

# KULLEĠĠ SAN BENEDITTU Secondary School, Kirkop

Mark

## HALF YEARLY EXAMINATION – 2015/2016

Level 5 – 6 – 7 - 8

FORM 4

HOME ECONOMICS

TIME: 1h 30min

Question	1	2	3	4	5	6	7	Global Mark
Max. Mark	11 ½	20	10 ½	11	11	21	15	100
Mark								

### Instructions to students:

Answer ALL questions.

Read each question carefully.

Good English is important; however minor spelling mistakes are not countable.

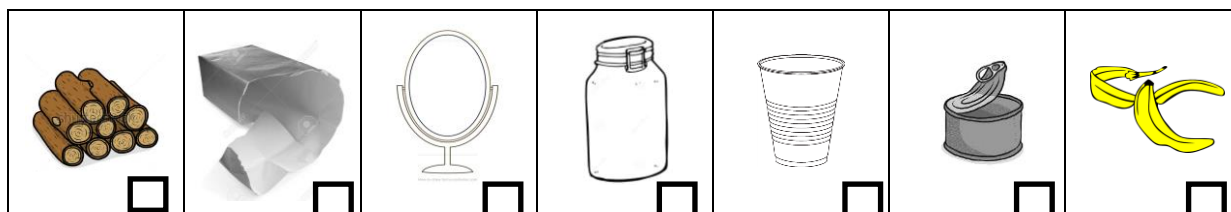
DO NOT WRITE ABOVE THIS LINE

Name: \_\_\_\_\_

Class: \_\_\_\_\_

### Question 1: The environment – Waste management

a. Tick ☒ the waste that can be thrown in the green / grey recycling bag.



(½ mark x 3 = 1½ marks)

b. Underline the waste that can be made into compost.

tea bags, fish and meat bones, garden trimmings, used tissue paper, nut shells  
(½ mark x 3 = 1½ marks)

c. Put in order the sequence of making compost. The first one has been done for you.

	Once it decomposes, add to the soil and use as a fertiliser.
	Give the heap a good mix to get the outside contents to the inside.
1	Add compostable items to the heap and chop large pieces into smaller ones.
	Prepare a compost bin or an area where you can build a compost heap.



(½ mark x 3 = 1½ marks)

- d. i. List two of the 5R's. See example.  
 ii. Give two examples of how each R can be put into practice. See example.

R: Return

Example: Return empty glass wine bottles to shops.

R 1: \_\_\_\_\_

Example: • \_\_\_\_\_  
 • \_\_\_\_\_

R2: \_\_\_\_\_

Example: • \_\_\_\_\_  
 • \_\_\_\_\_

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

- iii. List two examples of bulky waste that can be taken to a civic amenity site.

• \_\_\_\_\_  
 • \_\_\_\_\_ (½ mark x 2 = 1 mark)

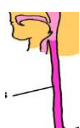
- e. i. What is the **name** of the main waste treatment facility plant in Malta?

• \_\_\_\_\_ (½ mark)

- ii. Where is it located? \_\_\_\_\_ (½ mark)

## Question 2: Digestion

- a. Circle the digestive organs.



(1 mark x 4 = 4 marks)

- b. Complete this exercise by **filling in the gaps** using the bank of words provided below.

enzyme	chloric	breakdown	small	rectum	chewing	fats
villi	protein	water	oesophagus	faeces	large	

Digestion is the \_\_\_\_\_ of food by the body. It starts in the mouth where food is broken down by the action of \_\_\_\_\_. This is known as mechanical digestion. Chemical digestion in the mouth starts by the action of the \_\_\_\_\_ amylase which breaks down starch. The chewed food is pushed down to the \_\_\_\_\_

and then it goes straight to the stomach. Hydro \_\_\_\_\_ acid breaks down the food further. Digestion of \_\_\_\_\_ starts in the stomach. Then food enters the \_\_\_\_\_ intestine. Digestion of \_\_\_\_\_ starts here. Furthermore, digestion of all nutrients is completed here. Once digestion is completed, the nutrients are absorbed through finger-like projections known as \_\_\_\_\_. Undigested food passes in the \_\_\_\_\_ intestine. \_\_\_\_\_ is absorbed and waste known as \_\_\_\_\_ are formed. Waste is first stored in the \_\_\_\_\_ and is then eliminated through the anus.

