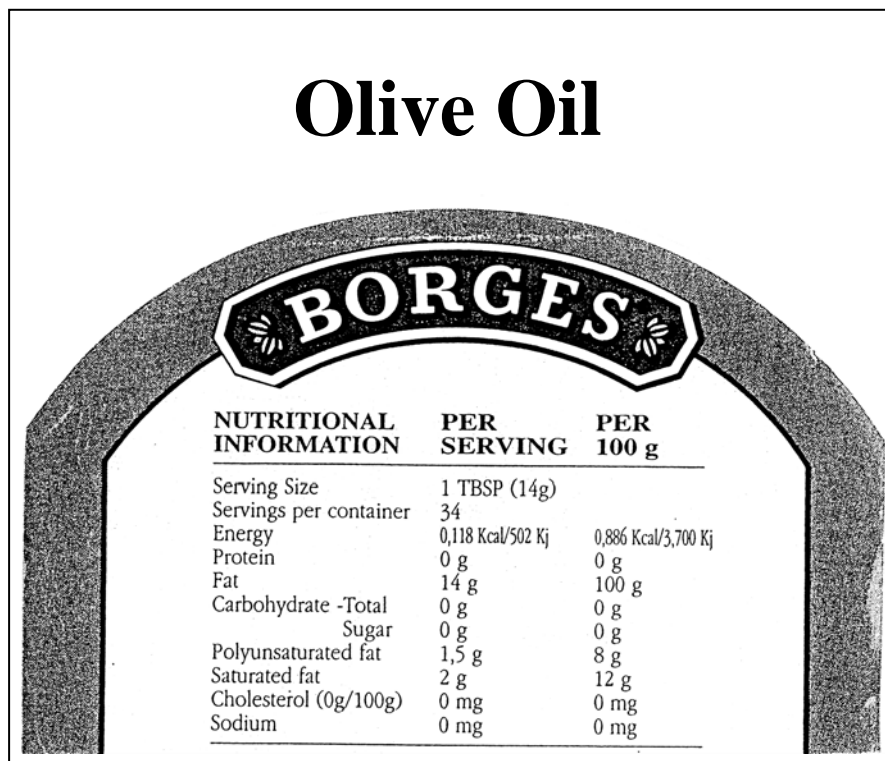
TIME: 1h 45min

Name: _____

Class: _____

Answer all the Questions

1. Study the information on the label below.



NUTRITIONAL INFORMATION	PER SERVING	PER 100 g
Serving Size	1 TBSP (14g)	
Servings per container	34	
Energy	0,118 Kcal/502 Kj	0,886 Kcal/3,700 Kj
Protein	0 g	0 g
Fat	14 g	100 g
Carbohydrate -Total	0 g	0 g
Sugar	0 g	0 g
Polyunsaturated fat	1,5 g	8 g
Saturated fat	2 g	12 g
Cholesterol (0g/100g)	0 mg	0 mg
Sodium	0 mg	0 mg

- a. (i) How much energy does a serving of this olive oil give?

(1 mark)

- (ii) Name **two** different types of fat.

• _____ • _____

(½, ½ mark)

(iii) Which nutrient provides the most energy in this oil?

(1 mark)

(iv) Name the nutrients which have **0** value.

(1/2, 1/2, 1/2 mark)

b. (i) This nutrient is needed by the body to:

- give energy
- prevent constipation
- give warmth
- prevent tooth decay
- provide Vitamin A and D
- prevent obesity

(underline **three** correct answers)

(1/2, 1/2, 1/2 mark)

(ii) Olive oil is particularly useful for:

- diabetics
- persons on a slimming diet
- obese persons
- persons with weak bones

(Tick near **two** correct answers)

(1/2, 1/2 mark)

c. Give **four** examples of recipes where you can use olive oil.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(4 marks)

d. Eating too many fatty foods can cause Coronary Heart Disease.

Write down **two** other factors which can cause Heart Disease.

- _____
- _____

(2 marks)

2a. Look carefully at the table which shows the nutritive value per 100g of **four** popular pulse foods.

