

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD  
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2012 SESSION**

---

SUBJECT:	<b>Home Economics</b>
PAPER NUMBER:	I
DATE:	8 <sup>th</sup> May 2012
TIME:	4:00 p.m. to 6:00 p.m.

---

**Answer ALL questions.**

1. Fish is a nourishing food with a delicate flavour which can be served in many ways. It is recommended that we include fish at least three times in our weekly diet.

a. Name the other **TWO** main types of fish.

White fish; \_\_\_\_\_ fish \_\_\_\_\_ fish

(1 mark)

b.i. State which of the above type of fish has tough fibres which are difficult to digest.

\_\_\_\_\_ fish

(½ mark)

ii. State which of the above is easily digested therefore making it suitable for invalids.

\_\_\_\_\_ fish

(½ mark)

c. Outline the nutritive value of fish.

---

---

---

(2 marks)

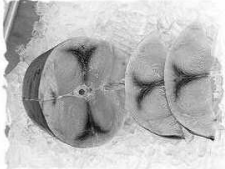

d. It is important that when buying fish, it is as fresh as possible.

Name **THREE** signs that show quality and freshness when buying fresh fish.

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

(3 marks)

e. Suggest a healthy cooking method for each fish listed below.

Fish	Health Method of Cooking Fish
i. Swordfish steaks <i>(pixxispad)</i> 	
ii. Sea Bream <i>(awrat)</i> 	

(2 marks)

2. Food is an expensive item in the family budget. Before going out for your weekly shopping you should have a plan and try to stick to it as much as possible.

a. Write **TWO** headings which you would write on a shopping list.

i. \_\_\_\_\_

ii. \_\_\_\_\_

(1 mark)

- b. When money is restricted we can make use of various food items to prepare healthy, nutritious and inexpensive meals. Suggest **ONE** dish you can make with each of the following food items.

	<b>Food</b>	<b>Dishes</b>
i.	Cheap cuts of beef	_____
ii	Seasonal white fish	_____
iii.	Wholemeal pasta	_____
iv.	Pulses	_____
v.	Rice	_____
iv.	Ricotta cheese	_____

(3 marks)

- c. Ideally, we should buy loose vegetables and fruit when they are in season.

Give **TWO** reasons why we should avoid buying ready packed fruit and vegetables.

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

(2 marks)

- d. Many supermarkets have the facility of online shopping.

Give **TWO** advantages of shopping online.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

(2 marks)

3. Vegetarianism is becoming increasingly popular.

- a. i. Give **TWO** reasons why people may choose a vegetarian diet.

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

(2 mark)

- ii. List **ONE** benefit and **ONE** detriment (disadvantage) on health as a result of following a vegetarian diet.

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

**Detriment:** \_\_\_\_\_

(2 marks)

- b. Novel sources of protein produced from soya beans are very readily available in many supermarkets.
- i. For both animal products listed below, give an alternative soya product which can be used when preparing vegetarian meals.

Product from Animal Source	Alternative Soya Product
Minced Beef	• _____
Milk	• _____

(1 mark)

- ii. Making use of the above alternative soya products, plan a traditional main meal and dessert for your vegetarian friend who is coming for lunch. Include a drink in your planning.

**Main meal:** \_\_\_\_\_**Dessert:** \_\_\_\_\_**Drink:** \_\_\_\_\_

(3 marks)

4. The World Health Organisation is responsible for setting health standards and health trends worldwide.

- a. Give the WHO definition for the term *health*.

\_\_\_\_\_

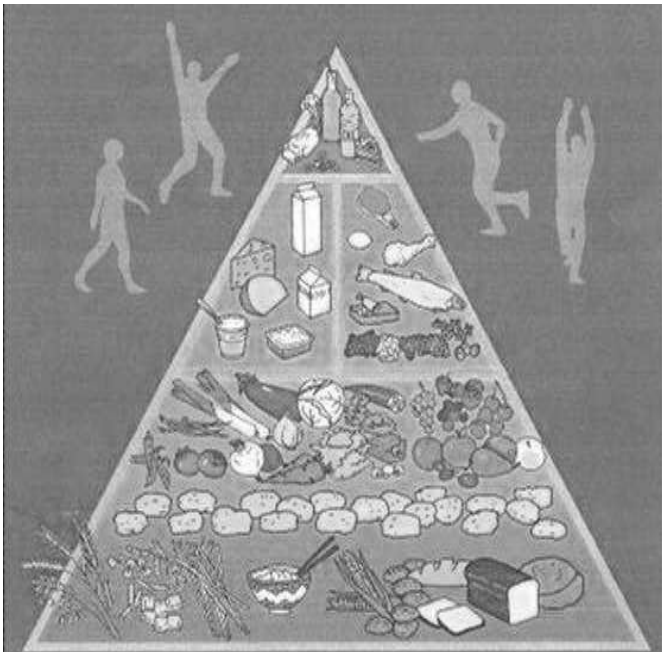
\_\_\_\_\_ (2 marks)

- b. Define the term *balanced diet*.

