

KULLEĠĠ SAN BENEDITTU

Boys' Secondary, Kirkop

Mark

HALF-YEARLY EXAMINATION – 2013/2014

Levels 5-6-7-8

FORM 1

Home Economics

TIME: 1h 30min

Question	1	2	3	4	5	6	7	8	Global Mark
Max. Mark	9	20	8	16	6	10	10	21	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 – Health and Well-Being

1a. Being **healthy** means feeling **physically, socially, emotionally** and **mentally** well. Indicate which aspect of health each picture is referring to:

Example:



(1 mark x 4 = 4 marks)

Healthy food – Physical health



1.	2.	3.	4.

1b. Divide the following factors into two: **Factors which contribute to good health and well-being** and **Factors which contribute to a lack of health and well-being**

(½ a mark x 10 = 5 marks)

Balanced diet, poor personal hygiene, smoking, physical exercise, alcohol abuse, rest, good employment, drug abuse, education, stress

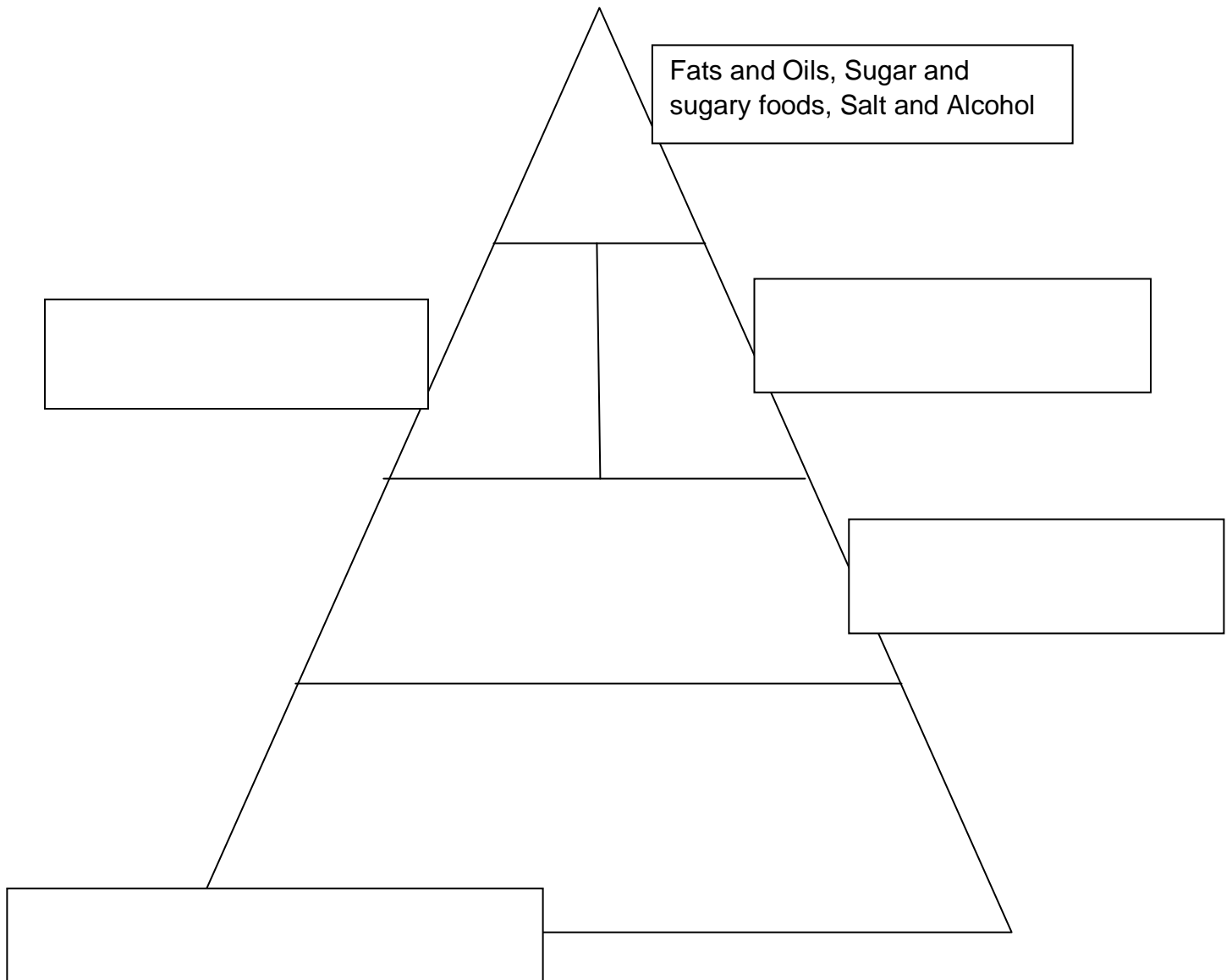
Factors which contribute to good health and well-being	Factors which contribute to a lack of health and well-being

Question 2 – Food Groups, the CINDI Food Guide Pyramid and the CINDI Dietary Guidelines

2a. **Colour** the CINDI Food Guide Pyramid. (½ a mark x 3 = 1 ½ marks)

2b. **Name** the different Food Groups. (1 mark x 4 = 4 marks)

2c. **List 2 examples** of food in each **food group**. (½ a mark x 10 = 5 marks)



2d. From the above Food Guide Pyramid and food listed in question 2c, list foods we need to **eat most**, **moderately** and **avoid** (½ a mark x 5 = 2½)

Eat most	Eat moderately	Avoid
Apple		

2e. One of the **dietary guidelines** states that we should **Eat less fat, especially animal fat** (1 mark x 4 = 4 marks)

Suggest **healthier alternatives** for the following foods:

Red meat _____

Full fat milk _____

Beef burger _____

Full fat yoghurt _____

2f. Name another **dietary guideline** and state **two ways** how you can practice the dietary guideline (1 mark x 3 = 3 marks)

Dietary guideline: _____

Practices: _____

Question 3 – Balanced Diet

3a. **Match** the following definitions (1 marks x 3 = 3 marks)

Under nutrition When a person eats more than his/her daily requirements.