Nutrient	Frozen Peas	Broad Beans	Red Lentils	French Beans
Energy	305Kcal	81kcal	100Kcal	24Kcal
Protein	5g	7.9g	7.6g	1.9g
N.S.P.	6.4g	0	3.3g	3.0g
Calcium	19mg	56mg	16mg	36mg
Iron	1.5	1.6	2.4	1.2
Vitamin C	8	8	0	12

(i) Which pulse food contains the most:

- **protein**
- **calcium**
- **iron**
- **N.S.P. ?**

(2 marks)

(ii) List a pulse food which:

- is high in Vitamin C and low in energy

- is high in iron and protein

- has no N.S.P.

- is high in calcium and protein

(4 marks)

b. Using the information provided in the table and keeping the CINDI Dietary Guidelines in mind, suggest a pulse food suitable for the following:
Also give a reason for your choice of food.

(i) A sauce for vegetarian Lasagne:

Pulse Food: _____

Reason for Choice: _____

(1, 2 marks)

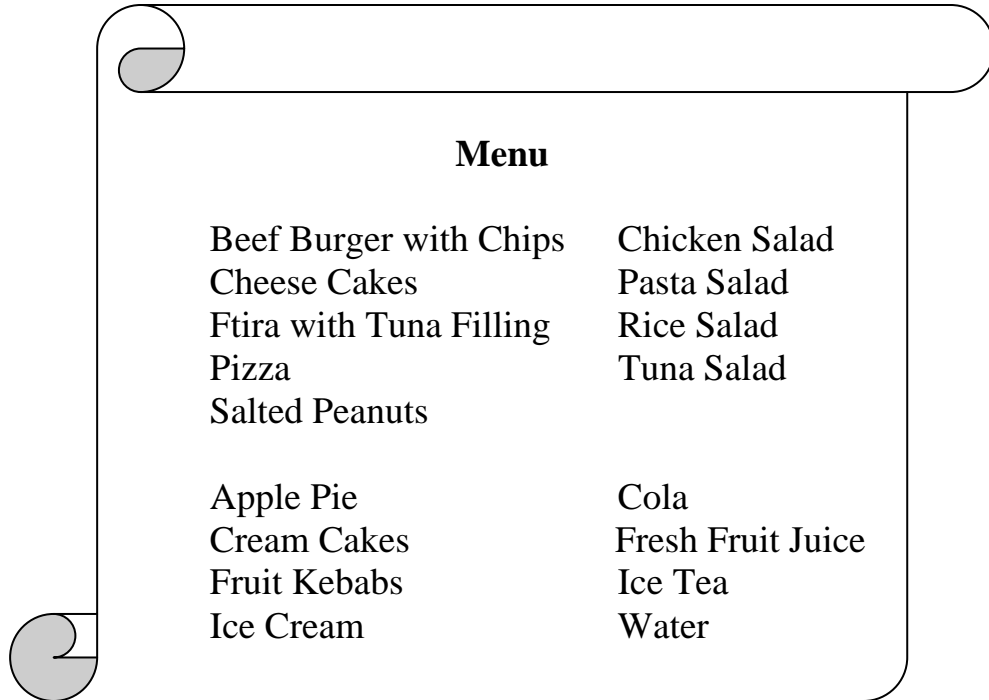
(ii) A Maltese Ftira Filling:

Pulse Food: _____

Reason for Choice: _____

(1, 2 marks)

3.



- a. (i) Keeping the CINDI Dietary Guidelines in mind, list **six** healthy items you would choose for yourself.

• _____ • _____ • _____

• _____ • _____ • _____

(3 marks)

- (ii) Write down a CINDI Dietary Guideline which goes with each of any **three** foods you have chosen.

Food: _____

CINDI Dietary Guideline : _____

_____ (2 marks)

Food: _____

CINDI Dietary Guideline : _____

_____ (2 marks)

Food: _____

CINDI Dietary Guideline : _____

_____ (2 marks)

- b. (i) Name **two** packaging materials commonly used for take-away food.

I _____ II _____
(1 mark)

- (ii) List **one** advantage and **one** disadvantage for the packaging materials you have chosen.

