

KULLEĠĠ SAN BENEDITTU

Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION - 2011/12

FORM 1	HOME ECONOMICS								TIME: 1h 30min
Question	1	2	3	4	5	6	7	8	Global Mark
Max. Mark	15	15.5	11	11	14	6	15	12.5	100
Mark									

DO NOT WRITE ABOVE THIS LINE

Name: _____

Class: _____

Instructions:

- ☐ Answer **ALL** questions.
- ☐ Spelling mistakes are not countable, therefore marks will not be deducted.
- ☐ All answers are to be given in English.

Answer ALL Questions

1. Luke invited his friends for a pyjama party at his home. He went to the supermarket and filled up his trolley with different food items.

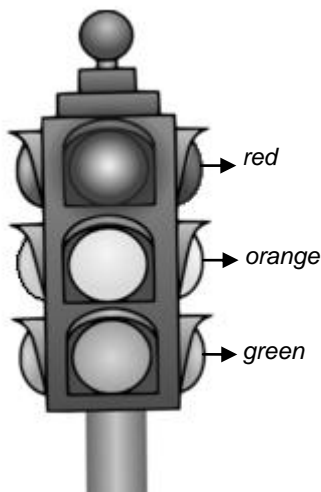
a) **Match** each food group with the right colour of the traffic lights. (2½ marks)



