



KULLEĠĠ SAN BENEDITTU

Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2013/14

Track 3



FORM 4

HOME ECONOMICS

TIME: 1h 30min

Question	1	2	3	4	5	6	7	8	9	Global Mark
Max. Mark	7	11	8 ½	8	10	16 ½	10 ½	10	18 ½	100
Mark										

DO NOT WRITE ABOVE THIS LINE

Name: _____

Class: _____

Instructions:

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

QUESTION 1: Factors affecting food choice

Paula is a **vegan** and so when eating out or when she is invited for a meal, not everything is suitable for her.

A vegan is a strict vegetarian (eating plant foods only).



a. List TWO reasons why a person can become a vegan.

- _____
- _____

(1 mark x 2 = 2 marks)

b. List TWO factors that should be kept in mind when preparing a meal for a vegan.

- _____
- _____

(1 mark x 2 = 2 marks)

c. i. Suggest a 3 course meal for Paula:

Starter: _____

Main meal: _____

Dessert: _____

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

ii. . Give a suitable reason for each of your choices.

- _____
- _____
- _____

(1 $\frac{1}{2}$ marks)

QUESTION 2: The process of digestion

Digestion is the breakdown of food in our body so that it can be used for energy and other body functions.

a. What kind of acid do we have in our stomach? _____

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

b. What is the function of this acid?

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

- c. i. **Column 1** represents the organs that are involved in the process of digestion.
Put these organs in order *i.e. where digestion starts and where it ends.*
- ii. **Column 2** represents the actions associated with each organ during digestion.
Put these actions in order *i.e. from the first till the last stage of digestion.*
See example.

COLUMN 1		COLUMN 2	
The digestive track		What happens during each stage?	
	Stomach		Food passed through this large tube in the form of bolus.
	Esophagus		Food is churned and the breakdown of protein starts here.
	Rectum		Breakdown of fats starts here and food is further broken down and is absorbed in the blood through the villi.
	Large intestine		Waste is eliminated from the body through here
	Anus	1	Teeth and saliva are responsible for the physical and chemical breakdown of food.
	Small intestine		Water is removed from substances which are not digested.
1	Mouth		Waste in the form of feaces is stored here.

($\frac{1}{2}$ mark x 6 = 3 marks)

(1 mark x 6 = 6 marks)

QUESTION 3: Environmental awareness / Waste Separation at source

Family Scicluna would like to take care of the environment when disposing of their daily waste, however, they do not know exactly how. They think that it is quite a hassle and so they need some guidelines.



- a. Which kind of waste should they throw in the green / grey bag which is collected every Tuesday?

• _____

• _____

• _____

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

- b. What should they do before throwing waste in the green/grey bag?

(1 mark)

- c. If they have a lot of recyclable waste, and they do not want to keep it at home till Tuesday, how can they dispose of it?

_____ (1 mark)

- d. Family Scicluna have a garden with their home. What can they do with organic waste such as vegetable peel?

_____ (1 mark)

- e. Give TWO other **examples** of organic waste.

• _____ • _____ (½ mark x 2 = 1 mark)

- f. Give TWO **examples** of inorganic waste.

• _____ • _____ (½ mark x 2 = 1 mark)

- g. **Suggest** TWO simple ways how they can dispose of bulky waste, such as an old mattress.

• _____
• _____ (1 mark x 2 = 2 marks)

QUESTION 4: Goods and services with minimal impact on the environment

- a. **Name** TWO alternative (renewable) sources of energy other than the use of electricity generated by the burning of fossil fuels.

• _____ • _____ (½ mark x 2 = 1 mark)

- b. Give TWO **reasons** why renewable sources of energy are better than non-renewable.

• _____
• _____ (1 mark x 2 = 2 marks)

- c. Which are the most energy efficient (saving)? **Tick** ☒ the two correct options.

☐ Halogen

☐ fluorescent

☐ L.E.D.'s

(½ mark x 2 = 1 mark)

d. i. **DRAW** and **LABEL TWO** symbols which are found on products that are environmentally friendly.





(1 mark x 2 = 2 marks)

ii. Give **TWO examples** of products which might carry these symbols (the ones you have drawn and labelled in question d.i.) on their packaging.

	Environmentally Friendly Symbols	Examples of products	
•			
•			

(½ mark x 4 = 2 marks)

QUESTION 5: Different dietary recommendations



The following diagram represents the ingredients of a meat pie recipe.

