

KULLEĠĠ SAN BENEDITTU Secondary School, Kirkop

HALF YEARLY EXAMINATION – 2015/2016

Level 5-6-7-8

Form 3

Home Economics
Marking Scheme

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									

Question One: Health and Functions of food

1a. **Draw a circle** around the activities that promote good physical health.



AND



(Level 5: ½ mark x 2= 1 mark)

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

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

(Level 6: ½ mark x 4= 4 marks)

1c. **Fill in** the empty words with this bank of words.

Food is important of life. Babies and children need food mostly for **growth**. In the morning you should eat breakfast so that you can **concentrate** more during the lessons. Foods give us **energy** to help us carry out the daily activities. If you eat less food than your body requires, it is called **under nutrition**. Food also helps to prevent and protects us from **diseases**.

(Level 6: 1 mark x 5 = 5marks)

Question Two: The Food Plate and the Food Groups

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

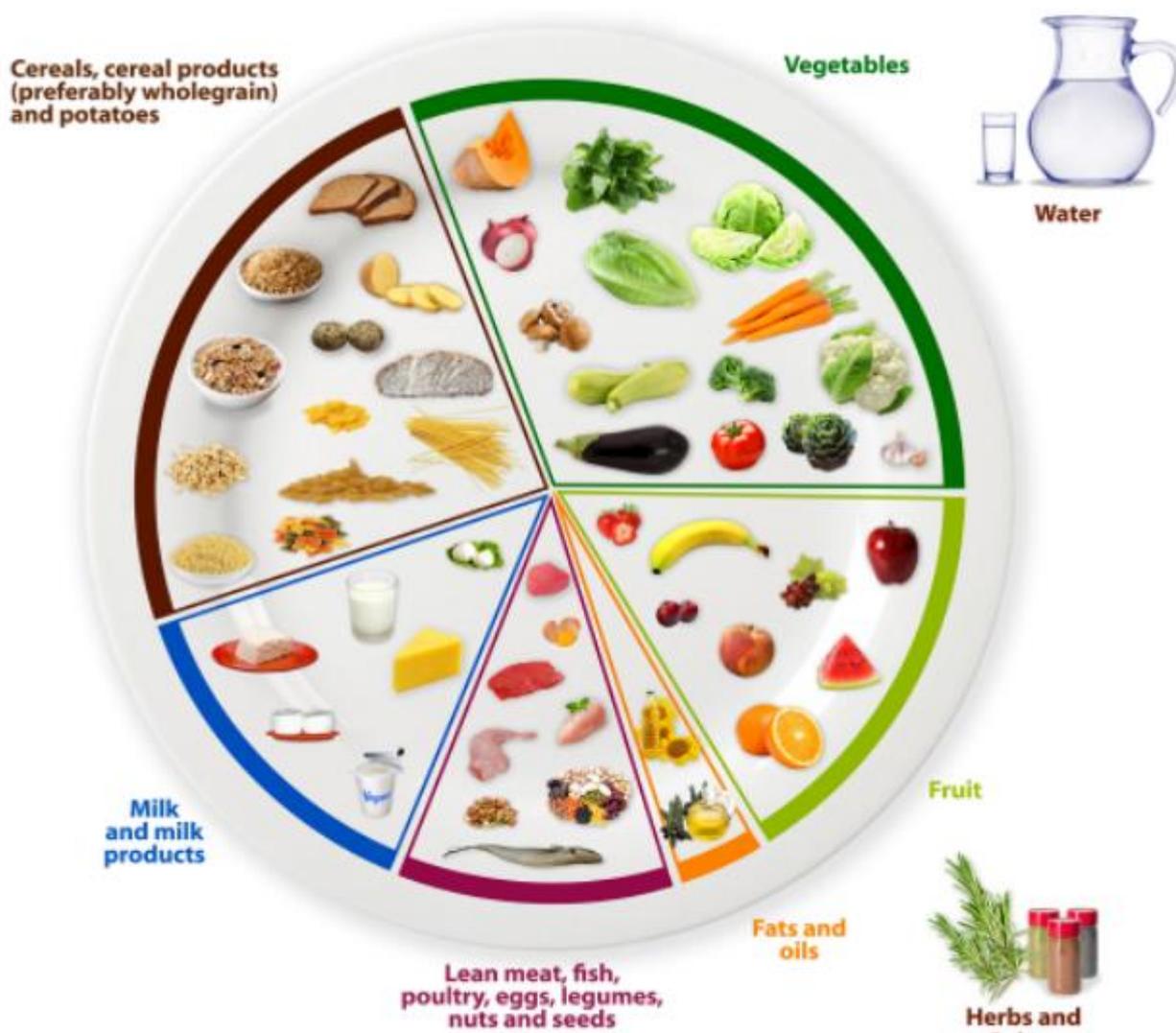
(Level 6: ½ mark x 5 = 2 ½ marks)

