

KULLEĠĠ SAN BENEDITTU Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2011/12

Track 3



FORM 3

HOME ECONOMICS

TIME: 1h 30 min

Question	1	2	3	4	5	6	7	8	Global Mark
Max. Mark	13	12	10	13	16	14	8	14	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. It is important that everyone follows a healthy, balanced diet.

a) What do you understand by a healthy, balanced diet?

(2 marks)

b) Fill in the correct nutrient needed for each of the following functions:

- | Nutrient: | → | Function: |
|------------------|---|-------------------------------------|
| i) _____ | → | Provides the body with energy. |
| ii) _____ | → | Forms red blood cells. |
| iii) _____ | → | Helps build strong bones and teeth. |
| iv) _____ | → | Helps the body to keep warm. |
| v) _____ | → | Needed for healthy eyes and skin. |



(1 mark x 5 = 5 marks)

c) Spiteri family has just had a take-away meal similar to the one below:



- Take-away meal consisted of:
- Beef burger
 - White bun
 - French fries
 - Tomato ketchup
 - Lemonade

Suggest **three** changes that would make the meal healthier, giving a reason for each choice. (An example has been given for you)

Food	Change to:	Reason:
• Lemonade	Fresh orange juice	More Vitamin C
• _____	_____	_____
• _____	_____	_____
• _____	_____	_____

(1, 1 mark x 3 = 6 marks)



2. There is a link between the **twelve CINDI dietary guidelines** and **good health**.

Fill in the table below by:

- Listing **three** dietary guidelines.
- Explaining the link between each of the chosen guidelines and health.
- Giving **one** example of how each guideline can be put into practice.
(An example has been given to you)

Dietary Guideline	Explanation	Example
0. <i>Limit the amount of salt in your diet</i>	<i>Do not consume more than 5g of salt daily. A high-salt diet may lead to hypertension.</i>	<i>Choose fresh vegetables instead of canned vegetables.</i>
1.		
2.		
3.		

(2, 1, 1 mark x 3 = 12 marks)

3. There are three types of **carbohydrates: sugar, starch, and NSP**.

a) i) Put the foods below in the right column. (*The first one has been done for you*)

<i>brown rice</i>	<i>honey</i>	<i>white bread</i>	<i>chocolate</i>	<i>brown pasta</i>
<i>potatoes</i>	<i>tortilla</i>	<i>sweets</i>	<i>wholegrain cereals</i>	

Sugar	Starch	NSP
		<i>brown rice</i>

($\frac{1}{2}$ mark x 8 = 4 marks)

ii) Give **one** reason why we need carbohydrates.

_____ (1 mark)

iii) _____ % of our energy intake should come from carbohydrates.

(1 mark)

iv) Less than _____ % of our energy should come from sugars.

(1 mark)

b) Tick (✓) the correct answer. **Dietary fibre** plays an important role in our body because it:

- Gives us energy.
- Helps us to have strong bones and teeth.
- Forms bulk and helps food to pass easily down the intestines.



(1 mark)

c) Name **two** intestinal disorders that could result from lack of (not enough) fibre in the diet.

(1 mark x 2 = 2 marks)

4. About 60% of the human body is made up of **minerals**. **Calcium** is one of these important minerals.

a) What is the **function** of calcium in the body?

_____ (2 marks)

b) Name the vitamin which helps the body with the absorption of calcium.

Vitamin _____

(1 mark)

c) Name **two** groups of people who need to eat more calcium-rich foods and give **one** reason for each group mentioned.

Group of People:

Reason:

• _____

• _____

• _____

• _____

(1, 2 marks x 2 = 6 marks)

d) The table below shows the calcium content of some foods. Analyse it and answer the questions that follow:

Calcium content of food		
Food	Serving Size	Approximate Calcium Content (mg)
Ricotta	1 portion (50g)	240
Cooked spinach	1 portion (90g)	135
Orange	1 medium (160g)	75
White Bread	2 slices (72g)	72
Sesame seeds	1 tablespoon (10g)	67
Wholemeal bread	2 slices (72g)	39
Cooked broccoli	1 portion (85g)	34
Unsalted peanuts	1 bag (50g)	30

Sources: Learning about Foods & Nutrition Dairy Council / USDA Nutrient Database

The **R.D.A.** (Recommended daily allowance) of calcium for a fourteen-year-old is 1000mg. Using foods from the table above, **plan a packed lunch** for a fourteen-year-old boy or girl which will provide approximately **half** of his/her R.D.A. for calcium.

Packed lunch:



(4 marks)

5. This question is about **Vitamins**.

a) Fill in the gaps on the next page using the words below:

Ascorbic	vitamins A	fat	liver	dim	vitamins
vegetables	eyesight	urine	micro-	sunlight	water

- i) Vitamins are called _____ nutrients because they are needed by the body in small amounts.
- ii) _____ soluble vitamins such as Vitamin C (_____ Acid) and the B-group vitamins are not easily stored in the body. Excess is lost from the body in the form of _____.
- iii) On the other hand, _____ soluble vitamins are stored in the fat tissues in our body and in our _____. These are used when needed. _____ D, E and K are fat soluble vitamins.
- iv) Vitamin A is needed for better _____, especially in _____ light.
- v) Green _____ should not be overcooked as they will lose their _____.
- vi) The most natural way of having vitamin D is by means of _____.



(1 mark x 12 = 12 marks)

b) **Folate** makes part of the B-group vitamins.

i) Give another name instead of Folate.

F _____ A _____

(1 mark)



ii) Pregnant women and those planning a pregnancy are advised to take sufficient amounts of folate. Explain why.

 _____ (2 marks)

6. Manoel, a thirteen year old student, was carrying out some research on '**Protein**'. He found out that this nutrient is very important for him.

a) What is the **main function** of protein in the diet?