(1 mark x 13 = 13 marks)

**c. Name the following:**

- i. Chewed food is swallowed in the form of a wet ball known as food \_\_\_\_\_.
- ii. The movement of how food travels down the oesophagus is called \_\_\_\_\_.
- iii. Food leaves the stomach in the form of a thick liquid / paste known as \_\_\_\_\_.

(1 mark x 3 = 3 marks)

**Question 3: Different dietary needs**

**a. Match** the following diet related disorders with their possible causes / risk factors.

	<b>Diet related disorder</b>	<b>Cause</b>
i	Anorexia Nervosa	Eating large portions of food and not exercising
ii	Overweight / Obesity	Avoids eating food.
iii	Coeliac disease	Eating too much salt
iv	Hypertension	Eating a diet low in dietary fibre.
v	Diverticulitis	Consuming too much sugar.
vi	Diabetes	The body reacts badly to gluten.

(½ mark x 6 = 3 marks)

**b. A person who suffers from a **nut allergy** should be very careful when eating.**

- i. **List** one consideration s/he should keep in mind when eating out.



- ii. **List** one consideration s/he should keep in mind when shopping for food.

(1 mark x 2 = 2 marks)

c. Paul is a forty year old man who suffers from osteoporosis.

i. **Define** the term osteoporosis.

(1 mark)

ii. **Plan** a three course meal suitable for Paul to help him improve his condition.

iii. **Give a reason** related to nutritional value for each choice.

	Meal Chosen	Reasons for choice
<b>Starter</b>	<hr/> <hr/>	<hr/> <hr/>
<b>Main Course</b>	<hr/> <hr/>	<hr/> <hr/>
<b>Dessert</b>	<hr/> <hr/>	<hr/> <hr/>

(½ mark x 3 = 1 ½ marks, 1 mark x 3 = 3 marks)

#### Question 4: Hobs, Grills and Ovens

Julie and John will soon be getting married and they are planning to buy a cooker.



a. **Name** the three main parts of a cooker.

•	•	•
---	---	---

(½ mark x 3 = 1 ½ marks)

b. i. **List** three special features they can look for when choosing a cooker. *See example.*

ii. **Explain** how these features can be useful. *See example.*

	Features	How can these features be useful?
•	<i>Flame failure cut-out</i>	• <i>This safety device stops the flow of unburnt gas if the flame is blown out.</i>
•		•
•		•
•		•

(½ mark x 3 = 1 ½ marks)

(1 mark x 3 = 3 marks)

- c. Besides special features, **list** four considerations they need to keep in mind when choosing the cooker.

• <i>E.g. dimensions</i>	•	•	•	•
--------------------------	---	---	---	---

(½ mark x 4 = 2 marks)

- d. **Explain** the term 'convection oven' (how it works / heat distribution).

---



---

(2 marks)

- e. i. Do you think that Julie and John should buy a convection oven? \_\_\_\_\_

- ii. **Give a reason** for your answer.

---

(½ ,½ mark)



### Question 5: Senior Citizens



Pauline is 70 years old. She lives with her husband Joe who is 72 years old. They are still quite active and they live on their own. They have three married children and 6 grandkids aged from 2 to 12 years.

- a. **Identify** two positive aspects of healthy active elderly living in their own home.

- \_\_\_\_\_
- \_\_\_\_\_

(1 mark x 2 = 2 marks)

- b. i. **List** 2 services which Pauline and Joe can apply for to make their life easier in their own home, especially when they grow older. *See example.*

- ii. **Explain** how these services can be beneficial for them. *See example.*

**Service:** Handyman service

**Benefit:** Maintenance in the home will be carried out at a very low price.

**Service 1:** \_\_\_\_\_

**Benefit:** \_\_\_\_\_

**Service 2:** \_\_\_\_\_

**Benefit:** \_\_\_\_\_

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

c. List two ways how this elderly couple could be helpful to their children's family.



- \_\_\_\_\_
- \_\_\_\_\_

(1 mark x 2 = 2 marks)

d. Explain what an elderly day centre is.

---



---

(1 mark)

e. List three activities that can be organized or carried out in an elderly day centre.



(1 mark x 3 = 3 marks)

### Question 6: The Whisking Method of Cake making

a. Name three desserts that can be made using the whisking method of cake making.