\_\_\_\_\_

\_\_\_\_\_ (2 marks)

c. The CINDI food guide pyramid is used to help individuals lead a healthy lifestyle.



i. Give **TWO** features of the CINDI pyramid which show this.

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

(1 mark)

ii. Using the principles of the CINDI pyramid to help you, plan a one course meal (include a drink) for a fifteen year old student who leads a sedentary lifestyle. Give **TWO** reasons for your choice.

• **One course meal:** \_\_\_\_\_ (1 mark)

• **Drink:** \_\_\_\_\_ (1 mark)

• **Reasons for your choice:**

i. \_\_\_\_\_

ii. \_\_\_\_\_

(2 marks)

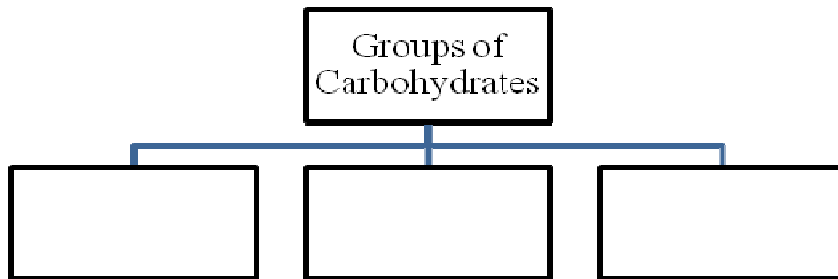
5. Carbohydrate is one of the three macronutrients needed in our daily diet.

a. Define the term *macronutrient*.

(1 mark)

b. Carbohydrate is classified into three main groups.

i. Name these **THREE** main groups.



(3 marks)

ii. Give **TWO** sources for each group.

Group	Sources
_____	_____ ; _____
_____	_____ ; _____
_____	_____ ; _____

(3 marks)

c. Give the main function of carbohydrate in the body and the energy (kcal/kJ) value provided by 1g of carbohydrate.

**Function:** \_\_\_\_\_ (½ mark)

**Energy Value (kcal/kJ):** \_\_\_\_\_ (½ mark)

d. State how vitamin B rich foods help carbohydrates perform their main function.

(1 mark)

6. Preventing food contamination is very important to avoid food poisoning.

a. Define the term *high-risk foods*.

\_\_\_\_\_ (1 mark)

b. You have decided to prepare a turkey salad which you will eat for supper later today. Explain how contamination of your salad can be prevented during each step of food preparation given below.



Steps to make Turkey Salad	Preventing Contamination
1. Wash vegetables.	_____ _____ _____
2. Chop the vegetables.	_____ _____ _____
3. Slice the raw turkey.	_____ _____ _____
4. Cook the turkey.	_____ _____ _____

(4 marks)

c.i. Give **ONE** type of food poisoning which you can suffer from, if your turkey salad is contaminated during preparation.

\_\_\_\_\_ (1 mark)

ii. Name **ONE** population group who is at a higher risk of this type of food poisoning.

\_\_\_\_\_ (1 mark)

7. The human digestive system is a complex series of organs and glands that process foods.

a.i. Name the digestive organ where the digestive process of food begins.

\_\_\_\_\_ (1/2 mark)

ii. Name the digestive organ where digestion is completed.

\_\_\_\_\_ (1/2 mark)

iii. State how chewed food is pushed down the oesophagus into the stomach.

\_\_\_\_\_ (1 mark)

b. Saliva plays an important role in the digestion of food. Explain where saliva is produced in the body and why it is important in digestion.

**Saliva is produced in the** \_\_\_\_\_

**It is important** \_\_\_\_\_

\_\_\_\_\_ (1, 1 mark)

c. Acid is present in the stomach. Name the type of acid found in the stomach and state why it is important in digestion.

