

KULLEGG SAN BENEDITTU

Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2011/12

Track 2

FORM 2

Home Economics

TIME: 1:30 mins

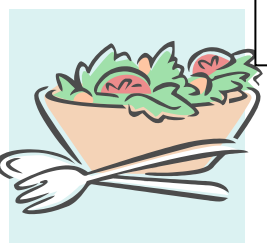
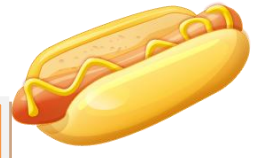
Name: _____

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="border: 1px solid black; width: 60px; height: 30px; margin-left: auto;"></div>	<p>Yoghurt</p>  <div style="border: 1px solid black; width: 60px; height: 30px; margin-left: auto;"></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

The diagram shows a box of Fiber One Caramel Delight cereal. Three labels are placed around the box with arrows pointing to specific features:

- Label A:** Points to the **FIBER ONE** brand name.
- Label B:** Points to the **NET WT 15.6 OZ (442g)** text at the bottom left of the box.
- Label C:** Points to the **Nutrition Facts** panel on the right side of the box.

Nutrition Facts

Serving Size 1 cup (50g)
 Servings Per Container about 9

	Fiber One Caramel	with Skim Milk
Amount Per Serving		
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

4 marks

4c. Briefly explain the following food information labels:

i) Storage instructions-

ii) Nutritional information -

iii) The ingredient list-

3 marks

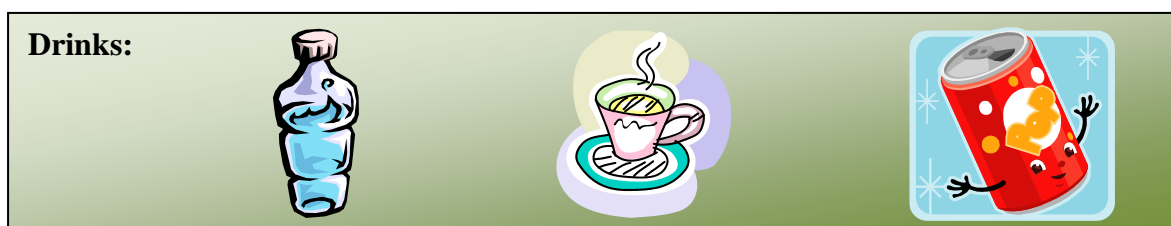
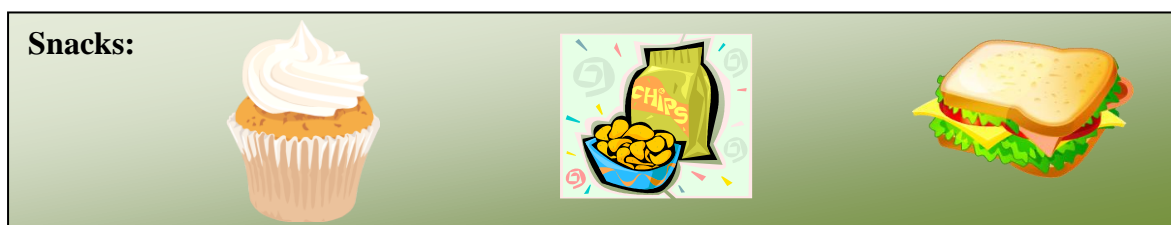
5a. Diet Related Diseases

Underline the correct answer

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


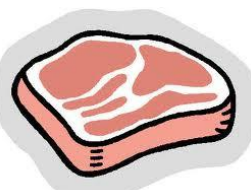

a. **Match** column A with column B.




	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: Soups
i. _____
ii. _____
iii. _____



3 marks

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

≈ _____

≈ _____

≈ _____

3 marks