KULLEĠĠ SAN BENEDITTU
Boys' Secondary, Kirkop

HALF-YEARLY EXAMINATION – 2013/2014

Levels 5-6-7-8

FORM 2	Home Economics	TIME: 1h 30min

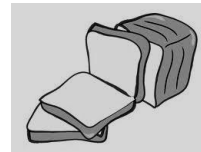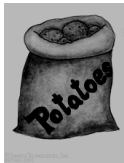| Question	1	2	3	4	5	6	7	8	9	Global Mark
Max. Mark	12	13½	7	12½	15½	13	15½	6	5	**100**
Mark										

Name: _____   Class: _____

DO NOT WRITE ABOVE THIS LINE

Instructions:

❑ Answer ALL questions.

❑ All answers are to be given in English.

❑ Spelling mistakes are not penalised.

QUESTION 1: Sugar and Starch

a. Look at the following and **circle** the foods that we should eat more.

(½ mark x 3 = 1½ marks)

b. List THREE examples of food rich in starch (carbohydrates).

• _____   •_____   •_____

(1 mark x 3 = 3 marks)

c. Give ONE **reason** why we need starch in our diet.

_____

(1 mark)

d. What happens when we eat more starchy food than we need?

_____

(1 mark)

e. List THREE foods that are high in sugar.

•_____   •_____   • _____

(½ mark x 3 = 1 ½ marks)

f. List TWO diet-related disorders associated with a high intake of sugar.

   D_____   **O**_____
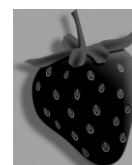
(1 mark x 2 = 2 marks)

g. Suggest TWO ways how we can reduce the amount of sugar in our daily diet.

• _____

• _____

(1 mark x 2 = 2 marks)

QUESTION 2: Planning a healthy pasta / rice dish

a. Look at the following pictures and **circle** the healthy ingredients which can be used to make rice salad.

(½ mark x 3 = 1 ½ marks)

b. Name a traditional Maltese recipe which is made using rice as the main
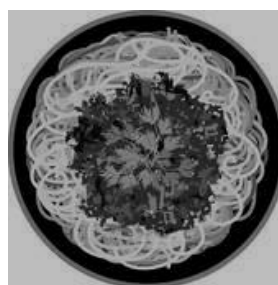
ingredient. _____ (1 mark)

c. List the basic method of how to cook and prepare pasta before adding sauce.

- _____

- _____

- _____
(2 marks)

d. The following is a list of ingredients used to make Pasta Bolognese.

o *200g white pasta*
o *150g minced beef*
o *1 beef stock cube*
o *1 rasher bacon*
o *1 small can peas*
o *Salt and pepper*
o *Fresh parsley to garnish*

i. List FOUR modifications (changes) that you would make to this recipe to make it in line with the CINDI dietary guidelines.
ii. Give **reasons** for your answers.

	Original recipe	Modified Recipe	Reasons for choice
E.g.	*200g white pasta*	*200g wholegrain pasta*	*To increase dietary fibre.*
●		●	●
●		●	●
●		●	●
●		●	●

(½ mark x 4 = 2 marks)   (1 mark x 4 = 4 marks)

e. Name TWO kitchen equipment or utensils you would need to make pasta Bolognese, explaining how these will be used.

	Name of kitchen equipment / utensil	Describe its use
●		●
●		●

(½ mark x 2 = 1 mark)   (1 mark x 2 = 2 marks)
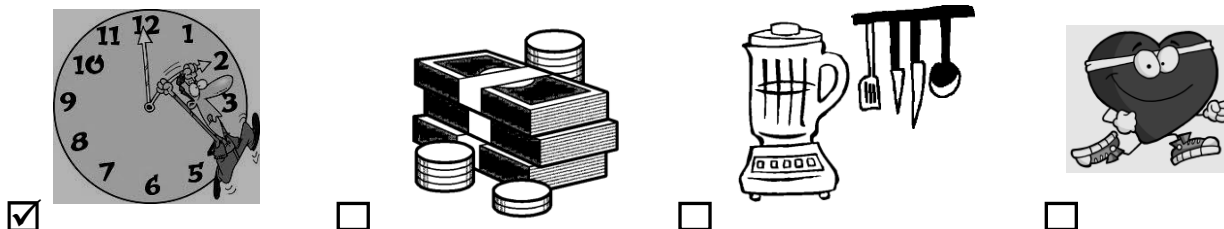
QUESTION 3: Factors affecting food choice