**Type of acid:** \_\_\_\_\_

**It is important** \_\_\_\_\_

\_\_\_\_\_ (1, 1 mark)

d. The aim of digestion is to break food down into nutrients which are then absorbed by the body.

i. State the **TWO** organs of the digestive system where absorption of nutrients takes place.

• \_\_\_\_\_ • \_\_\_\_\_

(1 mark)

ii. Explain what happens to any undigested food after digestion is complete.

\_\_\_\_\_  
\_\_\_\_\_

(1 mark)



8. The rubbing-in method is used for making plain cakes. They are called 'plain' because they do not contain a large amount of fat.
- a. The following is a list of ingredients for a rubbed-in cake. Modify **FOUR** ingredients from the list below to make the cake a healthier version.

**List of ingredients****Modified version**

200 g self-raising flour

\_\_\_\_\_

 $\frac{1}{4}$  teaspoon mixed spice

\_\_\_\_\_

75g margarine

\_\_\_\_\_

75g sugar

\_\_\_\_\_

75g sultanas

\_\_\_\_\_

1 egg

\_\_\_\_\_

70ml milk

\_\_\_\_\_

(2 marks)

- b. Why do you sieve the flour and the spice in this recipe?

i. \_\_\_\_\_ ii. \_\_\_\_\_

(1 mark)

- c. Which part of the hand is used for rubbing the fat into the flour?

\_\_\_\_\_ (1/2 mark)

- d. Why do you use this part of the hand?

\_\_\_\_\_ (1/2 mark)

- e. What will happen if you over-rub the fat into flour?

\_\_\_\_\_ (1 mark)

- f. What type of texture will your cake have if you over-beat the mixture?

\_\_\_\_\_ (1 mark)

- g. Give the oven temperature for baking small rubbed in buns.

\_\_\_\_\_ (1 mark)

- h. Explain how you would test the readiness of a cake.

\_\_\_\_\_ (1 mark)

9. Food preparation, storage and everyday kitchen tasks account for at least 15% of the energy usage in the home.
- a. How would you effectively make full use of your oven when preparing a two course meal?
- i. \_\_\_\_\_
- ii. \_\_\_\_\_ (2 marks)
- b. Why shouldn't the oven door be opened during baking time?
- \_\_\_\_\_ (1 mark)
- c. Why can an electric hob be turned off 15 minutes before the end of cooking time with the food still on it?
- \_\_\_\_\_ (1 mark)
- d. Name **TWO** types of kitchen equipment that can be used to cook a complete meal.
- i. \_\_\_\_\_
- ii. \_\_\_\_\_ (1 mark)
- e. For an energy saving alternative, which appliance would you use to:
- i. Reheat a slice of pizza - \_\_\_\_\_ (½ mark)
- ii. Boil water to make a cup of tea - \_\_\_\_\_ (½ mark)
- f. Tick  **TRUE** or **FALSE** to the following statements about energy saving measures.

Statement	T / F
i. When using the hob it is necessary to match the diameter of the pot to that of the burner.	
ii. Don't take the lid off a pot while the food is cooking as it will make food cook quicker and the water will boil faster.	
iii. Dirt, dust and kitchen grease do not interfere with the efficiency of appliances.	
iv. Using a fan assisted oven will save energy as baking time is reduced.	

(2 marks)

10. As of the 1<sup>st</sup> July, 2010, shoppers began to see the following symbol on pre-packed food items.



- a. Give the name of this symbol and explain what it means to consumers.

**Name of symbol:** \_\_\_\_\_

**What it means:** \_\_\_\_\_

(1, 1 mark)

- b. State **ONE** benefit to the consumer when purchasing products with the above label.

\_\_\_\_\_ (1 mark)

- c. State, giving **TWO** examples, how the natural environment benefits when consumers purchase products with the above label.

i. \_\_\_\_\_

ii. \_\_\_\_\_

(2 marks)

- d. GMO's are now widely available in several countries.

- i. State what the abbreviation GMO stands for.

\_\_\_\_\_ (1 mark)

- ii. Explain how GMO products are made.

\_\_\_\_\_  
\_\_\_\_\_

(2 marks)

11. Vegetables and fruit form a very important part of our diet.



a. List **THREE** factors which you would consider when buying fresh fruit and vegetables.

i. \_\_\_\_\_

ii. \_\_\_\_\_

iii. \_\_\_\_\_

(3 marks)

b. Where would you store green leafy vegetables and root vegetables after purchasing them?

i. green leafy vegetables \_\_\_\_\_

ii. root vegetables \_\_\_\_\_

(1 mark)

c. Fill in the blanks.

