

KULLEĠĠ SAN BENEDITTU

Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2011/12

Track 3



FORM 4

HOME ECONOMICS

TIME: 1h 30 min

Question	1	2	3	4	5	6	7	8	9	10	Global Mark
Max. Mark	13	12 ½	22	11	12 ½	22	7				100
Mark											

DO NOT WRITE ABOVE THIS LINE

Name: _____

Class: _____

Instructions:

- Answer **ALL** questions.
- Answers are to be given in English and no credit is awarded if replying in Maltese.
- Spelling mistakes are not countable, therefore marks will not be deducted.

1. A young married couple, Carla and Jason decided to invite their parents for Sunday lunch.



a. List **four factors** which they need to consider when planning the three-course meal.

• _____ • _____ • _____ • _____
(½ mark x 4=2 marks)

b. Carla's mother, Josephine, is coeliac therefore special care should be taken when planning the meal.

Define the term '**coeliac**'.

(1 mark)

c. When shopping for food, Carla knows that she should check the food labels to make sure that she doesn't buy anything which is not suitable for her mother.

Draw the symbol which indicates that the **product is suitable for coeliac sufferers**.



(1 mark)

d.

Suggest TWO food items which Josephine:		
	Food Item 1	Food Item 2
i. Cannot eat		
ii. Can eat		

(½ mark x 4=2 marks)

e. Carla is pregnant, so she needs to be careful to avoid foods which might be harmful to the baby

List **two foods** that Carla should avoid.

• _____ • _____
(½ mark x 2=1 mark)

f. List **two nutrients** which are important for Carla and give a reason for each answer.

i. **Nutrient 1:** _____

Reason: _____

ii. **Nutrient 2:** _____

Reason: _____

(½, 1 mark x 2=3 marks)

g. Plan a suitable **three-course meal** which these family members can enjoy together.