 _____ (2 marks)



b) Manoel also found out that there are two types of protein: H.B.V. and L.B.V. What do these stand for?

H.B.V. - H _____ B _____ V _____

L.B.V. - L _____ B _____ V _____

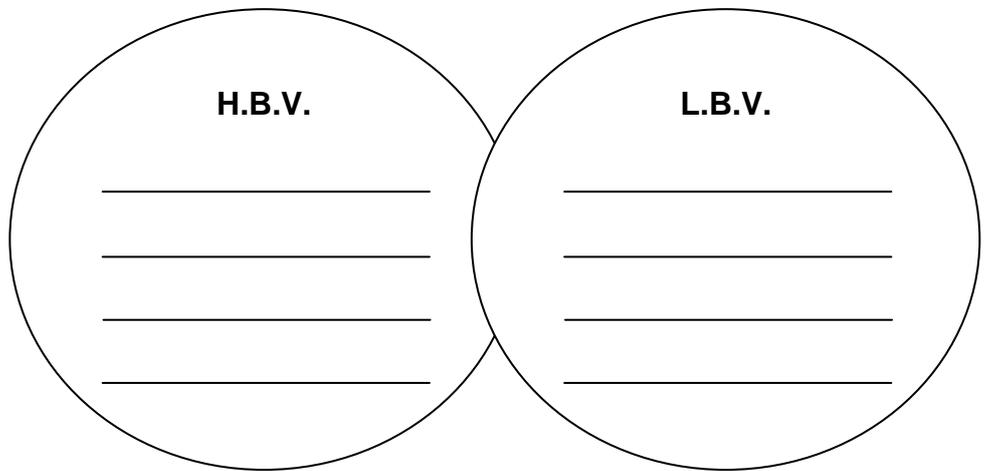
(2 marks)

c) What is the **difference** between the two types of protein?

_____ (2 marks)

d) Help Manoel to sort out the following food items into H.B.V. and L.B.V. by filling in the bubbles with the given food items below:

- almonds
- tuna
- yoghurt
- broad beans
- tofu
- peas
- soya milk
- red kidney beans

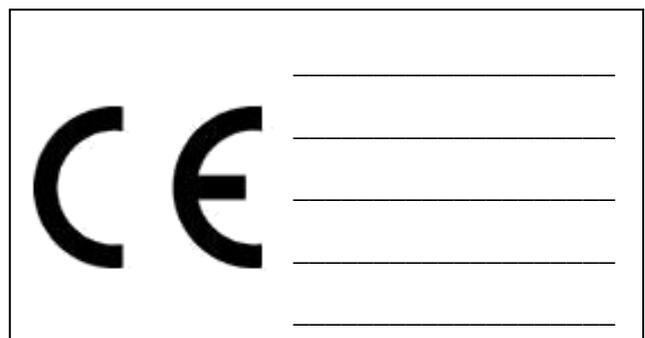
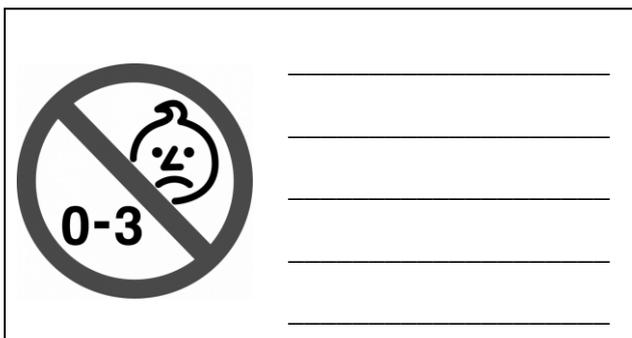


(4 marks x 2 = 8 marks)

7. Petra is going to celebrate her 3rd birthday. Mike, her father, is looking for a suitable toy for her so he went to a local toy store to choose a toy for Petra.



a) Mike saw these two symbols on the packaging of various toys. Explain what each one means.



(2 marks x 2 = 4 marks)

b) List **two safety features** to look out for before buying a toy. (An example has been given to you)

- If the toy is made of fabric (such as soft toy), make sure it is flame retardant.

- _____
- _____

(2 marks)

c) Other than safety, suggest **two** points that Mike should consider before buying Petra's toy.

- _____
- _____

(2 marks)

8. a) There are various types of families within our society. Different family members are explaining to you their type of family. Listen to them and fill in the blanks by writing which type of family do these individuals belong to.

"Hey! We are two cousins living together with our parents and grandparents. We share a lot of things since our family consists of eight members."

Type of family: _____



"Ola! It's me, Andre! I was born in a poor country and my parents couldn't look after me. I am now a permanent Maltese citizen, and I feel lucky that I have a very lovable family."

Type of family: _____

"My husband and I look after a child on weekends only. This child lives in an institute during the week because due to certain reasons, her parents cannot look after her at the moment."

Type of family: _____



"Hello! I'm James, 10 years old. I live with my mum and dad, away from other relatives."

Type of family: _____

(4 marks)

b) Every family member has different needs which fit into four groups of basic needs. Fill in the following table by:

- i) writing down the name of the four different basic needs
- ii) giving **two** examples of needs for each area

Basic Needs of Families	Two examples for each of the basic needs
_____ needs	<ul style="list-style-type: none"> • _____ • _____
_____ needs	<ul style="list-style-type: none"> • _____ • _____
_____ needs	<ul style="list-style-type: none"> • _____ • _____
_____ needs	<ul style="list-style-type: none"> • _____ • _____

(1, ½, ½ marks x 4 = 8 marks)



c) Mention **one** role and **one** responsibility that you have within your family.

Role: _____

Responsibility: _____

(2 marks)