Use \_\_\_\_\_ juice to prevent apples, \_\_\_\_\_ and avocado pears from turning brown due to an acid called polyphenol oxidase, also known as tyrosinase.

(1 mark)

d. You are going to serve broccoli as an accompaniment to roast chicken. List the steps you would take to ensure the least amount of losses of vitamins together with preserving the bright green colour during:

i. preparation:

---

---

ii. cooking:

---

---

iii. serving:

---

---

(3 marks)

e. Give **TWO** ways how you could make good use of the remaining cooking liquid after boiling vegetables.

i. \_\_\_\_\_

ii. \_\_\_\_\_

(2 marks)

12a. What do you understand by the term '*convenience food*'?

---

---

(1 mark)

b. Give **TWO** reasons why convenience foods have become popular in recent years.

i. \_\_\_\_\_

ii. \_\_\_\_\_

(2 mark)

c. Give **TWO** examples for each type of convenience food listed in the table below.

DO NOT WRITE ABOVE THIS LINE

	<b>Tinned</b>	<b>Ready to serve</b>	<b>Dehydrated</b>
i.	_____	_____	_____
ii.	_____	_____	_____

(3 marks)

d. Read the information taken from a food label of a frozen pizza.

<b>How to store and cook</b>	
For best results cook from chilled	Oven cook from chilled - 220°C for 12 mins Oven cook from frozen - 190°C for 18 mins
<b>Keep refrigerated</b> Do not exceed the use by date  <b>Freezable</b> If freezing, freeze on the day of purchase and consume within 1 month.  Once thawed do not re-freeze.	1. Preheat oven to the required temperature as shown. 2. Remove all packaging. 3. Place pizza directly onto the top shelf of the oven and cook for the required time. 4. Remove pizza carefully from the oven with the aid of a slice. These are guidelines only as cooking appliances vary in performance. Always check that the product is piping hot before serving.

i. Give the oven temperature and the baking time if the pizza is to be cooked from frozen.  
**oven temperature** \_\_\_\_\_ **time** \_\_\_\_\_ (1 mark)

ii. The label states '*Always check that the product is piping hot before serving.*' Why is this so?

---



---

(1 mark)

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD  
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2012 SESSION**

---

SUBJECT:	<b>Home Economics</b>
PAPER NUMBER:	<b>IIA</b>
DATE:	<b>10<sup>th</sup> May 2012</b>
TIME:	<b>9:00 a.m. to 11:00 a.m.</b>

---

**Section A – Answer ALL questions.**

1. Choosing a home is a big decision and many factors need to be considered.

a. Give **TWO** ways how a house can satisfy the physical needs of the occupant.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

b. Apart from satisfying basic needs, other factors such as the location of the home and nearby facilities must also be considered when choosing a home.

i. Explain **TWO** ways how the location of a home can affect a family's well-being.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

ii. Explain how having a supermarket close to home can help reduce stress in a family with two young children.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

c. Home owners need to ensure that their family is safe in their home.

Give **TWO** security features or services which may be used to protect a young family living in a block of apartments.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

2. As people are living longer they have more time to involve themselves in different areas of life.

a. i. Name **TWO** ways in which an elderly person can be active in the community.

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

(2 marks)

ii. The elderly can contribute greatly to support the younger members of their families.

Give **ONE** example of how the elderly can provide this kind of support.

\_\_\_\_\_ (1 mark)

b. When elderly people are independent they are encouraged to live in their home and keep active.

i. Name **TWO** services which the Department for the Elderly and Community Care provides so that elderly people live comfortably in their own home.

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

(1 mark)

ii. Give a brief description of **ONE** of the services which you have mentioned in (i).

Name of service: \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_ (2 marks)

c. The Department for the Elderly and Community Care in collaboration with the Sisters of Jesus of Nazareth recently introduced the first Night Shelter in Malta. This service is intended for those individuals who lead an independent life and live alone.

Give **TWO** reasons why a night shelter is a useful service for people who live alone.

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

(2 marks)



3a. Every year landfills are packed with thousands of tons of waste material which have been produced in homes. Explain how each of the following measures reduces waste.

i. Buying fresh produce - \_\_\_\_\_  
\_\_\_\_\_

ii. Using cloth bags - \_\_\_\_\_  
\_\_\_\_\_

iii. Buying laundry detergents in bulk - \_\_\_\_\_  
\_\_\_\_\_

iv. Using washable cleaning rags and cloth napkins - \_\_\_\_\_  
\_\_\_\_\_

(4 marks)

b. Which kind of household waste is suitable to make a compost heap?