Starter: _____

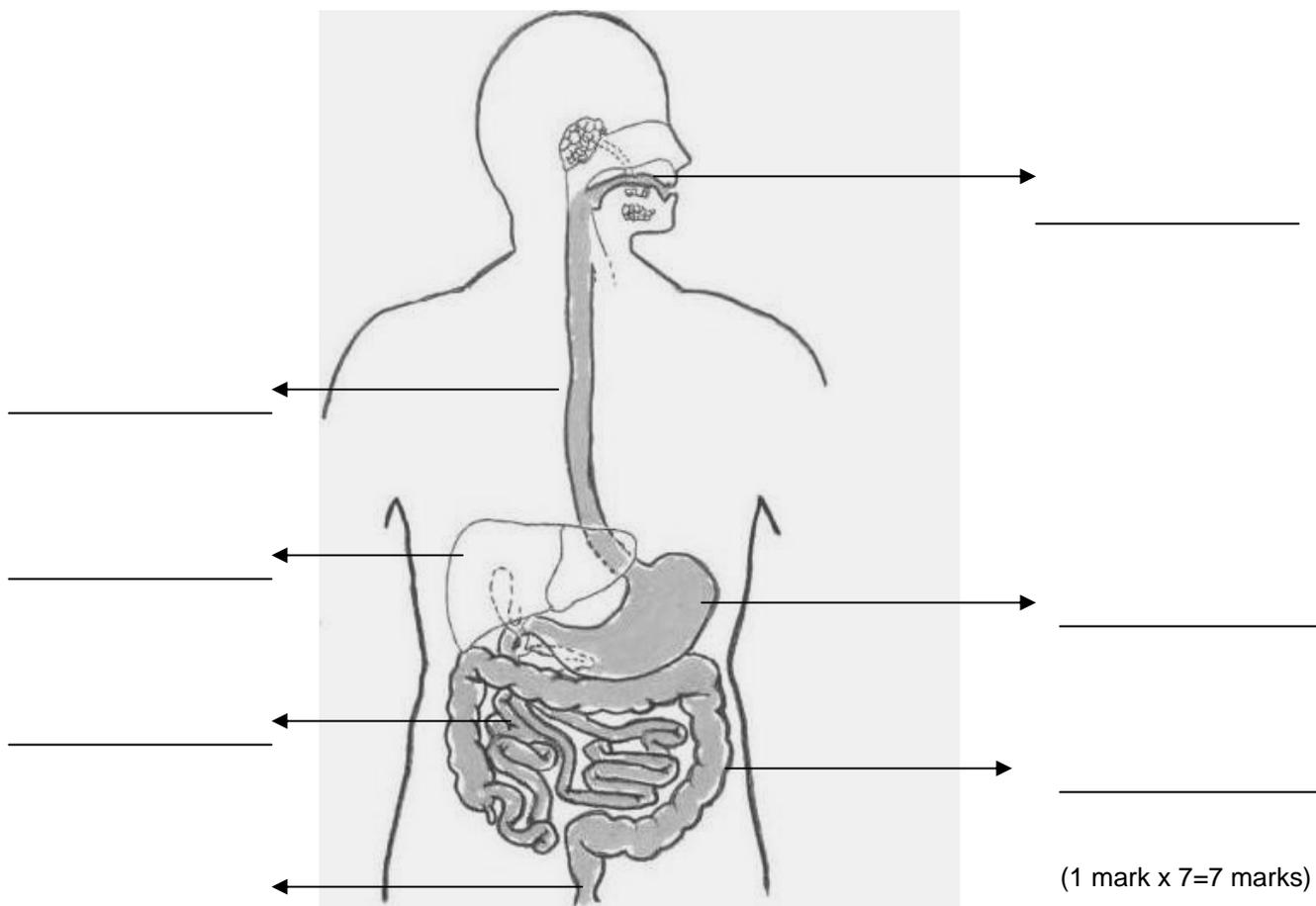
Main: _____

Dessert: _____

(1 mark x 3 = 3 marks)

2. The following diagram represents the human digestive system.

a. **Label the main organs which are responsible for digestion**



b. **Complete the following:**

- i. Digestion is the _____ of food so that it can be used by the body for several functions.
- ii. _____ are responsible for breaking down the nutrients into smaller chains.

iii. Which glands are responsible for chemical digestion in the mouth?

iv. What type of acid is produced in the stomach? _____

v. Through which intestine are the nutrients absorbed into the bloodstream?

vi. Which intestine absorbs water from the undigested food? _____

vii. Someone who is _____ finds it difficult to pass out waste.

(½ mark x 7=3 ½ marks)

c. Suggest **two dietary changes** that should be made to prevent this condition (*refer to question vii*).

• _____

• _____

(1 mark x 2=2marks)

3. Daniel, a Home Economics student decided to prepare a Swiss roll at home in order to be well prepared for his practical session at school.

a. List the **main ingredients with quantities** which he will need for the sponge mixture:

3 eggs _____

(1 mark x 2=2marks)

b. What is this method of cake-making known as? _____

(1 mark)

c. The following pictures should help you to write down **the basic steps that should be followed when making a sponge**.



1. Light _____



2. Grease _____

3. Whisk _____

4. Add _____



5. Fold _____

6. Pour _____

(1 mark x 6=6 marks)

d. What **kind of flour** should Daniel use to make the sponge? _____

Reason: _____

e. What should be done to the **flour** before adding it to the mixture? _____

Reason: _____

f. Preferably, what **type of sugar** should he use? _____

Reason: _____

($\frac{1}{2}$, 1 mark x 3= 4 $\frac{1}{2}$ marks)

g. Other than a Swiss roll, **what other dessert** can be made with this method of cake making?

• _____ • _____

($\frac{1}{2}$ mark x 2=1 mark)

h. i. List **three healthy ingredients** which Daniel can use for the filling of Swiss roll
ii. Give **one reason** for each answer.

Healthy ingredients for filling	Reason
1.	
2.	
3.	

($\frac{1}{2}$, 1 mark x 3= 4 $\frac{1}{2}$ marks)

i. List **three safety precautions** that Daniel should follow when using the oven.

i. _____

ii. _____

iii. _____

(1 mark x 3= 3 marks)

4. Helen and Kenneth, a married couple with two young children, decided to buy an upright freezer.

a. Circle / mark the upright freezer ($\frac{1}{2}$ mark)

b. What is the other type of freezer called?

_____ ($\frac{1}{2}$ mark)



c. Give **three advantages** of having a freezer at home.

- _____
- _____
- _____

(1 mark x 3= 3 marks)

d. Name **one environmental factor** which should be considered when buying a freezer.

_____ (1 mark)

e. List **four other factors**, other than environmental, that are considered when choosing a freezer.

