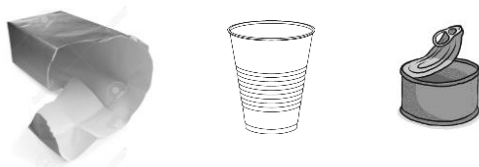


## Question 1: The environment – waste management

a.



(Level 5:  $\frac{1}{2}$  mark x 3 = 1  $\frac{1}{2}$  marks)

b. tea bags, garden trimmings, nut shells

(Level 6:  $\frac{1}{2}$  mark x 3 = 1  $\frac{1}{2}$  marks)

c. (Level 6:  $\frac{1}{2}$  mark x 3 = 1  $\frac{1}{2}$  marks)

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

d. Possible answers: (Level 6:  $\frac{1}{2}$  mark x 2 = 1 mark, Level 7: 1 mark x 4 = 4 marks)

### Reduce:

- Use both sides of a paper before throwing it away.
- Buy products with the least packaging.
- Do not buy products which you do not need.

### Reuse:

- Use rough paper for shopping list.
- Use paper as rough before throwing it away.
- Make crafts with waste products.

### Refill:

- Make use of refillable durable plastic bottles.
- Buy pens with refillable ink.
- Buy correction pens which are refillable.
- Buy batteries which can be recharged.

### Recycle:

- Make use of compost.
- Buy products which have been recycled
- Buy products which can be recycled.
- Separate waste for recycling.

iii. Possible answers:

(Level 6:  $\frac{1}{2}$  mark x 2 = 1 mark)

All appliances, computer, mattresses, garden waste, construction waste

*Give mark/s to other correct answers.*

e. (Level 7:  $\frac{1}{2}$  mark x 2 = 2 marks)

- San't Antnin
- Marsascala

## Question 2: Digestion

a. .



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

b. Digestion is the **breakdown** of food by the body. It starts in the mouth where food is broken down by the action of **chewing**. This is known as mechanical digestion. Chemical digestion in the mouth starts by the action of the **enzyme** amylase which breaks down starch. The chewed food is pushed down to the **oesophagus** and then it goes straight to the stomach. Hydro **chloric** acid breaks down the food further. Digestion of **protein** starts in the stomach. Then food enters the **small** intestine. Digestion of **fats** starts here. Furthermore, digestion of all nutrients is completed here. Once digestion is completed, the nutrients are absorbed through finger-like projections known as **villi**. Undigested food passes in the **large** intestine. **Water** is absorbed and waste known as **faeces** are formed. Waste is first stored in the **rectum** and is then eliminated through the anus.

(Level 7 : 1 mark x 13 = 13 marks)

c. bolus, peristalsis, chyme (Level 8 = 1 mark x 3 = 3 marks)

## Question 3: Different dietary needs

a. Level 6 ( ½ mark x 6 = 3 marks)

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

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

- Ask the chef / waiter whether the dish s/he would like to order may contain any traces of nuts.
- Read the food labels and check the ingredient list / look for any symbols.

c. i. Osteoporosis a condition where the bones become porous / very brittle and as a result break very easily. (Level 8: 1 mark)

iii. Give mark/s to other relevant answers.

(Level 7: ½ mark x 3 = 1 ½ marks, 1 mark x 3 = 3 marks)

## Question 4: HOBS, GRILLS AND OVENS

a. hobs, grills, oven (Level 6: ½ mark x 3 = 1 ½ marks)

b. Possible answers:

	Features	How can these features be useful?
•	Automatic ignition	Lights the burner easily and quickly without the need to use a match or to press the spark button.
	Re-ignition	If the flame is blow out, it re-ignites automatically.
•	Convection / fan assisted oven	Shorter cooking time without having to change the position of the shelves.
•	Cooking programme timer	Can set the timer to switch the oven automatically when she is on her way home. Very ideal for a busy lifestyle.
•	Defrosting setting	Ideal to defrost food quickly especially meat.
•	Easy clean lining	When heated, the oven cleans itself by burning any spills to ash
	Flame failure cut-out	This safety device stops the flow of unburnt gas if the flame is blown out.

(Level 6: ½ mark x 1 ½ marks)

(Level 7: 1 mark x 3 = 3 marks)

c. Possible answers: built-in or free standing, colour, brand name, guarantee, price

(Level 6: ½ mark x 4 = 2 marks)

d. Convection oven is a fan assisted oven. It circulates hot air evenly around the oven and cooks food faster.

(Level 8: 2 marks)

e. Yes, because they will be saving energy and time when using the oven. (Level 8: 1 mark)

### Question 5: Senior Citizens

a. Possible answers:

- They will feel more comfortable in their own home.
- Familiar surrounding will make them happier.
- They will feel more independent and useful.
- Give mark/s to other correct answers.