Cereals, bread, rice,
pasta and potatoes

Milk and milk products

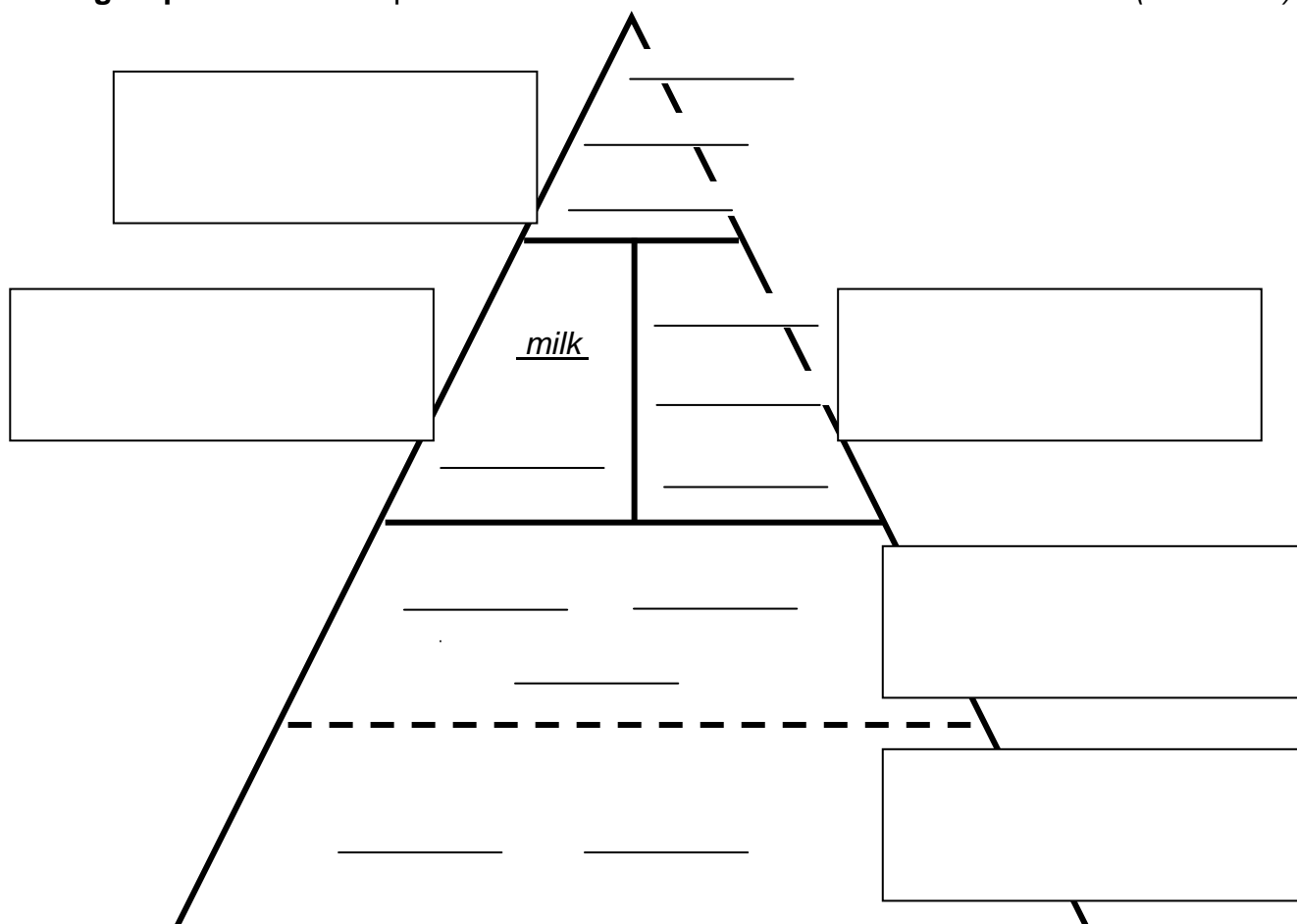
Sugars, oils, fats and
salts



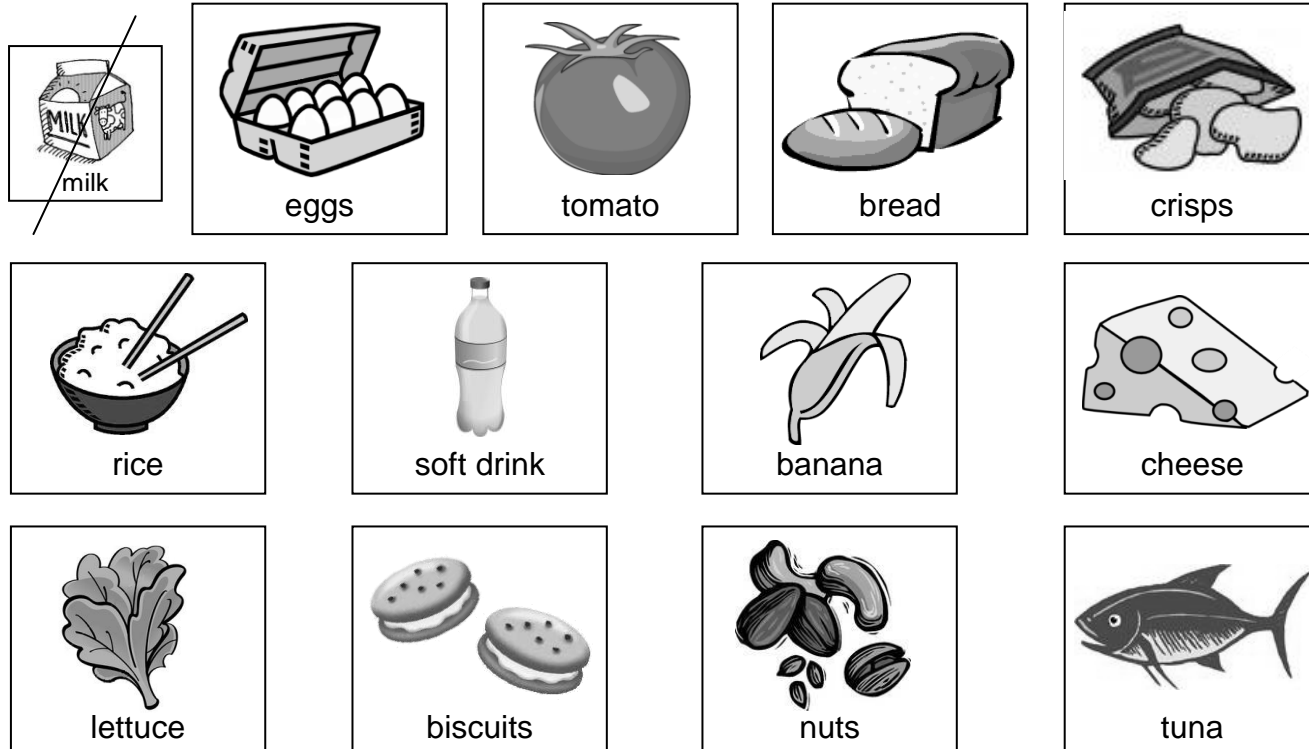
Fruits and vegetables

Meat, fish, poultry and
alternatives

b) This diagram represents the CINDI food guide pyramid. Write down the name of the **food groups** in the **boxes** provided. (2½ marks)



- c) These are the food items that Luke bought for the party. Put each food in the correct section of the pyramid on the previous page. (*The first one has been done for you*) (6 marks)



- d) It is recommended that we follow the twelve CINDI dietary guidelines. Suggest **one healthier alternative** to the following food items chosen by Luke. (*An example has been given for you*). (1, 1 mark each)

Dietary Guideline 1: Use milk and dairy products that are low in fat

- ✓ Healthier alternative to **cheese**: ricotta
- ✓ Health benefit: Low-fat dairy products will prevent us from becoming overweight.



