

KULLEĠĠ SAN BENEDITTU

Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2013/2014

Level 5-6-7-8

FORM 3

HOME ECONOMICS

TIME: 1h 30min

Question	1	2	3	4	5	6	7	8	Global Mark
Max. Mark	13	10 ½	10	24 ½	13	9	5	15	100
Mark									

DO NOT WRITE ABOVE THIS LINE

Name: _____

Class: _____

Instructions:

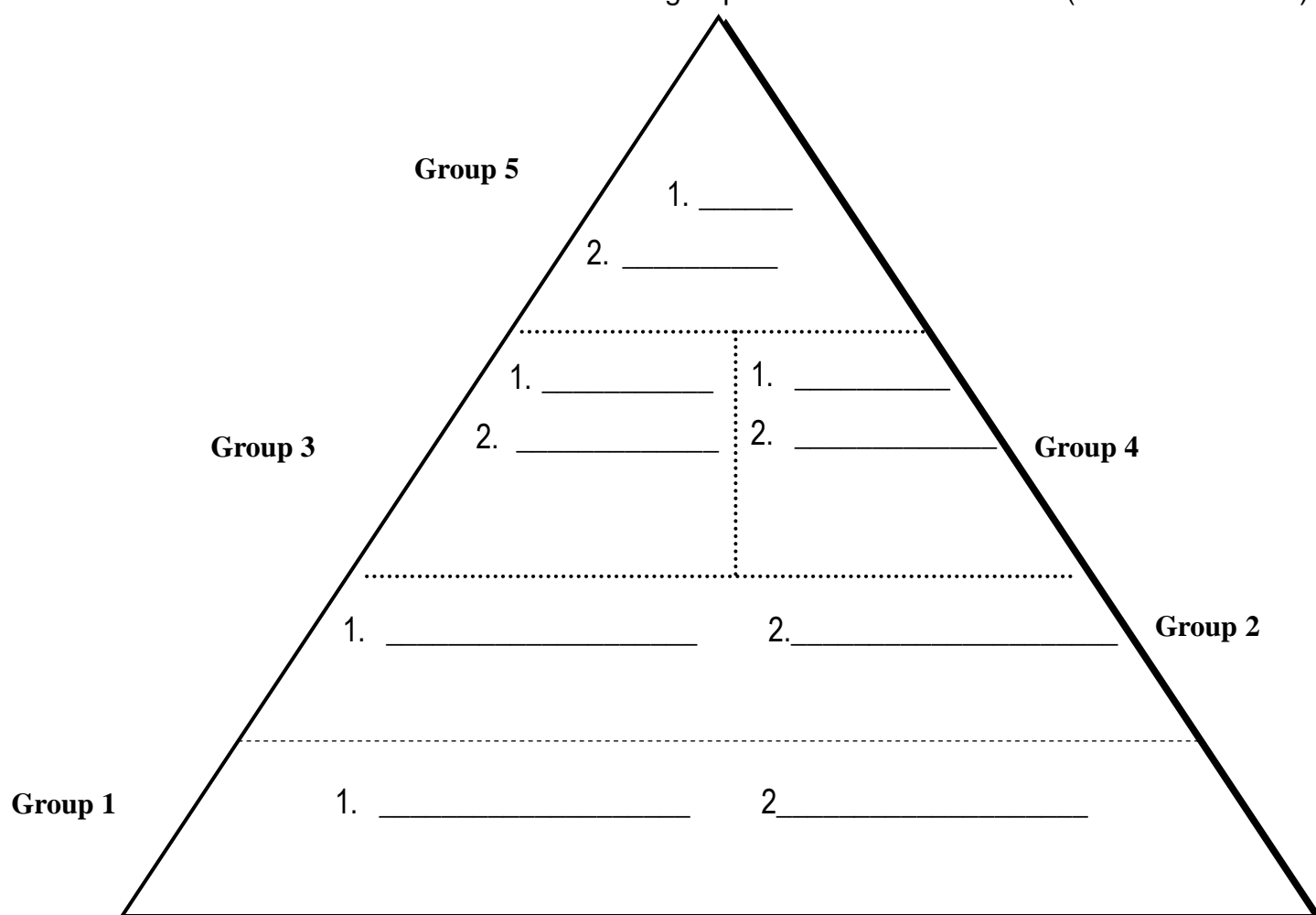
- ☐ Answer ALL questions.
- ☐ All answers are to be given in English.
- ☐ Spelling mistakes will not be penalised.

Question One: The CINDI Dietary Guidelines

1a. List the five Food Groups found in the CINDI Food Guide Pyramid. (5 marks)

- Group One: _____
- Group Two: _____
- Group Three: _____
- Group Four: _____
- Group Five: _____

1b. Write TWO foods found in each food group. (1/2 x 10= 5marks)



1c. Use the following to answer how much we should eat from each foods group.

(1/2 x 3 =3 marks)

(Eat in moderation, Avoid, Eat the most)

Group 1 & Group 2: _____

Groups 3 & Group 4: _____

Group 5: _____

Question Two: Dietary Guidelines

2a. **Explain** the following Dietary Guideline.

(2 marks)

Control fat intake (not more than 30% of daily energy) and replace most saturated fats with unsaturated vegetable oils or soft margarines.

2b. **List THREE ways** how we can eat less salt and less sugar.

(5 marks)

Eating less Salt	Eating less Sugar
<ul style="list-style-type: none">• Do not add salt to cooked food.• _____• _____	<ul style="list-style-type: none">• _____• _____• _____

2c. **Circle THREE** foods which are very high in fat.

($\frac{1}{2} \times 3 = 1 \frac{1}{2}$ marks)



2d. **Identify TWO** functions of food.