Packaging Material I: _____

Advantage: _____

Disadvantage: _____

_____ (2 marks)

Packaging Material II: _____

Advantage: _____

Disadvantage: _____

_____ (2 marks)

(iii) A new take-away shop has opened close to your house. Suggest **three** ways how the person running the shop could prevent persons buying his food from dirtying the streets in the vicinity of the shop.

- _____

- _____

- _____

(2, 2, 2 marks)

4. Chilled (*frozen*) ready meals are popular with some Maltese families.

a. Write down points you should remember, to avoid food poisoning when:

(i) **Shopping for frozen foods:** _____
_____ (2 marks)

(ii) **Carrying frozen foods home:** _____
_____ (2 marks)

(iii) **Storing frozen foods at home:** _____
_____ (2 marks)

(iv) **Reheating frozen foods:** _____
_____ (2 marks)

b. These foods must not be used too often.

Suggest **two** situations when chilled ready meals can be used in the home

- _____
- _____

(2 marks)

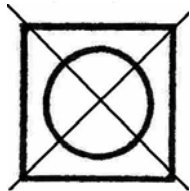
5a. Before washing your clothes you must check the Care Label Symbols.
Explain the following Care Symbols:



(i) _____



(ii) _____



(iii) _____



(iv) _____

(4 marks)

b. What would you look for in a detergent to show you care for the environment?

- _____
- _____

(2 marks)

c. Suggest **three** ways how a family can economise (*save*) on fuel and water when using an automatic washing machine.

Ways

- _____
- _____
- _____

(3 marks)

- d. i. In Malta we often dry our clothes in the open air.
Give **two** advantages of this practice.

- _____

- _____

(2, 2 marks)

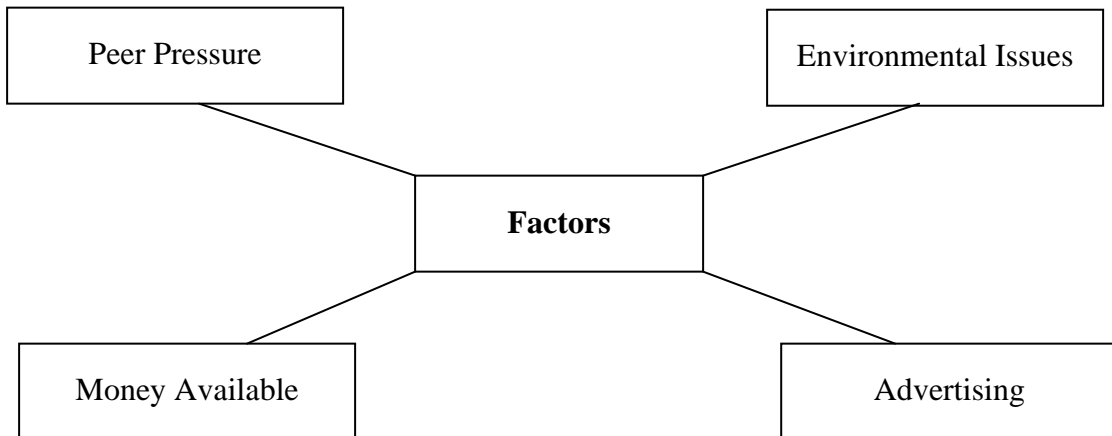
- ii. In view of this, when do you feel it might be necessary to use a tumble dryer.

- _____

- _____

(2, 2 marks)

6. When buying food, a consumer can be influenced by the following factors.



- a. Choose **three** of the above factors and explain how they can influence your choice of food.

Factor i _____

Factor ii _____

Factor iii _____

(2, 2, 2 marks)

- b. Give **two** examples how food manufacturers are helping consumers meet the Cindi Dietary Guidelines.

eg: the product contains only 1% fat

CINDI Dietary Guideline: Eat less fat

• _____

• _____

(2, 2 marks)

- c. Explain the use of the following in food preservation.