Kate is back home from school and she is very hungry. Her mother has prepared a vegetable wrap for her and so she eats it. Her mother has also prepared some vegetable soup but she does not take any as she does not like it.

a. List TWO factors which influenced Kate's choice of food.

• _____

• _____

(1 mark x 2 = 2 marks)

b. Look at these pictures. **Focus on TWO** of them **and tick** ☑ the ones you have chosen.

☑   ☐   ☐   ☐

See example.

ii.	List TWO factors which can influence one's choice of food.	iii.	Give ONE example for each factor to explain yourself.
E.g.	*Time available to prepare food.*		*If I don't have enough time to prepare food, I choose to make a quick chicken wrap instead of roasted chicken.*
•		•	
•		•	

(1 mark x 2= 2 marks)   (1½ mark x 2 = 3 marks)

QUESTION 4: Water and dietary fibre

a. Tick ☑ the foods that are high in dietary fibre.

☐ chocolate cake   ☐ wholemeal bread   ☐ sugar   ☐ sausages   ☐ vegetables

(1 mark x 2 = 2 marks)

b. Complete the following:

If we do not eat enough dietary fiber we can suffer from **c**_____ ,

which could also lead to **d** _____. Both are very

uncomfortable and **p**_____ .

(1 mark x 3 = 3 marks)

c. Complete / Answer the following:

    i.   Without water we die. (True / False)   (½ mark)

    ii.   How much water should we consume daily? _____   (1 mark)

    iii.   Besides water, **name** TWO other healthy drinks.

        ●_____   ●_____

(½ mark x 2 = 1 mark)

    iv.   If we do not consume enough water, we can become **d**_____. Two

        symptoms are _____ and _____.

(½ mark x 3 = 1 ½ marks)

d. Give **another TWO reasons** (different from question c- iv) why water is important for our body.
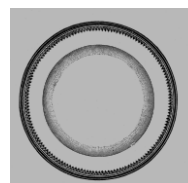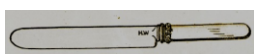
    ● _____

    ● _____

(1 mark x 2 = 2 marks)

e. Why is it important to drink water when eating foods rich in dietary fibre?

_____

_____

(1½ marks)
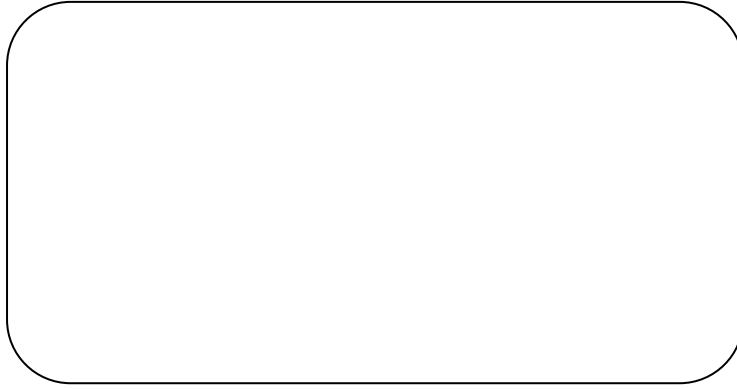
QUESTION 5: Basic table manners and table laying

a. Label the following kitchen equipment and utensils.

●	●	●	●	●

(½ mark x 5 = 2 ½ marks)

b. **i.** Using the utensils provided above, **draw** a basic table layout for a simple meal.
ii. **Draw** TWO simple decorative features.
iii. **Label** your diagram well.

(2 , 1 ½ , 1 ½ marks)

c. List THREE good table manners.