Over nutrition When a person eats a variety of foods daily in the adequate amounts.

Balanced diet When a person eats less than his/her daily requirements.

3b. **Fill in** the following sentences using the bank of words below:

(½ a mark x 10 = 5 marks)

Dietary fibre, energy, whole grain, 2 litres, grow, Zumba, active, whole meal, dehydration, swimming

1. Food is very important for us. Food helps us to _____, build and repair our body.
2. We need to eat a variety of foods to give us _____ and be _____.
3. _____ bread and _____ pasta and rice contain a lot of _____ which helps us to avoid constipation.
4. It is advisable to drink at least _____ of water every day to avoid _____.
5. Walking, _____, jogging and _____ are all good examples of physical activities we can engage into to be more active.

Question 4 – Healthy Packed Lunch

4a. Jamie's mum is going abroad for a week. This means that Jamie has to prepare his school lunch for this week.

Suggest a **healthy packed lunch** for Jamie consisting of a **main item, snack and a drink**. (6 marks)



Main Item

Snack

Drink

4b. Jamie needs to **pack his lunch**. Suggest an **environmentally friendly way** how he can **pack and keep his lunch fresh**. Give a **reason** for your choice. (2 marks)

4c. There is a **wide variety of breads** available in the local market such as Maltese bread, Maltese ftira, French slice, and bread rolls. What **type of bread** should we choose if we want to **increase our Dietary fibre intake**? (2 marks)

4d. Suggest a **healthier alternative** for the following food/drinks items: (1 mark x 6 = 6 marks)

Food/drink item	Healthier suggestion
Soft drinks	
Chocolate	
Salty crisps	
Salted nuts	
Ice cream	
Doughnut	

Question 5 – Personal Hygiene

5a. **Hand washing** is very important especially when handling food. **Circle 3 situations when you should wash your hands**. (1 mark x 3 = 3 marks)



5b. **Continue** the following **personal hygiene rules**

(½ a mark x 6 = 3 marks)

Remove all _____

Roll up your _____

Tie back your _____

Keep nails _____ and remove any nail polish

Apply a _____ plaster to cover cuts or grazes

Wear an _____ and cap

Question 6 – Safety in the Kitchen

6a. List **6 unsafe practices** found in the kitchen below.

(1 mark x 6 = 6 marks)



Example: Pets should not be allowed in the kitchen

1.

2.

3.

4.

5.

6.

6b. **Children** are more **prone to accidents** especially when left in the kitchen alone.
List down the danger seen in each picture and what can happen.

(2 marks x 2 = 4 marks)

Example:



Detergents left in the lower cupboard.

Child can drink the detergent and get seriously ill.





Question 7 – First Aid

Tick ☒ the appropriate answer

7a. First Aid is

(2 marks)

- ☐ The first help given to a person who has been injured or involved in an accident.
- ☐ An operation done by a doctor.

7b. The correct **emergency number** is (2 marks)

☐ 123

☐ 112

7c. When there is **an emergency**, one needs to (2 marks)

☐ Stay calm, assess the situation and call for help.

☐ Panic a lot and shout for help.

7d. **Name 2 things** you should **clearly explain** when doing an **emergency call**.

(2 marks x 2 = 4 marks)

1.
2.

Question 8 – Small Kitchen Equipment and Washing Up

8a. Paul and Anthony are preparing different tasks in the Food Lab. Help them choose the best **equipment for the following tasks**: (1 mark x 7 = 7 marks)

Task	Equipment needed
Peeling apples	
Grating cheese	
Cutting apples	
Mashing potatoes	
Squeezing oranges	
Chopping food on	
Rolling out pastry	

8b. Choose **one piece of equipment** from the above. Explain how you would **clean** it. (2 marks)

Name of Equipment: _____

How to clean it:

8c. The following are type of **equipment used to weigh or measure food**. Match the picture to the correct name. (1 mark x 4 = 4 marks)



Measuring Cups

Measuring Jug

Weighing Scales

Measuring spoons

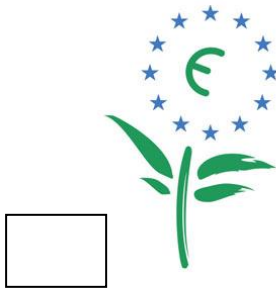


8d. Anna has a sink full of washing up. Circle 4 things Anna needs to do her washing up.



(1 x 4 = 4 marks)

8e. Anna needs to **buy a washing up liquid** to do her washing. Which of the below symbols should she look for in order to buy a detergent that is **environmentally friendly**? (2 marks)



What is the name of this symbol? _____

8f. We should never leave **wooden utensils** to s_____ in water. (1 mark)

8g. We should never wash **plastic utensils** with h_____ water. (1 mark)

END OF EXAM