Dietary Guideline 2: Choose foods and drinks that are low in sugar

- ✓ Healthier alternative to **soft drink**: _____
- ✓ Health benefit: _____



Dietary Guideline 3: Choose a low-salt diet

- ✓ Healthier alternative to **crisps**: _____
- ✓ Health benefit: _____



2. a) Washing our hands properly is very important, especially when we are in contact with food. Put the pictures in the correct order by **writing 2, 3, 4, 5 and 6** to show how we should wash our hands. *(The first one has been done for you)* (2½ marks)



Number _____



Number _____



Number _____



Number _____



Number _____



Number 1

- b) Using the words in the box below, write down the steps that you should follow to wash up your hands correctly. (The words are not in the correct order) (5 marks)

towel	soap	dry	water	rub	rinse	seconds
-------	------	-----	-------	-----	-------	---------

- _____
- _____
- _____
- _____
- _____

c) Complete the crossword below on 'Personal Care and Hygiene'.

(8 marks)

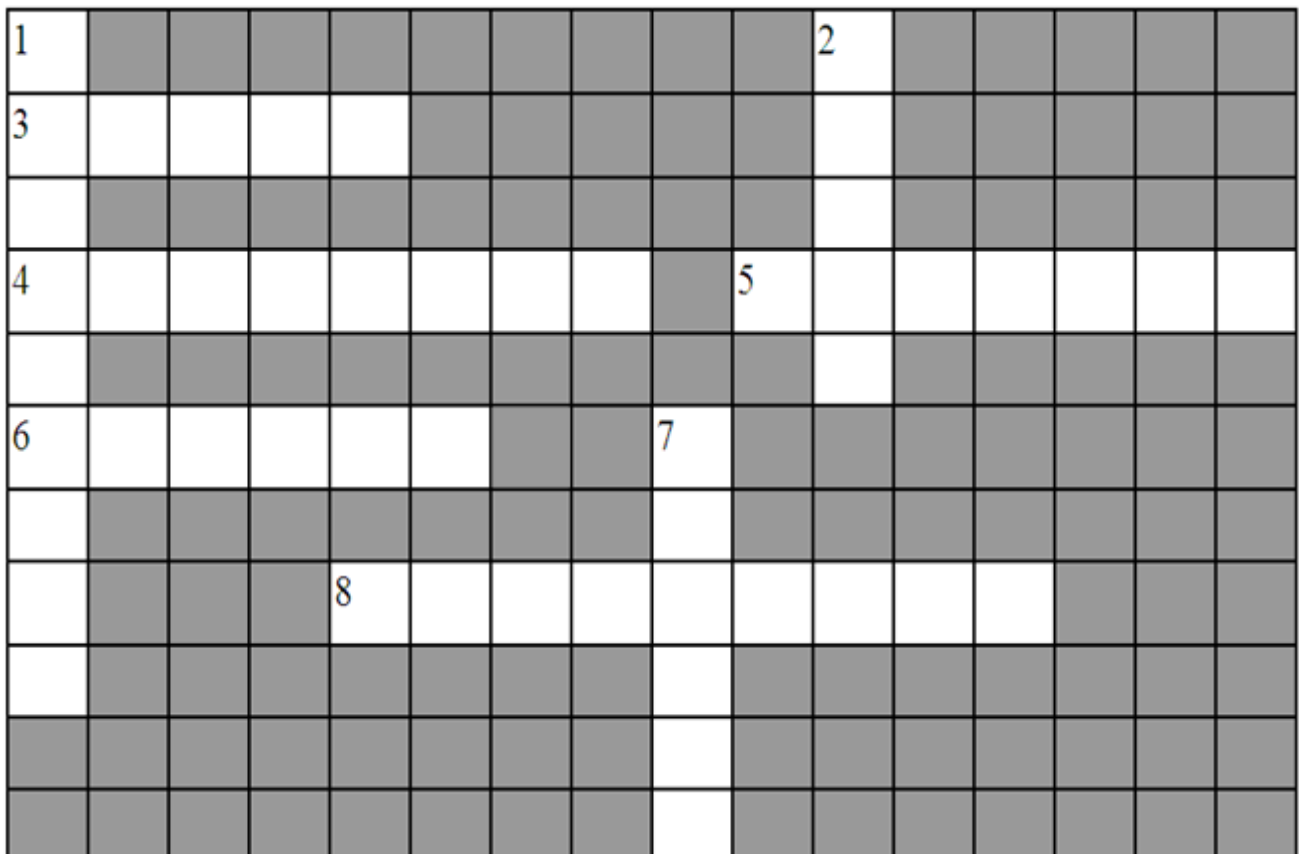
ACROSS: →

3. If you are going to prepare food, make sure that your _____ are short and clean. Girls should not wear nail polish as this can chip into food.
4. Underwear should be changed _____.
5. We should visit the _____ every six months for a check-up.
6. The washing of hands after going to the _____ and before meals is very important.
8. Remove any _____, including watches and rings before preparing food.



DOWN: ↓

1. If we don't wash our hands properly, we can get an _____.
2. Choosing the right size of _____ is very important for healthy feet.
7. If you have a cut make sure that you cover it completely with a waterproof plaster. It should have a bright _____ so that it can be seen easily if it falls off.





3. This is a typical Saturday for Maria, a 16-year-old girl:

Maria wakes up after an 8-hour sleep. She skips breakfast and watches the television for two hours. She takes a snack, usually a chocolate croissant and a glass of cola. Maria then goes through the newspaper and read some articles that interest her. Being addicted to online games, Maria spends over 3 hours playing games on the internet. While she is on the computer, Maria consumes a bottle of soft drink, a portion of chips and a packet of crisps. Later in the afternoon Maria takes her dog for a walk and when she returns home, she takes a shower and put on clean clothes. In the evening Maria meets her friends and they buy some fast-food from a take-away shop, then they go to a club. Recently Maria started smoking and drinking alcohol, which apart from costing her plenty of money, it may have negative effects on her health later on in her life.