\_\_\_\_\_ (1/2 mark)

ci. The recycling collection service is available in all towns and villages in our country. Give **TWO** types of household waste which is collected in this service.

◆ \_\_\_\_\_ ◆ \_\_\_\_\_ (1 mark)

ii. Give **TWO** ways how the recycling of solid household waste material helps the environment.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 mark)

d. How can you dispose of bulky household waste such as a mattress or a washing machine?

\_\_\_\_\_ (1/2 mark)

- 4a. Conserving electrical energy is usually the strongest environmental action you can take.  
Give **TWO** advantages of saving energy.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

- b. Janice and Keith have bought a ground floor maisonette. They are modernising it and it is their priority to have an energy saving property.

What advice would you give them regarding:

- i. windows \_\_\_\_\_  
\_\_\_\_\_
- ii. doors \_\_\_\_\_  
\_\_\_\_\_
- (2 marks)

- c. How would they ensure that the following items are saving energy as much as possible when they are in use?

- i. Washing machine - \_\_\_\_\_  
\_\_\_\_\_
- ii. Water heater - \_\_\_\_\_  
\_\_\_\_\_
- iii. Refrigerator - \_\_\_\_\_  
\_\_\_\_\_
- iv. Air conditioner - \_\_\_\_\_  
\_\_\_\_\_
- (4 marks)

5a. Give the primary function and secondary function of protein?

Primary function \_\_\_\_\_

Secondary function \_\_\_\_\_ (2 marks)

b. Which **TWO** food groups supply protein in our diet?

i. \_\_\_\_\_

ii. \_\_\_\_\_ (1 mark)

c. Why are some amino acids called '*indispensable*' or '*essential*'?

\_\_\_\_\_

\_\_\_\_\_ (1 mark)

d. How can *low biological value* (LBV) protein foods be made more valuable to the body?

Give **ONE** example of this.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (2 marks)

e. Identify **ONE** population group which needs a higher requirement of protein.

Give **ONE** reason for this.

Population group \_\_\_\_\_ (1 mark)

Reason \_\_\_\_\_

\_\_\_\_\_ (1 mark)

**Section B – Answer all questions.**

6a. Coronary Heart Disease (CHD) may be caused by different factors.

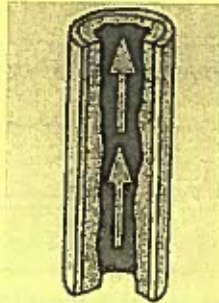
i. Give **TWO** risk factors of Coronary Heart Disease that cannot be prevented.

◆ \_\_\_\_\_ ◆ \_\_\_\_\_ (2 marks)

ii. Give **TWO** risk factors of Coronary Heart Disease that can be prevented.

◆ \_\_\_\_\_ ◆ \_\_\_\_\_ (2 marks)

b.i. What is the substance attached to the inside of the arteries called?



\_\_\_\_\_ (1 mark)

ii. What causes this substance to form?

\_\_\_\_\_ (1 mark)

c. Describe the role of the following substances in the diet.

i. Omega 3 - \_\_\_\_\_

\_\_\_\_\_ (2 marks)

ii. Vitamin E - \_\_\_\_\_

\_\_\_\_\_ (2 marks)

- d. List **FOUR** dietary measures and **TWO** non-dietary measures that a person suffering from Coronary Heart Disease needs to adopt to lead a healthier lifestyle.

**Dietary Measures**

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

(4 marks)

**Non-dietary measures**

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

(2 marks)

- e. Plan a two-course meal (starter and main course) for a person suffering from coronary heart disease. Give **TWO** reasons for your choice.

**Starter** \_\_\_\_\_

**Main course** \_\_\_\_\_

(2 marks)

**Reasons for choice**

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

(2 marks)



7a. Define the term *consumer*.

\_\_\_\_\_ (1 mark)

b. Consumers have both rights and responsibilities.