- a. i. **List FOUR** modifications (changes) that you could make to the recipe to make it in line with the CINDI dietary guidelines. (½ mark x 4 = 2 marks)
- ii. Give **reasons** for EACH modification. (1 mark x 4 = 4 marks)

Original recipe	Modified recipe	Reasons for modification
300g plain flour		
150g butter		
Water (to bind ingredients of pastry)		
1 onion		
1 stock cube		
100g corned beef		
100g minced beef		
1 small can peas		
Salt		
Ground black pepper		

- b. Peter is a 35 year old male who is obese. When he was younger he was overweight, but he never paid attention. His doctor suggests he should start doing regular check-ups and Paul agrees. When he does, he finds out that he has a high blood cholesterol level and is also suffering from high blood pressure.



i. What is another word for high blood pressure? _____ (½ mark)

ii. Which fat can be the cause of high blood cholesterol level? **Tick** ☒ the correct answer.

☐ saturated

☐ monounsaturated

☐ polyunsaturated

(½ mark)

c. Obesity is becoming a real problem amongst Maltese, even in children.

List THREE possible causes of obesity.

- _____
- _____
- _____

(1 mark x 3 = 3 marks)

QUESTION 6: Hobs, grills and ovens

The cooker is one of the most important kitchen equipment.



a. List **TWO** reasons why.

- _____
- _____

(1 mark x 2 = 2 marks)

b. Name **THREE** foods that can be cooked using the:

Hob • _____ • _____ • _____

Oven • _____ • _____ • _____

Grill • _____ • _____ • _____

(½ mark x 9 = 4 ½ marks)

c. **List** TWO ways how you can save energy whilst boiling water for pasta.



- _____
- _____

(1 mark x 2 = 2 marks)

- d. A young couple, Julian and Raisa will soon get married and move into their maisonette which they are still furnishing. Currently, they are planning their kitchen.



List FOUR factors which they need to consider when purchasing a cooker.

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

- e. **Explain** how these features can be beneficial for this couple:

i. Flame failure cut out : _____

ii. Automatic timer: _____

iii. Easy clean lining: _____

(1 mark x 3 = 3 marks)

- f. **List** THREE important safety rules that one should follow when using the cooker.

- _____
 - _____
 - _____
- (1 mark x 3 = 3 marks)

QUESTION 7: Fridges and freezers

- a. **List** THREE foods that should be stored in the fridge (refrigerator).

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

- b. Give TWO **reasons** why we store food in the fridge.

- _____
 - _____
- (1 mark x 2 = 2 marks)

- c. Look at these TWO pictures of freezers:

1



2



- i. **Name** each type of freezer.

- ii. **List** ONE advantage and ONE disadvantage of each freezer.

- Type of freezer 1: _____

Give ONE advantage: _____

Give ONE disadvantage: _____
(½, 1, 1 mark)

- Type of freezer 2: _____

Give ONE advantage: _____

Give ONE disadvantage: _____
(½, 1, 1 mark)

- d. **List** TWO practical examples how we can save energy when **buying or using** the freezer.

- _____
- _____

(1 mark x 2 = 2 marks)

QUESTION 8: Senior citizens

- a. i. **List** THREE services available for senior citizens living in their own home.
ii. **Explain** how each service can be beneficial (helpful).



- Service 1: _____

How can it be beneficial? _____

(½, 1 mark)

- Service 2: _____

How can it be beneficial? _____

(½, 1 mark)

- Service 3: _____

How can it be beneficial? _____

(½, 1 mark)

- b. Madeline is a 78 year old who has suffered a hip injury after falling and now she had to move to a residential home as she became dependent on others to do the daily chores.



- i. **List** TWO advantages of an elderly person living in a residential home.

- _____
- _____

(1 mark x 2 = 2 marks)

- ii. **List** TWO disadvantages of an elderly person living in a residential home.

- _____
- _____

(1 mark x 2 = 2 marks)

- c. Even though Madeline is a residential home, she does not like to depend on others to do all the things she needs, so she tries to do as much as she can on her own.

Suggest THREE gadgets than can help her live a more independent life.

- _____
- _____
- _____

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

QUESTION 9: Whisking method

- a. **Name** the main ingredients needed to make a sponge using the whisking method.

- _____
- _____
- _____

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

- b. **Complete the following** to outline **in detail** the process of the whisking method of cake making.

- i. Preheat _____
- ii. Line _____
- iii. Whisk _____
- iv. Fold-in _____
- v. Bake _____



(1 mark x 5 = 5 marks)

- c. What kind of flour is used to make a cake using the whisking method?

- i. **Type** of flour: _____

- ii. **Reason:** _____

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

d. What should be done to the flour before using it?

Give ONE reason: _____ (1 mark x 2 = 2 marks)

e. Suggest THREE healthy fillings when making cakes using the whisking method.

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

f. List TWO recipes which can be made using the whisking method of cake making.

• _____ • _____ (½ mark x 2 = 1 mark)

g. Define the following terms:

i. Whisking: _____

ii. Ribbon-texture: _____

iii. Folding-in: _____

(2 marks x 3 = 6 marks)

THE END