a) **Underline 2 healthy practices** that Maria does on Saturday. (2 marks)

b) Fill in the table below by selecting **five unhealthy practices** from Maria's day, and suggesting **five alternatives** to Maria to lead a healthier lifestyle. (An example has been given for you). (5 marks)

Unhealthy practice... 	Healthier alternative... 
0. Maria takes a glass of cola as part of her snack	Take fresh fruit juice instead.
1.	
2.	
3.	
4.	
5.	

c) Apart from the good health alternatives that you suggested to Maria (question 3b), mention **one good health practice** for each of the following: (4 marks)

- Physical health → _____
- Intellectual health → _____
- Emotional health → _____
- Social health → _____

4. a) In question 3, the word “**snack**” was mentioned. What do you understand by “a snack”?
Underline the correct answer. (1 mark)

- i. A meal that you should eat in the morning to give you energy to start the day
- ii. A traditional food eaten on feasts, such as Christmas and Easter
- iii. A small portion of food eaten between meals
- iv. A three-course meal served in restaurants and hotels

b) Ms. Caruana organised a school outing and asked her students to bring a packed lunch, a snack and a drink with them. Three students are telling you what foods and drinks they brought with them for the outing:



Name: Samuel
Lunch: Wholemeal sandwich filled with tomatoes, lettuce, tuna and olives
Snack: Chocolate bar
Drink: Bottle of water

Name: Alfred
Lunch: Two ricotta cheesecakes (*pastizzi*)
Snack: Portion of wholegrain cereals with dried fruit
Drink: Soft drink



Name: Andrew
Lunch: Salad with chicken, egg, tomatoes, lettuce, carrots and red cabbage
Snack: Fresh fruit salad
Drink: Sugary fruit juice



Fill in the following table by reading each statement from the first column and **ticking** (✓) **one** of the other three columns (Alfred, Samuel or Andrew). (10 marks)

Which student has....?	Alfred	Samuel	Andrew
The least healthy lunch			
Lunch which gives plenty of energy and fibre			
Lunch which will help in growth and repair of cells			
Lunch that helps to build strong bones and teeth			
The least healthy snack			
A high-sugar snack			
A low-fat snack			
Snack that helps preventing constipation			
Snack that helps preventing diseases			
The healthiest drink			