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

(Level 7: 1 mark x 5 = 5 marks)

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

(Level 7: ½ mark x 12 = 6 marks)



Question Three: Dietary Guidelines

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

- We should drink **skimmed/semi- skimmed** instead of full fat milk to reduce the amount of **fat** from our diet.
- We should remove **visible** fat from meat.
- We should **steamed** or **grilled** potatoes instead of frying them.
- Low fat cheese such as **ricotta** should be chosen over high fat cheeses.
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(Accept any other relevant answer)

(Level 7: 1 mark x 6 = 6 marks)

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

- Use herbs instead of salt.
- Do not eat processed foods.
- Avoid junk food.

(Accept any other relevant answer)

(Level 7: 1 mark x 2 = 2 marks)

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

- When possible eat fruit and vegetables with their peel on.
- Use whole meal flour when making pastries or cakes.

(Accept any other relevant answer)

(Level 7: 1 mark x 2 = 2 marks)

Question Four: Safety in the Kitchen

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

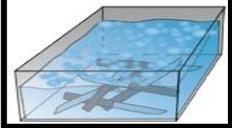
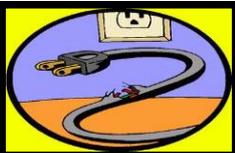
a. **Name** the type of accident that it can lead to.

(Level 7: 1 mark x 6= 6 marks)

b. **State one** preventive measure.

(Level 7: 1 mark x 6= 6 marks)

(Accept any other relevant answer)

	Accident	Preventive measure
	Cut	Do not leave knives on the working surface area or where children can reach them.
	Burn	Use oven gloves when taking food out of the oven.
	Cut	Do not put used knives in sinks full of water, where these can't be seen.
	Fracture	Wipe all spills immediately.
	Fracture	Do not leave children unattended, OR Store products within reach.
	Electrical shock	Fix/ do not use electric equipment with frayed wires.

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

(Accept any other utensil)

(Level 7: ½ mark x 4= 2 marks)

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

(Accept any other utensil)

(Level 7: ½ mark x 4= 2 marks)

Utensil 1: Saucepan	Utensil 2: Apple corer
Utensil 3: Vegetable peeler	Utensil 4: Orange squeezer

Task for Utensil 1: To cook/ boil	Task for Utensil 2: To core apples
Task for Utensil 3: To peel/ slice vegetables	Task for Utensil 4: To squeeze

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

(Level 7: 1 mark x 2= 2 marks)

Wood Wipe all food remains and wash with a damp cloth. Leave to dry in a draught.	Stainless steel Wash in hot, soapy water and dry them straight away to prevent them becoming marked.
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4d. Weighing and measuring

i. **Name** the following equipment.

(Level 5: 1 mark x 4 = 4 marks)

			
Measuring jug	Measuring cups	Weighing scales	Measuring spoons

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

- Use **transparent plastic or glass measuring jugs**, with pour spouts.
- Always stand the measuring jug on a **level (flat) surface**, then bend down to read the **measurements at eye level**.

(Accept any other relevant answer)

(Level 7: 1 mark)

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

- To prevent disastrous results.

(Accept any other relevant answer)

(Level 7: 1 mark)

Five: Fats and Oils

Fats are divided into two: Saturated and Unsaturated

a. List two different sources of each.

(Accept any other relevant answer)

(Level 7: ½ mark x 4= 2 marks)

Saturated	Unsaturated
Source 1: lard	Source 1: olive oil
Source 2: butter	Source 2: nuts

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

Function of Omega 3: plays an important role in brain function and may help you fight against cardiovascular disease.

Function of Omega 6: plays a crucial role in brain function, as well as normal growth and development.

(Level 8: 2 marks)

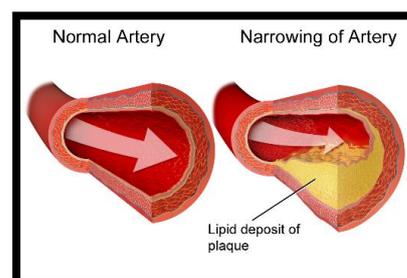
c. This is a picture of a diet related disorder.