- _____
- _____
- _____
- _____

(½ mark x 4=2 marks)

f. When shopping for the freezer and seeing what is available on the market, they came across freezers with additional features.

Give **one advantage** of having a freezer with the following features:

Quick freeze : _____

Digital temperature display: _____

(1 mark x 2= 2 marks)

g. List **two important rules** that should be followed when freezing food:

- _____
- _____

(1 mark x 2= 2 marks)

5. Maria is a 70 year old widow. She lives on her own, however, now that she is getting older, she needs some help with the daily household tasks, which she is finding tiring to do on her own.

a. List **two support services** which Maria can make use of and explain their benefits.

i. **Service 1:** _____

Benefit: _____

ii. **Service 2:** _____

Benefit: _____

(½, 1 mark x 2= 3 marks)

b. Identify **one advantage** and **one disadvantage** of an elderly person living alone.

Advantage: _____

Disadvantage: _____

(1 mark x 2= 2 marks)

c. Maria tries to keep herself active as much as she can and enjoys the company of others. In fact she often goes to the Day Care Centre in her locality.

i. What is a Day Care Centre?

_____ (1 mark)

ii. List **three activities** which are carried out in a Day Care Centre.

• _____ • _____ • _____ (½ mark x 3= 1 ½ marks)

d. Maria's daughter is concerned about the level of safety in her mother's house and she would like to help her mother to make the necessary modifications.

List **two important safety measures** that should be taken in order to make Maria's house safe.

- _____
- _____

(1mark x 2= 2 marks)

e. Nowadays, several gadgets and devices are available on the market to help make the life of an elderly easier.

What are these called? How are they useful?			
	Description: _____ _____		Description: _____ _____
	Its use: _____ _____ _____		Its use: _____ _____ _____

(½, 1 mark x 2 = 3 marks)

6. Mark, a Home Economics student and a member of EkoSkola has learnt a lot about the importance of taking care of the environment. He is doing his best to do his part by practicing what he has learnt.

a. Name the 5 R's:

• _____ • _____ • _____ • _____ • _____
(½ mark x 5 = 2½ marks)

b. Choose two of the 5R's and give two examples how Mark can put each into practice:

R _____

Example 1: _____

Example 2: _____

(1mark x 2= 2 marks)

R _____

Example 1: _____

Example 2: _____

(1mark x 2= 2 marks)

c. Mark has also learnt how to make compost.

i. What type of waste is used to make **compost**? O _____

ii. Give **two examples** of this type of waste: _____
(½ mark x 3 = 1½ marks)

d. i. Give **two examples** of bulky waste

_____ (½ mark x 2 = 1 mark)

ii. Suggest **one way** how we can dispose of this waste.

_____ (1mark)

e. Mark is also aware of the importance of reducing water and electricity consumption.

i. Give **three** practical examples of **saving water** in the home.

• _____

• _____

• _____

(1mark x 3= 3 marks)

ii. Give **three** practical examples of **saving electricity** in the home.

- _____
- _____
- _____

(1mark x 3= 3 marks)

f. Other than generating electricity by burning fossil fuels, such as coal, suggest **two renewable sources of energy** which can also be used to generate electricity:

- _____
- _____

(1mark x 2= 2 marks)

g. When buying goods, Mark always looks for particular symbols on the packaging, which indicate whether the object is environmentally friendly or not.

What do the following symbols mean?



i. **Meaning:** _____

Examples of products which could have this symbol:

(1, ½ x 2 = 2 marks)



ii. **Meaning:** _____

Examples of products which could have this symbol:

(1, ½ x 2 = 2 marks)

7. Gabriella is a 6 year old who has a mobility impairment and is wheelchair bound.

a. List **two difficulties** which she might face in her daily life.

- _____
- _____

(1mark x 2= 2 marks)

She likes going to school and she feels lucky because she is loved and respected by her friends.

b. Give **two examples** how students like Gabriella can be integrated with the rest of the class:

- _____
- _____

(1mark x 2= 2 marks)

Gabriella is very positive and she tries to enjoy life as much as she can.

c. i. She'd like to practice a sport. What kind of sport do you suggest?

(1mark)

ii. Name **two benefits** which Gabriella can have when practicing a sport.

- _____
- _____

(1mark x 2= 2 marks)