(1 mark x 3 = 3 marks)

b. Suggest three suitable ingredients that can be used to make healthy fillings for the desserts shown in previous question (a).

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(1 mark x 3 = 3 marks)

c. Tick ☒ the main ingredients that are needed to make cakes using the whisking method.


☐

☐

☐

☐

☐

(1 mark x 3 = 3 marks)

d. Complete the following steps of the whisking method in detail.

- i. Light the oven Gas Mark 5 (180 °C).
  - ii. Grease \_\_\_\_\_
  - iii. Weigh \_\_\_\_\_
  - iv. Whisk \_\_\_\_\_
  - v. Fold in \_\_\_\_\_
  - vi. Spread \_\_\_\_\_
  - vii. Bake \_\_\_\_\_
- (1 mark x 6 = 6 marks)

e. Explain the term 'ribbon texture'.

---



---

(2 marks)



- f. i. List two possible faults when making whisked cakes. *See example.*  
 ii. Explain what happens to the final result. *See example.*

Possible faults	Result
• <i>Cake batter is over mixed.</i>	• <i>Sponge fails to rise.</i>
• _____	• _____
• _____	• _____

(1 mark x 4 = 4 marks)

### Question 7: Fridges and Freezers; Going Green

- a. Name the following types of freezers. (½ mark x 2 = 1 mark)  
 b. List one advantage and one disadvantage of each. (1 mark x 4 = 4 marks)

	Name of freezer	Advantage	Disadvantage
i.	 • _____ _____	• _____ _____	• _____ _____
ii.	 • _____ _____	• _____ _____	• _____ _____

- c. Anita is a thirty-four-year old mother of two who works full time. Once in a fortnight (two weeks), she does the shopping for food and on Saturdays she cooks most of the weekly meals and freezes them. She is a very organized person and she makes sure that everything is well stored and easily accessible.



i. Which type of freezer do you recommend she buys?

• \_\_\_\_\_

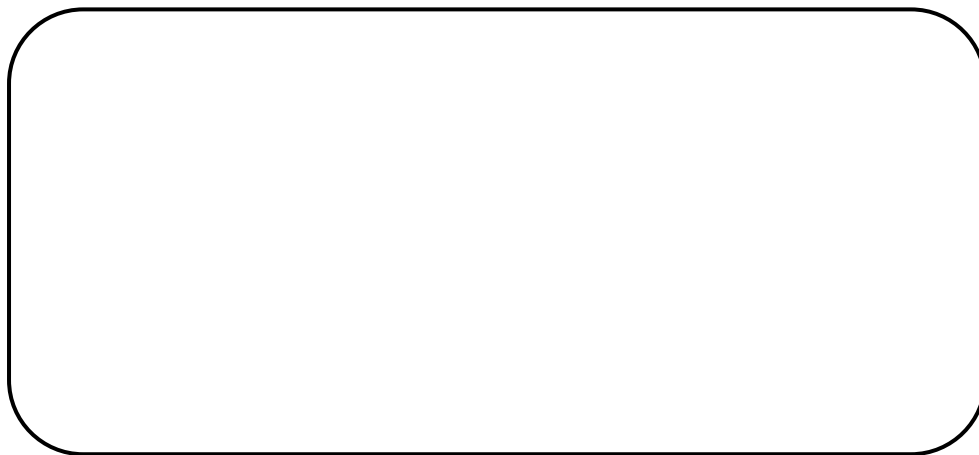
(½ mark)

ii. Give a reason for your choice.

• \_\_\_\_\_  
(1 mark)

- f. In the space provided below **draw and name** the label she and her husband should look for to identify how much energy efficient the freezer is. (2, 1 marks)

- g. Draw an arrow → to indicate how a high energy efficiency rating is marked on this label. (1 mark)



- d. List the temperature at which the freezer should operate. \_\_\_\_\_ (½ mark)

- e. List two ways how she can save energy when using the freezer.

• \_\_\_\_\_  
• \_\_\_\_\_  
(1 mark x 2 = 2 marks)

- f. List two ways how Anita can be a 'green consumer' when shopping for food.

• \_\_\_\_\_  
• \_\_\_\_\_  
(1 mark x 2 = 2 marks)

---

**END OF EXAM**