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

b. Possible answers:

- Telecare: Can call for immediate assistance in case of emergency.
- Homecare/help: Help in the daily chores as required by the elderly will make daily tasks much easier.
- Community Nurse (M.M.D.N.A): The nurse can assist elderly to take better care of their health
- Meals on wheels: They can have a hot meal delivered to their home daily at a very low price.
- Telephone rebates: Elderly can call their friends / relatives at very low rates
- Give mark/s to other correct answers

(Level 6: ½ mark x 2 = 1 mark, Level 7: 1 mark x 2 = 2 marks)

c. Possible answers:

- Look after their grandchildren whilst they are at work.
- Cook for their family.
- Buy some daily groceries if required.
- Give mark/s to other correct answers.

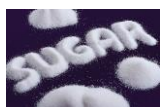
(Level 7: 1 mark x 2 = 2 marks)

- d. A place where various activities suitable for the elderly are organized and where the elderly can meet during the day. (Level 8: 1 mark)
- e. Knitting, bingo, outings. (Level 5: 1 mark x 3 = 3 marks)

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

- a. Swiss roll, sponge fruit flan, Victoria sandwich cake (sandwich cake is still correct) (Level 6: 1 mark x 3 = 3 marks)
- b. Yoghurt, fresh/ dried fruit, nuts, ricotta (Level 6: 1 mark x 3 = 3 marks)

c.



(Level 5: 1 mark x 3 = 3 marks)

- d. (Level 7: 1 mark x 6 = 6 marks)
- Light the oven Gas Mark 5 / 190 °C
  - Grease or line the baking dish / flan tin
  - Weigh all ingredients accurately
  - Whisk the eggs and sugar until you achieve a ribbon texture / until the mixture is thick and creamy.
  - Fold in the sieved flour using a tablespoon.
  - Spread the mixture on the baking dish / flan tin
  - Bake until golden brown / springy to the touch.
- e. A thick and creamy batter which holds the mark of the beater trailed over for at least 10 seconds. (Level 8: 2 marks)
- f .i. List two possible faults when making whisked cakes.  
 ii.Explain what happens to the final result. (Level 7: 1 mark x 4 = 4 marks)

Possible faults	Result
• Cake batter is over mixed.	Trapped air will be released and the sponge fails to rise.
• Flour is not sieved.	Any lumps of flour will remain uncooked.
•Flour is not well folded in the mixture.	Flour will remain uncooked.
• Oven temperature set too high	Sponge will be overcooked.
• Oven temperature set too low	Sponge will dry out.
• Baking sheet is too big	Sponge will flatten out and becomes crusty.
• Baking sheet is too small	Batter overflows and the sponge loses its shape.

- Give mark/s to other relevant answers.

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

- a. Upright / chest freezer (Level 6: ½ mark x 2 = 1 mark)

**b. Possible answers: (Level 7: 1 mark x 4 = 4 marks)**

**i. Upright freezer**

Advantages: Easy to pack and unpack

Needs less floor space.

Disadvantages: A bit less economical than a chest freezer

Cannot store bulky items.

More expensive to buy than chest freezers.

**ii. Chest freezer**

Advantages: Can store bulky items.

Less expensive to buy than other freezers e.g. upright

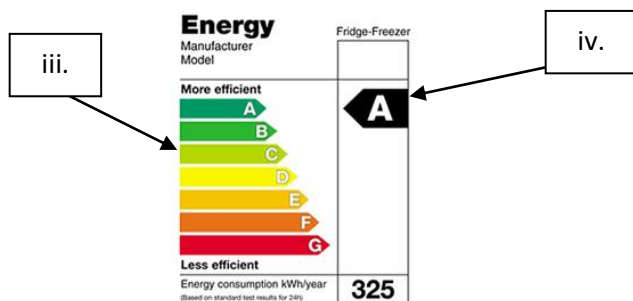
More economical than upright freezers

Disadvantages: Requires more floor space

Difficult and more time consuming to unpack food

*Give mark/s to other correct answers.*

**c.**



**iii. (Level 7: 3 marks)**

**iv. (Level 7: 1 mark)**

**d. – 18 °C (Level 6: ½ mark)**

**e. Possible answers:**

- Keep it well stacked.
- Do not open unnecessarily.
- *Give mark/s to other correct answers.*

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

**f. Possible answers:**

- Buy food products with the least packaging.
- Make use of cloth bags instead of plastic bags.
- Do not buy fruit and vegetables in plastic bags or containers.
- Buy products with recyclable packaging or with packaging which can be recycled.
- *Give mark/s to other relevant answers.*

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