KULLEĠĠ SAN BENEDITTU
Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2011/12
Track 3

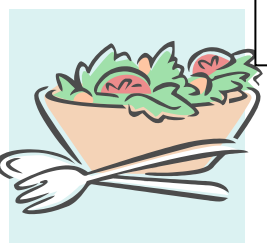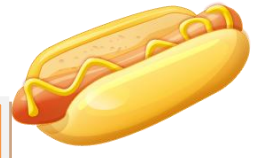| FORM 2	Home Economics	TIME: 1:30 mins

Name:_____   **Class:**_____

1. **Reasons affecting food choice**

Imagine you are going for a picnic with your friends. Choose a food item from **each group and state why** you chose that food.

Tick a box from each group with a ☒

Group 1

Salad   **Or**   Beef Burger

State why.

_____

Group 2

Water   **Or**   Soft drink

State why.

_____

Group 3	
Ice-cream	**Yoghurt**

Or

State why.

_____

6 marks

2a. You have offered to go shopping for an **elderly** neighbour. Below is a copy of the **shopping list** which you were given.
Suggest **healthier** food which you could buy instead.
The first one has been done for you.

Shopping List

i.	1 packet of flour
ii.	200g cheddar cheese
iii.	100g bacon
iv.	1 carton whole milk
v.	1 packet butter
vi.	1 loaf of white bread
vii.	1 can peaches in syrup
viii.	1 can tuna in oil

Healthier Shopping List

1 packet of wholemeal flour

_____

_____

_____

_____

_____

_____

_____

7 marks

2b. Name what **healthy** food **teenagers** should **choose instead of** the following

≈ Choose _____ instead of ice cream.

≈ Choose _____ instead of sweets.

≈ Choose _____ instead of sugar coated breakfast cereals.

≈ Choose _____ instead of soft drink.

≈ Choose _____ instead of biscuits and cakes.

≈ Choose _____ instead of fried food.

6 marks

The following is a Pasta Bake recipe;
3a. Underline all the **unhealthy ingredients** in this recipe.
The first one has been done for you

<div style="border: solid green;">

Pasta Bake
Ingredients

- 500g white pasta
- 1 tablespoon sunflower oil
- 650g minced beef
- 1 Maltese sausage chopped
- 200g corned beef
- 200g bacon, chopped
- **<u>1 teaspoon garlic salt</u>**
- 1/4 teaspoon dried basil
- 1 can tomato sauce
- salt and pepper to taste
- 100g cheddar cheese
- 3 eggs, beaten
- 1/3 cup grated Parmesan cheese
- 100g shredded mozzarella cheese

</div>

3 marks

b. Mention what **other ingredient**s you use **instead of the ones underlined**
ex. <u>1 Teaspoon salt</u> – replace with <u>More herbs</u>

- _____ - replace with_____
- _____ - replace with_____
- _____ - replace with_____
- _____ - replace with_____
- _____ - replace with_____
- _____ - replace with_____

6 marks

c.

I. Mention one **healthy pasta** dish: _____

Reasons for choice:

_____
_____

II. Mention one **healthy rice** dish: _____

Reasons for choice:

_____
_____

6 marks

4a. The following is a food label of a can of baked beans.
    Label the following diagram

A _____

B _____

C _____

3 marks

b. Draw the litterman & the recycle symbol in the boxes below:

Litterman	Recycle

b.

4 marks

c. Give three reasons why food labels are important.

- _____
- _____
- _____

3 marks

c. Name three food information labels and briefly explain the information they give.

i) _____-

_____

ii)_____-

_____

iii)_____-

_____

3 marks

5a .Name **one cause** of each of the following diseases:

Disease		Caused by:
• *High blood pressure*		*Eating too much salt*
• Tooth Decay		_____
• Obesity		_____
• Heart disease		_____
• Constipation		_____

5 marks

b. Choose a **snack and a drink** that you would take with you to school, keeping in mind the CINDI Dietary Guidelines.

Snack:

Drink:

State two reasons for choice.

_____

_____

_____

4 marks

Rita is a 50 year old woman suffering from **Diabetes.**

c. Which is the nutrients that he should eat less ?

Nutrient ⟶ _____

1 mark

d. Will the following practices help Rita to live a better life? **Answer by filling Yes or No.**

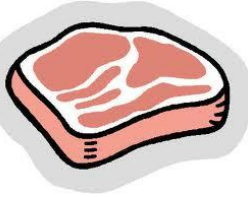| Statement	YES/NO
Eat plenty of sugar filled food.	
Drink plenty of water	
Eat plenty of vegetables.	
Eat plenty of bread and pasta	
Do plenty of exercise and keep as active as possible.	

5 marks

6. Minerals and Vitamins

a. **Match** column A with column B.

	Column A		Column B
i	Vitamin A		Formation of strong and healthy bones and teeth
ii	Iron		Important for the nervous systems to function well
iii	Vitamin B	V	Helps prevents colds and cures wounds easily.
iv	Calcium		Needed for red blood cells to carry oxygen around the body
v	Vitamin C		We get this mostly from staying in the sun.
vi	Vitamin D		Needed for good night vision

5 marks

b. Name the vitamins and minerals which are present in the foods below
   Fill in the table below (You can write down more than one vitamin & mineral)

Source			
Vitamins & Minerals			

Source			
Vitamins & Minerals			

6 marks

7a. Explain the **main function** of the following nutrients:

Nutrient	Function
Vitamins and Minerals	
Protein	
Fats	
Carbohydrates	

4 marks

b. Separate the following foods into carbohydrate and protein foods.

Meat, jam, eggs, cakes, poultry, milk, biscuits, nuts, rice, cereals	
Carbohydrate food	**Protein foods**

5marks

c. Peter is obese and he is trying to lose weight. **List four** examples how Peter can **reduce the intake of fat.**   *4 marks*

Example: Remove any visible fat from meat before cooking

≈ _____

≈ _____

≈ _____

≈ _____

d. The following is a list of foods that provide fat. Divide the foods into **saturated and unsaturated** food sources

eggs, hard cheese, seeds, nuts, poultry, salmon, red meat, olive oil, butter, sausages	
Fat Sources	
Saturated	**Unsaturated**

5 marks

8a. List **three** functions of water

≈ _____

≈ _____

≈ _____

3 marks

b. List three sources of food which are very high in water

Example: *Soups*
i.
ii.
iii.

3marks

c. Name **three occasions** when we need to drink more water.

≈ _____

≈ _____

≈ _____   *3 marks*