

KULLEGG SAN BENEDITTU Secondary School, Kirkop

Mark

HALF YEARLY EXAMINATION – 2015/2016

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	8	13 ½	10	22	9	12	9 ½	16	100
Mark									

Instructions to students:

- Read each question carefully.
- Answer **ALL** questions.
- Answers should be given in **English**.

DO NOT WRITE ABOVE THIS LINE

Name: _____

Class: _____

Question 1: Health and Functions of Food

1a. Draw a circle around the activities that promote good physical health. (1/2 mark x 2 = 1 mark)



1b. **State** whether the following statements are **True or False**.

(½ mark x 4= 2 marks)

	True or False
Reading helps to develop mental health.	
Having friends is not healthy for social health.	
Reading a book or watching a movie can be helpful to make one feel happy.	
Eating unhealthy food can lead to a better physical health.	

1c. **Fill in** the blank spaces from this bank of words.

(5 marks)

(energy, under nutrition, grow, diseases, concentrate)

Food is important for life. Babies and children need food mostly to _____. In the morning one should eat breakfast so that you can _____ more during the school lessons. Foods give us _____ to help us carry out our daily activities. Eating less food than your body requires, is called _____. Food also helps to prevent and protects us from _____.

2. The Food Plate and Food groups.

a. **Divide** The Food Plate according to the six Food groups.

(5 x ½ marks = 2 ½ marks)

The first one has been done for you.

b. **Name** the different Food Groups.

(5 x 1 mark = 5 marks)

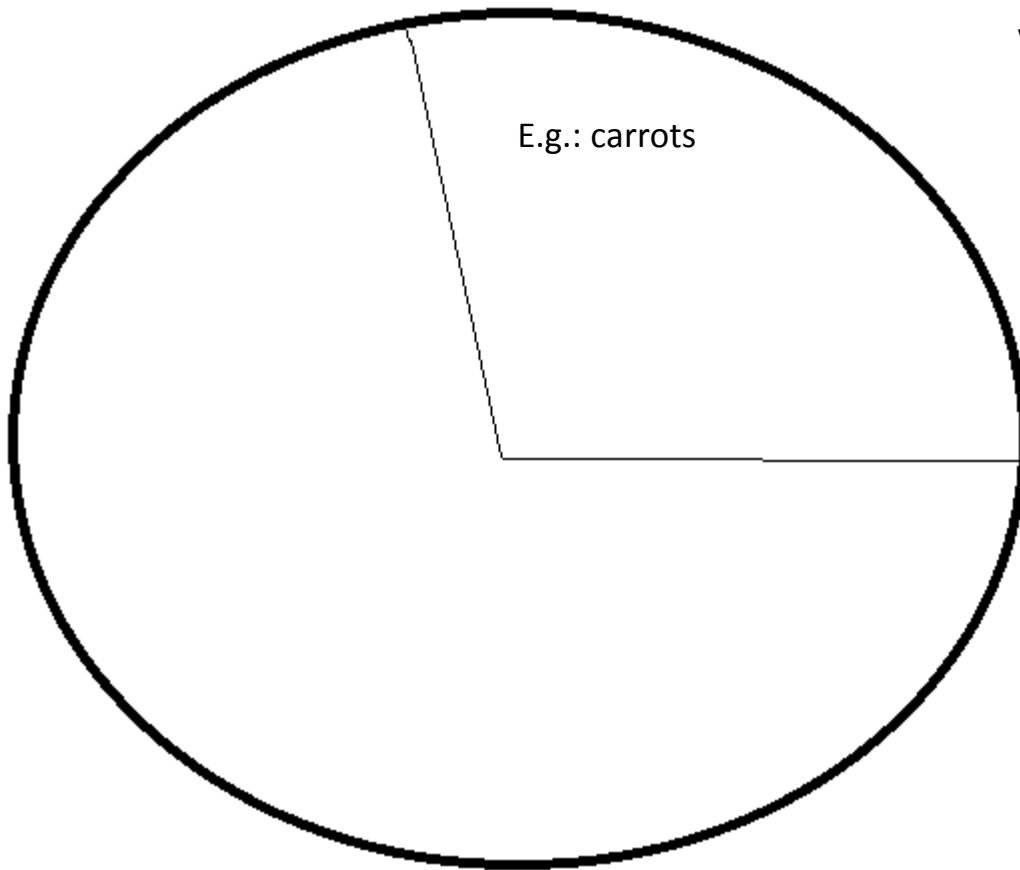
An example has been done for you: Vegetables

c. **Fill in** each food group with **two** different foods.

(12 x ½ mark = 6 marks)

An example has been done for you: carrots

Vegetables



Question 3: Dietary Guidelines

3a. **Fill in** the blanks.

(6 x 1 mark = 6 marks)

- We should drink _____ instead of full fat milk to reduce the amount of _____ from our diet.
- We should remove _____ from meat.
- We should _____ or _____ potatoes instead of frying them.
- Low fat cheese such as _____ should be chosen over high fat cheeses.

3b. **State two** ways how we can reduce the amount of **salt** in our diet.

(2 marks)

Example: Do not add salt to cooked food.

- _____
- _____

3c. **State two** ways how we can increase the amount of **dietary fibre** we eat.

(2 marks)

Example: Eat high in fibre breakfast cereals such as oats with fresh and dried fruit.

- _____
- _____

Question 4: Safety in the kitchen.

The following is a list of items that can lead to an accident.