- _____
- _____
- _____

(1 mark x 3 = 3 marks)

d. List THREE inappropriate table manners.

- _____
- _____
- _____

(1 mark x 3 = 3 marks)

e. Give TWO **reasons** why table manners are important.

- _____
- _____

(1 mark x 2 = 2 marks)

QUESTION 6: Protein

a. Classify these foods into vegetable and animal protein.

chicken	nuts	cheese	rice
peas	rabbit meat	beans	eggs

Vegetable protein	•	•	•	•
Animal protein	•	•	•	•

(½ mark x 8 = 4 marks)

b. Shade the food groups of the pyramid which contain animal protein.

(½ mark x 2 = 1 mark)

c. List TWO functions of protein in the body.

• _____

• _____

(1 mark x 2 = 2 marks)

d. It is Saturday noon and Mark feels hungry.

   i. Suggest a light quick lunch and a drink that he could prepare. Both the lunch and the drink should be healthy and high in protein.

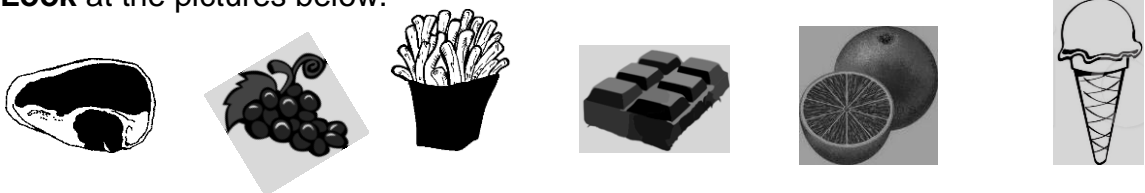   **ii.** Give a **reason** for each answer to explain their health benefits.

	Suggestions of healthy high protein snack and drink	Reasons why the chosen food and drink are healthy
Light lunch	•	•
Drink	•	•

     (1 mark x 2 = 2 marks)   (2 marks x 2 = 4 marks)

QUESTION 7: Fats and oils

Look at the pictures below.

a. List FOUR foods that are high in fat.

• _____ • _____ • _____ • _____

(½ mark x 4 = 2 marks)

b. List TWO functions of fat in our body.

- _____

- _____

(1 mark x 2 = 2 marks)

c. Anna went shopping for food and she bought the following ingredients:

Help her to improve her diet by **suggesting** foods which are lower in fat.

	Food bought by Anna	Food that is lower in fat
i.	Whole milk	•
ii.	Cheddar	•
iii.	Red meat	•
iv.	Full fat yoghurt	•

(½ mark x 4 = 2 marks)

d. Fill in the table below to classify the following into saturated and unsaturated fats.

	fish	*beef*	*nuts*	*olive oil*	*butter*	*Cheddar*

i.	Saturated fats	•	•	•
Ii	Unsaturated fats	•	•	•

(½ mark x 6 = 3 marks)

e. Complete the following by **filling in the gaps**.

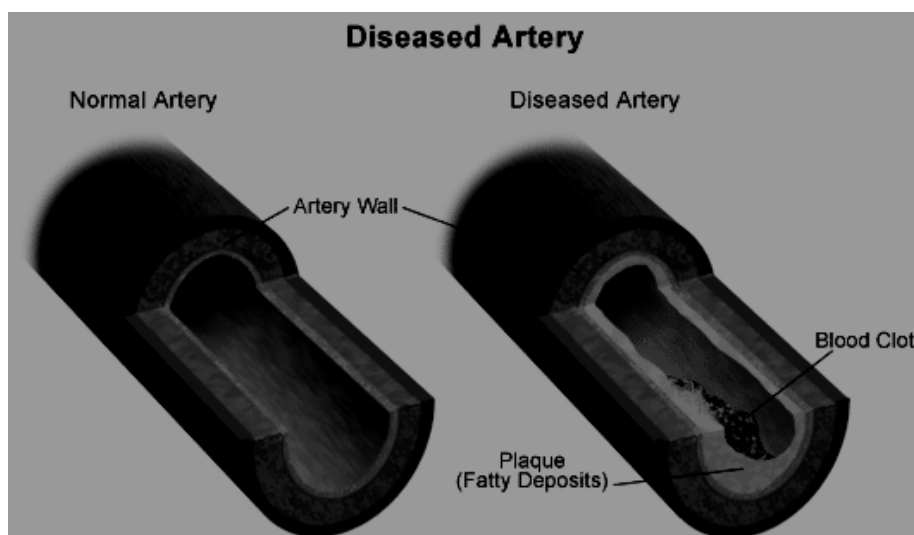When a person eats too much fat, s/he can gain weight by becoming first

