

KULLEGG SAN BENEDITTU Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2011/12 Track 2

FORM 2

Home Economics

TIME: 1:30 mins

Name: _____

Class: _____

11. 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	
 <input type="checkbox"/>	 <input type="checkbox"/>
Salad	Beef Burger

State why.

Group 2	
 <input type="checkbox"/>	 <input type="checkbox"/>
Water	Soft drink

State why.

Group 3	
<p>Ice-cream</p> <div style="display: flex; justify-content: center; align-items: center;">  <div style="margin: 0 20px; text-align: center;"> <div style="border: 1px solid black; background-color: #f4a460; padding: 5px; display: inline-block;">Or</div> </div>  </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> </div>	

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

Pasta Bake Ingredients

- 500g white pasta
- 1 tablespoon sunflower oil
- 650g minced beef
- 1 Maltese sausage chopped
- 200g corned beef
- 200g bacon, chopped
- 1 teaspoon garlic salt
- 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

3 marks

b. What healthy food could you choose use instead of the unhealthy food in the recipe?

Fill in the table

• 1 tablespoon sunflower oil –	<u>replace with Olive oil</u>
• 1 Maltese sausage chopped -	• replace with _____
• 200g corned beef -	• replace with _____
• _____ -	• replace with more herbs
• _____ -	• replace with EDAM cheese
• _____ -	• replace with ricotta cheese

5 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 → *caramel delight*

B → NET WT 15.6 OZ (442g)

C → **Nutrition Facts**

		Fiber One Caramel	with skim milk
Amount Per Serving			
Serving Size 1 cup (50g) Servings Per Container about 9			
Calories		180	220
Calories from Fat		25	30
% Daily Value**			
Total Fat 3g*		4%	5%
Saturated Fat 0g		0%	3%
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 1.5g			
Cholesterol 0mg		0%	1%
Sodium 260mg		11%	13%
Potassium 140mg		4%	10%
Total Carbohydrate 41g		14%	16%
Dietary Fiber 9g		35%	35%
Soluble Fiber 3g			
Sugars 10g			
Other Carbohydrate 22g			
Protein 3g			
Vitamin A		0%	4%
Vitamin C		10%	10%
Calcium		10%	25%
Iron		25%	25%
Thiamin		25%	30%
Riboflavin		25%	35%
Niacin		25%	25%
Vitamin B ₆		25%	25%

6 marks

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

Litterman

Recycle

b.

4 marks

4c. Briefly explain the following food information labels:

i) Storage instructions-

ii) Nutritional information -

iii) The ingredient list-

3 marks

5a. Diet Related Diseases

Underline the correct answer

Disease	Caused by:	
e.g. High blood pressure-	<u>Eating too much salt.</u>	<i>Or</i> Eating too much sugar.
I. Obesity -	Lack of exercise and eating too much fat.	<i>Or</i> Eating too much fibre.
II. Tooth Decay -	Having too many saturated fats in the diet.	<i>Or</i> Eating too much sugar and lack of tooth hygiene.
III. Heart disease -	Eating too much salt.	<i>Or</i> Eating too much fat
IV. Constipation -	Lack of fibre and water in the diet.	<i>Or</i> Lack of sugar.

5 marks

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



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

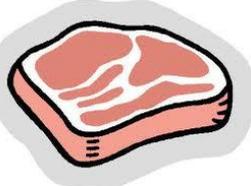
a. **Match** column A with column B.

	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

5marks

b. Name the **vitamins** and **minerals** which are present in the foods below

Fill in the table below

Source			
Vitamins & Minerals	Vitamin:	Mineral:	Mineral:

Source			
Vitamins & Minerals	Vitamin:	Vitamin;	Mineral:

6 marks

7a. Match the **nutrient with the main functions:**

Nutrient	Function
i. Vitamins and Minerals	Needed for energy and to keep us warm during cold winter days.
ii. Protein	<ul style="list-style-type: none"> • Important for growth. • Help the body to use energy from food. • Protects us from disease
iii. Fats	Needed for growth, repair and maintenance of body cells.
iv. Carbohydrates	Needed for energy and is found in all the cells of our body.

4 marks

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

Meat, jam, eggs, cakes, poultry, milk, biscuits, nuts, rice, cereals	
<u>Carbohydrate food</u>	<u>Protein foods</u>

5marks

c. Peter is obese and he is trying to lose weight. **List four** examples of 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: <i>Soups</i>
i.
ii.
iii.



3 marks

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

≈ _____
 ≈ _____
 ≈ _____

3 marks