

KULLEĠĠ SAN BENEDITTU

Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2013/14

Track 2



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	10	9 ½	16	10 ½	11 ½	16	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, she has to be careful as 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.
Example: Does not eat meat for health reasons.

- _____
- _____

(1 mark x 2 = 2 marks)

b. List TWO factors that should be kept in mind when preparing a meal for a vegan.
Example: Make sure you include enough protein from plant sources.

- _____
- _____

(1 mark x 2 = 2 marks)

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

Starter: _____

Main meal: _____

Dessert: _____

(½ mark x 3 = 1 ½ marks)

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

- _____
- _____
- _____

(1½ 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? **H**_____ **c**_____ **A**_____ (1 mark)

b. Tick the correct answer:
This acid is important to (eliminate the risk of a stomach ache, dissolve and further break down the food, absorb water in the stomach) (1 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 faeces is stored here.

(½ 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? **Tick** the correct answers.

empty metal cans newspaper food leftovers clothes plastic bottles
(½ mark x 3 = 1 ½ 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? **Tick** the correct answer.

throw it in the black garbage bag dispose of it in nearby bring-in sites
 take it out behind their doorstep whenever they like, even if it's not Tuesday

(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. *Example: garden trimmings*

• _____ • _____ (½ mark x 2 = 1 mark)

f. Give TWO **examples** of inorganic waste. *Example: plastic bags*

• _____ • _____ (½ mark x 2 = 1 mark)

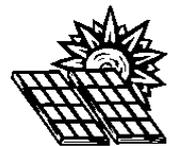
g. **Suggest** TWO simple ways how they can dispose of bulky waste, such as an old mattress and old T.V. set.



• _____
 • _____ (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. *Example: wind energy*



• _____ • _____ (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. **Complete the table by drawing or labelling** the following symbols which are found on products that are environmentally friendly.

DRAW				
LABEL		Recycling symbol		Litter man symbol

(½ mark x 4 = 2 marks)

- ii. Give **examples** of products which might carry these symbols on their packaging (refer to question d. i.).

	Environmentally Friendly Symbols	Examples of products	
a.			
b.	Recycling symbol		
c.			
d.	Litter man symbol		

(½ mark x 8 = 4 marks)

QUESTION 5: Different dietary recommendations

The following table 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)

See example.

Original recipe	Modified recipe	Reasons for modification
300g plain flour	150g plain flour 150g wholemeal flour	To increase dietary fibre.
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? **H**_____

(1 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 TWO possible causes of obesity.



- Example: Eating too much food.
- _____
- _____

(1 mark x 2 = 2 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 	• _____	• _____	• _____
Grill 	• _____	• _____	• _____
Oven 	• _____	• _____	• _____

(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 THREE factors which they need to consider when purchasing a cooker.

Example: features available

- _____
- _____
- _____

(½ mark x 3 = 1 ½ marks)

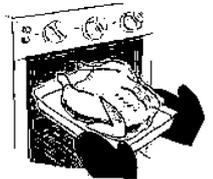
e. Different cookers have different features. Look at the features below.

Cooker features →	Automatic timer	Easy clean lining	Flame failure cut out
			
<p>Explain how the following features can be beneficial → for this couple.</p>			

(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.

- Example: Drinks are best served cold in summer
- _____
- _____

(1 mark x 2 = 2 marks)

c. Look at these TWO pictures of freezers:



- i. Circle the upright freezer
- ii. Name the other type of freezer. _____

(½ mark)

(½ mark)

iii. List ONE advantage and ONE disadvantage of each freezer.

• Type of freezer 1: _____

Give ONE advantage: _____

Give ONE disadvantage: _____

(2 marks)

• Type of freezer 2: _____

Give ONE advantage: _____

Give ONE disadvantage: _____

(2 marks)

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

• *Example: Open the freezer only when necessary and do not leave it open for too long.*

• _____

• _____

(1 mark x 2 = 2 marks)

QUESTION 8: Senior citizens

a. i. List TWO services available for senior citizens living in their own home.

ii. Explain how each service can be beneficial (helpful).

Example:

• **Service:** *Handyman service*

• **How can it be beneficial?** *This Service offers the elderly a range of repair jobs that vary from electricity repairs to plumbing, carpentry and transportation of items.*

• Service 1: _____

How can it be beneficial? _____

(1, 2 marks)

• Service 2: _____

How can it be beneficial? _____

(1,2marks)



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 lives in 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.

From the box below, **find and write** the names of the following THREE gadgets which Madeline can use to live a more independent life.

magnifying glass handy reacher walker ring zipper pull hearing aid



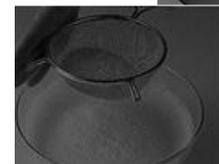
- _____
 - _____
 - _____
- (1/2, 1/2, 1/2 mark)

QUESTION 9: Whisking method

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

- _____
 - _____
 - _____
- (1/2 mark x 3 = 1 1/2 marks)

b. Look at the pictures and **complete the following** to outline the process of the whisking method of cake making. *Use the pictures to guide you.*
See example.



- i. Preheat the oven Gas Mark 5(190 °C).
- ii. Grease _____
- iii. Whisk _____
- iv. Sieve and fold-in _____
- v. Bake _____

(1 mark x 4 = 4 marks)

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

Tick the correct answer:

wholemeal flour

self-raising flour

plain flour

ii. Reason: _____

(1,2 marks)

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

ii. Give ONE reason why.

(1 mark x 2 = 2 marks)

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

Example: yoghurt

• _____ • _____ • _____

(½ mark x 3 = 1 ½ marks)

f. Name the following TWO recipes / types of desserts which can be made using the whisking method of cake making.



• _____ • _____

(½ mark x 2 = 1 mark)

g. Match the definitions with the correct terms.

	Definitions		Terms
i.	Beating the eggs using a whisk to trap the air.		Ribbon-texture
ii.	Once the eggs and sugar are beaten together and the mixture becomes thick and creamy, it should hold the mark of the beater trailed over the mixture for at least 10 seconds.		Folding-in
iii.	Mixing the flour with the egg and sugar mixture in the figure of 8 using a tablespoon.		Whisking

(1 mark x 3 = 3 marks)

THE END