5. a) Matthew is confused about what snack he can take with him to the school outing. Suggest **one healthy snack** for Matthew to take for the outing. (1 mark)

Healthy snack: _____

- b) Matthew thought about preparing a sandwich. He would like you to help him make some changes to the ingredients that he chose to make it healthier. Suggest **one healthier alternative to every ingredient** and write it in the space provided. (5 marks)

Ingredients:

Healthier ingredients:

2 slices white bread	✓	_____
some butter	✓	_____
1 slice cheddar cheese	✓	_____
1 slice salami	✓	_____
some mayonnaise	✓	_____

- c) Give a reason for **two** of the changes you have made to the ingredients. (2 marks)

- _____
- _____

- d) Matthew found a recipe of 'Cheesy Bruschettas' however it was all torn. Help him to put the steps in order by **writing 1, 2, 3, 4, 5 and 6** in the first column so that he could prepare this healthy snack. *(The last one has been done for you)* (6 marks)

Step number	Steps
	Place the tomatoes and onions in a bowl and mix in the oregano, olive oil and parsley.
	Put in a pre-heated oven (180°C) Gas Mark 4 until the mozzarella melts.
7	Serve the snack.
	Chop the tomatoes and onions in small pieces.
	Cut the baguette in two halves (horizontally).
	Put the mixture on both slices of the baguette.
	Add grated mozzarella on top.

6. **Kitchen hygiene** is very important when preparing, handling and serving food.

- a) Give **one reason** why it is important to be hygienic in the kitchen.

_____ (1 mark)

- b) List **five kitchen hygiene rules** that you would follow during your practical sessions.

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

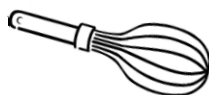
(5 marks)



7. a) This question is about Kitchen Equipment. **Match** each equipment with its name and **write down its use** in the space provided. *(The first one has been done for you)*

Name: **Vegetable peeler**

Use: To peel fruit and
vegetables



Name: **Measuring jug**

Use: _____

Name: **Balloon whisk**

Use: _____

Name: **Milk pan**

Use: _____

Name: **Grater**

Use: _____

Name: **Spatula**

Use: _____

Name: **Fish slice**

Use: _____

Name: **Muffin tin**

Use: _____

Name: **Frying pan**

Use: _____

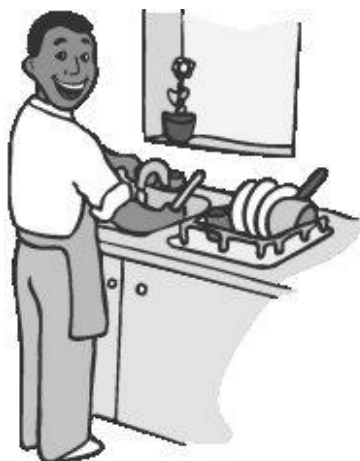
Name: **Chopping knife**

Use: _____

(½, ½ mark each)

- b) Continue the sequence of washing up by **filling in the blanks** using the words from the box below. There are extra words that you do not need to use. (4 marks)

knives	rinse	rusting	wash	cold	machine
plates	warm	damage	liquid	glasses	wooden



- i. Fill the sink with _____ water and then put some washing up _____.
- ii. Using a scouring pad, wash first the _____.
- iii. Wash the forks, _____ and serving tools.
- iv. Wash the _____ and then the pans and dishes.
- v. _____ well and dry with a clean tea towel.

vi. Leave _____ and metal items in a warm place to dry before putting them away to prevent _____.

vii. Clean the sink and wipe dry.

- c) When choosing washing up detergents we should keep in mind their effect on the environment. A detergent should be:

- _____
- _____



(2 marks)

8. You are provided with a picture of a kitchen **on the next page**. Observe the dangers and **fill in the table below the picture**. You have to:

- a) Outline **five dangers** that you can observe in this kitchen. (5 marks)
- b) Mention **one accident** that can result from every danger. (2 ½ marks)
- c) Suggest **one** way how you can **avoid** each accident. (5 marks)

(The first one has been done for you)



Danger	Accident that can result from the danger	How can you avoid the accident?
0. The saucepan is unattended	It can cause fire	Always turn off the cooker when leaving the kitchen
1.		
2.		
3.		
4.		
5.		