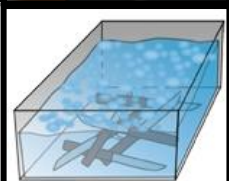


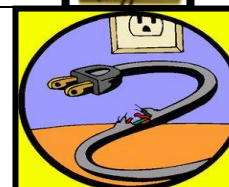
a. **Name** the type of accident that it can lead to.

(6 marks)

b. **State one** preventive measure.

(6 marks)

(The first one has been done for you)

	Accident	Preventive measure
	Example: Burn/ Scald	Example: Turn pan handle inwards.
		
		
		
		
		
		

4c.i. **Name four** different utensils used in the kitchen.

(½ mark x 4= 2 marks)

4c.ii. **Identify one** task for each utensil.

(½ mark x 4= 2marks)

Utensil	Task
E.g.: Chopping board	E.g.: Chopping

4c.iii. **Explain** how we should wash these equipment:




(2 marks)

Wood chopping board	Stainless steel spoon
_____	_____
_____	_____

4d. Weighing and measuring

i. **Name** the following equipment.

(4 marks)

			
Measuring _ _ _	Measuring _ _ _ _	Weighing _ _ _ _ _	Measuring _ _ _ _ _

ii. List **one** rule one should follow when measuring liquids.

(1 marks)

Rule: _____

iii. Give **one** reason why it is very important to measure accurately when cooking.

(1 mark)

Reason: _____

Question 5: Fats and Oils

Fats are divided in two: Saturated and Unsaturated

a. List **two** different **sources** of each.

(1/2 mark x 4 = 2 marks)

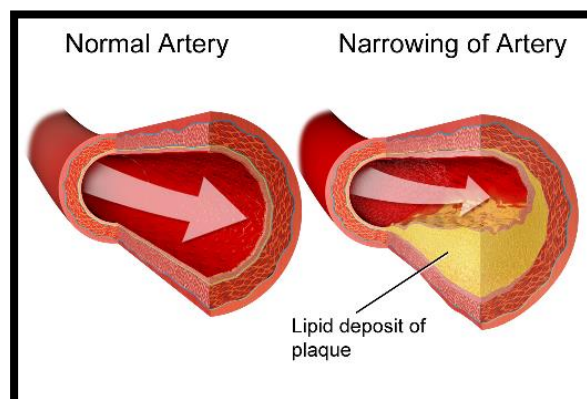
Saturated	Unsaturated
Source 1:	Source 1:
Source 2:	Source 2:

b. What are the major **functions** of Omega 3 and Omega 6?

(2 marks)

c. This is a picture of a diet related disorder.

i. Look at the diagram and name the condition leading to the narrowing of the artery. (1 mark)



ii. **Explain** how it occurs.

(2 marks)

iii. List **two** other high fat diet related disorders.

(2 marks)

Question 6: Proteins

a. List **two** novel products of protein.

(2 marks)

- _____
- _____

b. Use the following bank of words to fill in the blank.

(10 marks)

(15%, animals, essential, 4, pregnant, repair, amino acids, soya bean, chicken, athletes, milk, growth)

Protein is needed mostly for _____ and _____. 1 gram of protein gives us _____ kcal. _____ of our food intake should come from protein. Proteins are made up of _____, of which some are _____ amino acids and the rest are non-essential. Complete protein is found in food originating from _____. Examples of protein rich foods are _____ and _____. However, there is one plant source food that contains all the essential Amino Acids, which is _____. Two people who require more protein are _____ and _____ women.

Question 7: Carbohydrates

a. List **two** functions of carbohydrates.

(2 marks)

Function one: _____

Function two: _____

b. List the **three** types of carbohydrates.

(1/2 mark x 3= 1 ½ mark)

S _ _ _ _	S _ _ _ _	N _ _ S _ _ _ _ P _ _ _ _ _ _ _ _
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c. Name **one** disease that is connected with a diet high in sugar.

(1 mark)

Disease: _____

d. **Explain** this disease in detail.

(2 marks)

e. Circle **two** foods that are rich in sugars.

(1/2 mark x 2 = 1 mark)



f. List **two** ways how we can reduce the amount of sugar in our diet.

(2 marks)

One: _____

Two: _____

Question 8: Childcare

a. Identify **four** basic needs of a child.

(2 marks)

Example: home/ shelter



b. Underline **four** factors that can harm the unborn baby.

(1/2 mark x 4= 2 marks)

(Good nutrition, Smoking, Alcohol, Love, Respect, Exercise, Violence, Drugs)

c. **Explain** the following two symbols, which are found on toys.

(2 marks)



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d. List two factors parents should consider when choosing a childcare centre. (2 marks)

Factor One:



Factor two:

e. List **two** ways how parents can encourage healthy eating habits. (2 marks)

Example: By preparing coloured meals using different vegetables.

- _____
- _____

d. Cross out **four** unhealthy snacks for children. (1/2 mark x 4 = 2 marks)



e. Name **two** diseases that children are immunized against. (1/2 mark x 2 = 1 mark)

f. State whether the following statements are **True or False**. (1/2 mark x 6 = 3 marks)

	True or False
Weaning is the introduction of liquid food to the child's diet.	
Bottle feeding is much more expensive than breastfeeding.	
Ideally a mother should breastfeed her baby.	
Bottle feeding has several antibodies that breast milk does not contain.	
Weaning can be introduced at a very early age, as young as 1 month.	
Weaning introduces one food item at a time.	
Breastfeeding helps the mother to lose the weight gained during pregnancy.	

The End