Sugar: eg *to prevent food from going bad.*

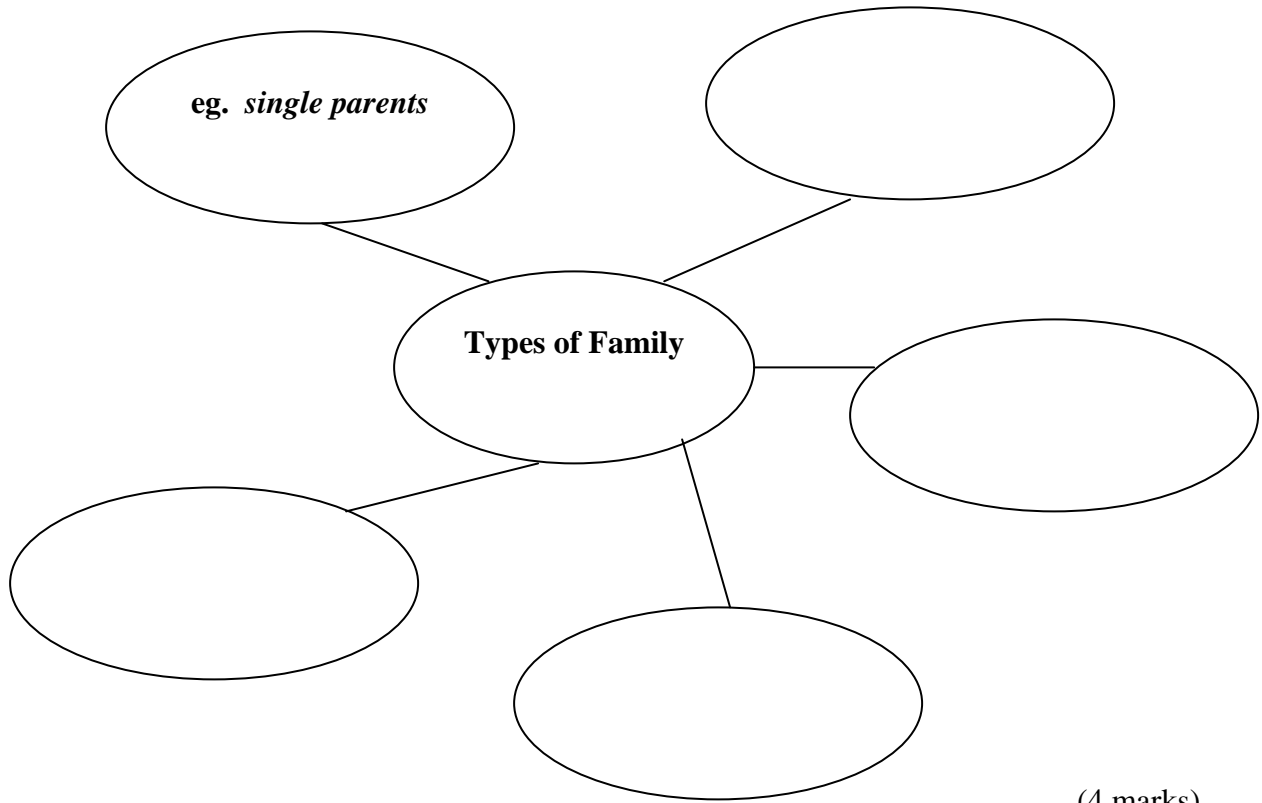
Salt: _____

Freezing: _____

Irradiation: _____

(1, 1, 1 mark)

7a. **Fill in the Web Diagram**



(4 marks)

b. Identify **three** basic needs of the family.
Basic Needs

- eg shelter / home
- _____
- _____
- _____
- _____

(3 marks)

- c. Explain how a single parent may find it difficult to provide for **two** of the above mentioned needs.

Example

Need: the need for a decent home.

Difficulty: the single parent may not have enough money to provide a decent home

Need i: _____

Difficulty: _____

(2 marks)

Need ii: _____

Difficulty: _____

(2 marks)

- d. Suggest how the family members can contribute towards happy family living.

Parent: _____

Teenage Children: _____

(2, 2 marks)