(2 marks)

Example: To concentrate at school

Function 2:

Function 1:

Question 3: Safety and Hygiene in the Kitchen



3a. **Identify FOUR different accidents which** can occur in this Kitchen.

(4 marks)

3b. **Explain** how each accident can be prevented.

(4 marks)

Accident	Prevention
Example: Scald	Turn pan handle inwards.

c. Mention **TWO** rules you should follow during a practical session to maximise **Personal Hygiene**. (2 marks)

- _____
- _____

Question 4: Rubbing in, Kitchen Equipment & Weighing and Measuring.

4a. Circle the **THREE** main ingredients used to make Rock Buns. ($1/2 \times 3 = 1 \frac{1}{2}$ marks)



4b. Which weighing & measuring equipment do you use to:

(2 marks)

- Weigh flour: _____
- Measure milk: _____

4c. Explain a very important rule to follow when using:

(2 marks)

Weighing scales:



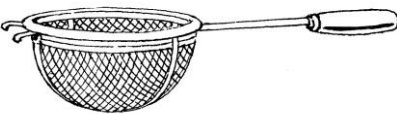


Rule:

Measuring jug

Rule:

4d. List the name of the Kitchen equipment which you need to make the Rock Buns and the Task (use) of each Kitchen equipment.

(1/2 x 4 = 2 marks, 1 x 4 = 4 marks)

Picture	Name	Task
		
	Example: Mixing Bowls	
		To sieve flour , to incorporate air into the mixture.
		
		

4e. State whether the following statements are True or False.

(1/2 x 4 = 2 marks)

	True/False
It is very important to wash plastic equipment in boiling water.	
Always dry stainless steel equipment immediately to prevent marking.	
Soak wooden equipment in water to make sure they are cleaned well.	
Leave metal equipment to dry in a draught to prevent rusting.	

4f. Complete the steps required to make rock buns.

(9 marks)

Step One: **Take out** all _____.

Step Two: **Sieve** the _____.

Step Three: **Cut** the _____ into small pieces.

Step Four: **Do the** _____.

Step Five: **Stir in** the _____.

Step Six: **Beat** _____.

Step Seven: **Pour** _____.

Step Eight: **Form into** _____ and place on a baking sheet.

Step Nine: **Bake in** an _____.



g. List TWO ways how to increase more dietary fibre when preparing rock buns:

(2 marks)

One: _____

Two: _____

Question 5: The Five Nutrients

5a. Match the following

(4 marks)

A. Balanced diet		Meaning that the person eats the wrong type of food, supplying the body with a lot of one nutrient and much less of another nutrient.
B. Diet		When one eats from all the food groups in varied amounts.
C. Malnutrition		When the body does not receive enough nutrition for it to function well.
D. Under nutrition		The food we eat and the liquids we drink.

5b. Explain the difference between Macro and Micro Nutrient.

(2marks)

5c. **List the TWO** main functions of fat.

(2 marks)

∞ _____ ∞ _____

5d. **Name TWO** disorders associated with high fat intake.

(2 marks)

∞ _____ ∞ _____

5e. **Place** the following food under the right column.

(1/2 x 6= 3 marks)

Butter, olive oil, nuts, fish oil, sausage meat, Red meat.

Saturated fat	Unsaturated fat

Question 6: Proteins

6a. **Underline** the correct answer

(1 x 4= 4 marks)

- Protein should give us (20%, 50% 15%) of energy daily.
- 1 gram of protein provides (9 kcal, 15 kcal, 4 kcal).
- Protein is made of (20, 50, 60) Amino Acids.
- There are 11 (essential, non-essential) Amino Acids.

6b. Beneath is a list of food containing Protein. **Tick ☒ in the correct column.**

(1/2 x 6= 3 marks)

	Low biological Value	High Biological Value
Nuts		
Beans		
Red Meat		
Cheese		
Lentils		
Soya Bean		

6c. **List TWO** Novel sources of Protein.

(1 x 2= 2 marks)

∞ _____

∞ _____

Question 7: Carbohydrates

7a. **Divide** the following foods in Starchy or Sugary foods.

(1/2 x 6= 3 marks)

(Chocolate, Rice, icecream, jam, bread, pasta)

Starchy	Sugary

7b. Diabetes is one of the results of eating too much sugary food. **Explain** in detail how diabetes occurs.

(2 marks)



Question 8: Childcare

8a. Children require a lot of things to survive and grow healthy. **Identify TWO basic needs** required for good development.

(2 marks)

✓ **Example: Shelter**

✓ _____

✓ _____

8b. **Match** the following.

(2 marks)

A. Breastfeeding		Is the gradual introduction of food.
B. Weaning		A natural source of food which contains the right amount of nutrients.

8c. A pregnant mother should refrain from certain behaviour to ensure that the foetus grows healthy. **List TWO** behaviours that can harm the unborn child. (2 marks)

✓ **Example: Hazardous Food**

✓ _____

✓ _____



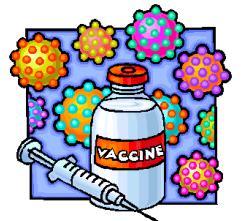
8d. It is very important to instil healthy eating habits in young children. **List TWO** examples how a mother/guardian can prepare food for young children . (1 x2 = 2 marks)

Example:

Always give children small portions of food.



8e. **Why is immunization** very important? (2 marks)



8f. **List TWO** recommended vaccines (2 marks)

∞ _____

∞ _____

8g. There are four types of development. **Explain** each in brief. (3 marks)

Physical	Emotional	Intellectual	Social
		<p>This is learning to think and to reason. It is developing knowledge and understanding of things.</p>	



THE END