o_____ and later on **o**_____ . Eating too much fat can also

lead to high blood **c**_____ , which in turn could cause heart

d_____ .

(1 mark x 4 = 4 marks)

f. **Explain** the following diagram

Diseased Artery

Normal Artery   Diseased Artery

Artery Wall

Blood Clot

Plaque
(Fatty Deposits)

_____

_____

_____

_____

_____

_____

_____

(2½ marks)

QUESTION 8: Vitamins and Minerals

a. What is the main function of vitamins and minerals in our body?

_____
(1 mark)

b. List FOUR foods which are good sources of vitamins and minerals.

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

c. Match column A (type of vitamins and minerals) with column B (their uses in the body).

	Vitamin and minerals		**Functions (Uses) in the body**
i.	Vitamin A		Forms strong bones and teeth.
ii.	Vitamin C		Is also called the sunshine vitamin and helps the body to absorb Calcium.
iii.	Vitamin D		Is needed for good eye sight.
iv.	Calcium		Forms the part of the red blood cells which is needed to carry oxygen around the body.
v.	Sodium		Prevents infections and common colds.
vi.	Iron		Controls the water balance in our body.

(½ mark x 6 = 3 marks)

Question 9: Food labels

a. Observe the following food label.

Broccoli & Cheese Quiche
Shortcrust pastry case filled with broccoli, free range egg and cheese

350g ℮

INGREDIENTS

(greatest first): Milk, Broccoli (17%), Wheat Flour, Egg (Free Range) (11%), Vegetable Oil (Palm, Rapeseed), Cheddar Cheese* (5%), Fromage Frais, Soft Cheese**(3%), Whipping Cream, Modified Starch (Maize), Gruyere Cheese* (1%) Dextrose, Salt, Potassium chloride, Flour Treatment Agent (L-Cysteine), Magnesium sulphate, White Pepper, Nutmeg, Preservative (Sulphur dioxide).
* Made using a vegetarian rennet derived from a genetically modified micro-organisim
** Made using non-animal rennet
72% Filling   28% Pastry

ALLERGY ADVICE
Contains Egg, Gluten, Cows Milk, Sulphites.

STORAGE ADVICE
Home Freezing - Freeze on day of purchase in a *** freezer and use within 1 month of freezing.

TS Foods Ltd. Gloucester GL1 3LD

NUTRITION

Typical Values	per 1/4 quiche (approx. 87g)	per 100g	
Energy Value (Calories	840 kJ 200 kcal	950 kJ 230 kcal)	
Protein	5 g	6 g	MEDIUM
Carbohydrate (of which Sugars	17 g 3 g	19 g 3 g)	MEDIUM LOW
Fat (of which Saturates	12 g 4 g	14 g 5 g)	HIGH HIGH
Fibre	1 g	2 g	MEDIUM
Sodium	0.1 g	0.1 g	MEDIUM
Salt	0.3 g	0.3 g	MEDIUM

Use By
03JAN
1433K
Keep in fridge 2 to 5°C

Suitable for Vegetarians

Suitable for Freezing

   i.   List THREE pieces of information that are found on the food label above.

- _____

- _____

- _____

(1 mark x 3 = 3 marks)

b. The following symbols can be found on a food packaging. **Draw** the symbol that represents them.

Litter man symbol

Recycling symbol

(1 mark x 2 = 2 marks)

END OF EXAM