Form 4 | Home Economics | Time: 1h 30min
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<table>
<thead>
<tr>
<th>Question</th>
<th>1</th>
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<th>4</th>
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<th>8</th>
<th>9</th>
<th>Global Mark</th>
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<tbody>
<tr>
<td>Max. Mark</td>
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<td>Mark</td>
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DO NOT WRITE ABOVE THIS LINE

Name: ____________________________ Class: ___________

Instructions:

☐ Answer all the following questions
1. a. Jonathan is a 16-year old teenager. On Sunday afternoon, he goes out with his friends. At about 4 pm, they usually have a quick tea-time snack from a take-away shop.

i) The web diagram shows a factor that affects Jonathan and his friends when choosing a snack to eat. Complete the web diagram with **FOUR** other factors. (4 marks)

b. Suggest **TWO** reasons why Jonathan and his friends should avoid:

i) Eating fast foods;

ii) Drinking soft drinks;

(4 marks)

c. Suggest **TWO** healthy snacks and **TWO** nutritious drinks which Jonathan and his friends could buy while out on a Sunday afternoon.

Two healthy snack foods: ___________________ ___________________

Two nutritious drinks: ___________________ ___________________

(2 marks)
2. This question is about **The Digestive System**.

Fill in with the following words:

Anus, Digestion, Chemical, Absorbed, Organs, Mechanical, Broken, Mouth, Food

When ____________ has been eaten, it must be ____________ down in the body by the process of _____________, so that the molecules of which it is composed can be _____________ into the bloodstream. The whole process takes place in the digestive system, which begins at the ___________ and ends at the ___________. It consists of various ____________ and tissues, each with special functions. Digestion and absorption occur by both ____________ and ____________ means.

(9 marks)

b. Label the following diagram with the words from the box below.

(11 marks)
3. This question is about **meal planning**.

Parents have the responsibility for the diet and health of their children.

a. Explain two ways how a child’s eating patterns may affect their health in later life.

   - ______________________________________________________________
   - ______________________________________________________________

   (2 marks)

b. Manufacturers of baby foods now give information about the sugar content of their products. Give a reason why this is useful to parents.

   - ______________________________________________________________

   (1 mark)

c. The planning of healthy meals for athletes is very important.

   Identify three factors to be considered when planning meals for teenage athletes.

   - ______________________________________________________________
   - ______________________________________________________________
   - ______________________________________________________________

   (3 marks)

d. Plan a menu for a day for an **elderly person**

   (3 marks)

<table>
<thead>
<tr>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
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<td></td>
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<tr>
<td></td>
</tr>
</tbody>
</table>
4. This question is about different cooking methods. Most of the food we eat is cooked.

a. Give **three** reasons why food is cooked.

∞ ...................................................................................................................

∞ ...................................................................................................................

∞ ...................................................................................................................

(3 marks)

b. Food can be cooked either by a moist method of cooking or a dry method of cooking. State two examples of each method.

<table>
<thead>
<tr>
<th>Moist Method</th>
<th>Dry Method</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(4 marks)

c. Cooking involves the transfer of heat into food.

Complete the following table.

<table>
<thead>
<tr>
<th>Method of Cooking</th>
<th>Heat Transfer</th>
<th>Suitable Food</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Conduction</td>
<td>Tough cut of meat</td>
</tr>
<tr>
<td>Baking</td>
<td></td>
<td>Cake</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rice</td>
</tr>
<tr>
<td>Stir-frying</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grilling</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(8 marks)

d. Frying is a method of cooking. Why is it considered to be unhealthy?

__________________________________________________________________________

__________________________________________________________________________

(1 mark)
5. This question is about Organic Farming and GMO's

a. Fruit and Vegetables are very rich in Vitamin C. Suggest three ways of how fruit and vegetables can be prepared and cooked to prevent the loss of this vitamin.

∞ ______________________________
∞ ______________________________
∞ ______________________________
∞ ______________________________

(3 marks)

b. Maltese farmers are encouraged to change to organic methods of farming.

Explain what you understand by organically grown fruit and vegetables.

________________________________________________________________________
________________________________________________________________________

(2 marks)

c. Give one advantage and one disadvantage of Organic Farming

Advantage ________________________________________________________________
________________________________________________________________________

Disadvantage ____________________________________________________________
________________________________________________________________________

(2 marks)

e. People have become more aware about the hazards of Genetically Modified Organisms (GMO’s)

Explain what GMO’s stands for by ticking the correct answer.

∞ Plants grow in all seasons ☐

∞ Plants which are not good for eating ☐

∞ Plants which have had a characteristic altered by Changing one or more genes from their parent plant. ☐

(1 mark)
6. This question is about meat.

a. Name three different types of meat
   • ___________________
   • ___________________
   • ___________________(3 marks)

b. What nutrients does meat contain?
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   (2 marks)

c. Name some ways you could cook cheap tough cuts of meat.
   • _____________________________________________________________
   • _____________________________________________________________
   (2 marks)
7. A wide variety of fish is available on the market. Sort the following fish into the table below.

<table>
<thead>
<tr>
<th>Lampuki</th>
<th>Shrimps</th>
<th>Mussels</th>
<th>Tuna</th>
<th>Salmon</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>White Fish</th>
<th>Oily Fish</th>
<th>Shell Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(3 marks)

b. List three points that you would look for when buying fresh fish.

• ________________________________________________________________

• ________________________________________________________________

• ________________________________________________________________

(3 marks)

c. Last Sunday, Leah bought some fresh Lampuki from the open market at Marsaxlokk. She placed them on a plate and stored them in the fridge to cook them on Wednesday. Point out two things that Leah did wrong when storing the fish.

• ________________________________________________________________

• ________________________________________________________________

(2 marks)

d. Name TWO recipes in which you would include fish and explain how to cook them.

___________________________________________________________________

___________________________________________________________________

(2 marks)
8. We are being advised to follow the Maltese dietary guidelines during the preparation of meals. The following are some of the ingredients that Jane used for making baked rice. Suggest changes in the ingredients that Jane can make to prepare baked rice which is in line with the dietary guidelines.

<table>
<thead>
<tr>
<th>Ingredients used by Jane</th>
<th>Modified Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>250g white rice</td>
<td></td>
</tr>
<tr>
<td>4 slices streaky (full fat) bacon</td>
<td></td>
</tr>
<tr>
<td>200g minced pork</td>
<td></td>
</tr>
<tr>
<td>1 can tomatoes</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper</td>
<td></td>
</tr>
<tr>
<td>2 eggs (for binding)</td>
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</tbody>
</table>

(6 marks)

Section B:

9. This question is about shopping.
   a. Name what you would look for when choosing to make your shopping from a Supermarket.

   (4 marks)
b. Suggest ONE way how supermarkets can make shopping easier for the following persons. (Each suggestion can only be used once.)

- **Elderly persons:** ________________________________
  ______________________________________________________

- **A parent with a baby:** ______________________________
  ______________________________________________________

- **A person who does not own a car:** ____________________
  ______________________________________________________

c. Give TWO reasons why it is important to make a shopping list before going shopping.

Reason I: ______________________________________________

Reason II: ______________________________________________

  (2 marks)

d. Name an alternative way of doing shopping in order to save time and energy.

__________________________________________________________

  (2 marks)