Look at the diagram and name the condition leading to the

narrowing of the artery.

High blood cholesterol

(Level 7: 1 mark)



i. Explain how it occurs.

Arteries harden due to the build up of deposits of cholesterol and other fatty substances that form plaque and in turn narrow the arteries. Usually this condition occurs when eating too much fatty food. The blood has less space to circulate; hence more pressure is put on the heart to pump more blood. This results in High blood pressure.

(Accept any other relevant answer)

(Level 8: 2 marks)

ii. List two other high fat diet related disorders.

Overweight OR obesity OR stroke OR Heath disease OR High blood pressure

(Level 7: 1 mark x 2= 2 marks)

Question 6: Proteins

- a. Protein is needed mostly for **growth** and **repair**. 1 gram of protein gives us **4** kcal. **15%** of our food intake should come from protein. Proteins are made up of **amino acids**, of which

some are **essential** amino acids are the rest are non-essential. Complete Protein is found in food originating from **animals**. Examples of protein rich foods are **chicken** and **milk**. However there is one plant source food that contains all the essential Amino Acids, which is **soya bean**. Two people who require more protein are **athletes** and **pregnant** women.

(Level 6: 1 mark x 10 = 10 marks)

b. List **two** novel sources of proteins.

Tofu/ TVP (textured vegetable protein/ Quorn

(Accept any two)

(Level 7: 2 marks)

Question Seven: Carbohydrates

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

Function one: for energy

Function two: extra carbohydrates is stored as fat underneath the skin as adipose tissue which keeps us warm.

(Accept any other relevant answer)

(Level 7: 2 marks)

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

Sugar	Starch	Non Starch Polysaccharides
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(Level 6: ½ mark x 3= 1 ½ mark)

c. Name **one disease** that is connected with high sugar diet.

Tooth Decay OR Diabetes OR Obesity

(Level 7: 1 mark)

d. **Explain** this disease in detail

Tooth Decay: When sugar is eaten, acid is produced which attacks the enamel surface of the tooth, gradually causing a hole. If the acids are allowed to stay in the mouth for long periods of time, tooth decay develops.

Obesity: Sugary foods give lots of energy because they are high in calories and low in fibre. Eating too much of these foods means that excess is stored as fat, leading to an increase in body weight.

Diabetes: This is a condition in which the body (pancreas) is not able to convert, or becomes less efficient in converting, glucose in the blood into energy. As a result, the amount of glucose in the blood starts to rise. Glucose is obtained from the digestion of carbohydrates.

(Level 8: 2 marks (explanation))

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



(Level 5: ½ marks x 2= 1 mark)

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

Do not add sugar to tea or coffee.
Avoid drinking soft drinks and other sugary drinks.
Do not eat chocolate and sweets.

(Accept any other relevant answer)

(Level 7: 1 mark x 2 = 2 marks)

Question 8: Childcare

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

Food OR Education OR Love OR Clothing OR Sleep

(Accept any other relevant answer)

(Level 7: ½ mark x 4 = 2 marks)

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

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

(Level 5: ½ mark x 4 = 2 marks)

- c. **Explain** the following two symbols, which

are found on toys.



Toys are **unsuitable** (not good) for children less than 3 years old.



is an easily recognisable icon to **help consumers identify toys that have been classified as being safe for children to use.**

(Level 7: 1 mark x 2= 2 marks)

- d. List two factors parents should consider when choosing a childcare centre?

- Is the childcare centre / nursery kept clean and tidy?
- Do the children look happy?
- Is there artwork displayed throughout the building?
- Are the toilets child-friendly and hygienic?
- Are there enough toys for the children to play with?
- Are there enough carers? Are they nice with children?

(Accept any other relevant answer)

(Level 8: 1 mark x 2 = 2 mark)

e. **List two** way how parents can encourage healthy eating habits.

- Give fruits for snacks
- Do not give children take away foods too often.
- Encourage fresh fruit juices/ smoothies/ milkshakes

(Accept any other relevant answer)

(Level 7:2 mark)

f. **Cross out four unhealthy snacks** for children.



(Level 5: ½ mark x 4= 2 marks)

g. **Name two diseases** that children are immunized against.

Measles and Mumps

(Accept any other relevant answer)

(Level 7: ½ marks x 2= 1 mark)

h. **State** whether the following statements are **True or False**.

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

(Level 6: ½ mark x 6= 3 marks)

THE END