Name and explain, in detail, **ONE** consumer right and **ONE** consumer responsibility.

i. **Consumer right:** \_\_\_\_\_

**Explanation:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (1, 1 mark)

ii. **Consumer responsibility:** \_\_\_\_\_

**Explanation:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (1, 1 mark)

c. Mary and Michael are newly-weds and are calculating their monthly budget. Name and explain **THREE** factors they need to keep in mind when planning their budget.

i. **Factor:** \_\_\_\_\_

**Explanation:** \_\_\_\_\_

\_\_\_\_\_ (1, 1 mark)

ii. **Factor:** \_\_\_\_\_

**Explanation:** \_\_\_\_\_

\_\_\_\_\_ (1, 1 mark)

iii. **Factor:** \_\_\_\_\_

**Explanation:** \_\_\_\_\_

\_\_\_\_\_ (1, 1 mark)

d. Describe **TWO** ways how Mary and Michael can reduce costs from their budget when shopping for food.

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

(2 marks)

e. Mary and Michael would like to pay the water and electricity bill which they have just received. Give **THREE** methods of payment which they may use to pay this bill.

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

(3 marks)

f. Explain how opening a term deposit account can help Mary and Michael save money.

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

(2 marks)

g. Explain **ONE** way how Mary and Michael can invest to help them plan for their future needs.

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

(2 marks)

8. The well-being of individual family members is important for any family.
- a. Give **TWO** ways how parents can provide *social*, *emotional* and *physical* well-being to their children.

**Social**

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

**Emotional**

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

**Physical**

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

(2, 2, 2 marks)

- b. Read the following family situation and answer the questions below.

Susan and Michael have two children: Lara, who is thirteen years old and Sarah who is nine. Sarah has a specific learning difficulty. She is dyslexic.

- i. Explain what you understand by the term '*specific learning difficulty*'.

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

*This question continues on the next page.*



ii. Give **TWO** difficulties which Sarah's parents may face as a result of her specific learning difficulty.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

c.i. Give **TWO** emotional difficulties which Sarah may face while at school.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

ii. Describe **TWO** ways how participating in school activities can contribute to Sarah's emotional well-being.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

iii. Describe **TWO** ways how Sarah's friends at school could help her in class.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

iv. Describe **TWO** ways how Lara can help her younger sister cope with her home work.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

d. Name **TWO** local agencies which offer support to people with special needs.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD  
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2012 SESSION**

---

SUBJECT:	<b>Home Economics</b>
PAPER NUMBER:	<b>IIB</b>
DATE:	10 <sup>th</sup> May 2012
TIME:	9:00 a.m. to 11:00 a.m.

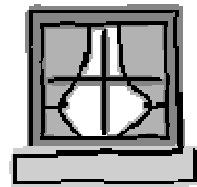
---

**Section A – Answer All questions**

1. Choosing a house is a big decision and many factors need to be considered.

a. Windows are a good source of natural lighting.

Give **TWO** reasons why natural lighting is important in a home.



- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

b. Importance must be given to the area nearby facilities of the house.



i. Why is the location of the house important for the well-being of the family?

- \_\_\_\_\_
- \_\_\_\_\_
- (2 marks)

ii. Give **TWO** reasons why having a supermarket close to home can help reduce stress in a family with two young children.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

- c. Home owners need to ensure that their family is safe in their home.
- i. Label these **TWO** pieces of equipment which can be used to help make their property secure.

	
<ul style="list-style-type: none"> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• _____</li> </ul>

(1 mark)

- ii. Explain how **ONE** of the above pieces of equipment can help make the house of a young couple more secure.

**Equipment:** \_\_\_\_\_

**How it helps:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(1 mark)

- 2a. As people are living longer they have more time to involve themselves in different areas of life.

- i. Describe the kind of work a senior citizen can carry out to remain active in the community.

---



---

(2 marks)

- ii. Suggest **ONE** way how retired parents can help their children, who have full time or part time jobs, in the upbringing of their grandchildren.

---



---

(1 mark)

- b. The Department for the Elderly and Community Care provides various services for elderly people to live comfortably in their home. Describe the following services.

Services provided by the Department for the Elderly and Community Care	Description of Service
i. Meals on Wheels	<hr/> <hr/>
ii. Telecare Service	<hr/> <hr/>
iii. Home Care Help	<hr/> <hr/>
iv. Handyman Service	<hr/> <hr/>

(4 marks)

- c. The First Night Shelter has been introduced in Malta.

Why do you think a senior citizen does not like to be alone during the night?

---

 (1 mark)

3a. Every year landfills are filled with large volumes of waste material generated by households.

i. What type of bags should you use for shopping in order to reduce the environmental impact?

---

 (1 mark)

ii. What can you use instead of disposable kitchen towels and paper napkins?

---

 (1 mark)

iii. How can organic waste be of use in the home?

---

 (1 mark)

b. Tick  whether the statements are **TRUE** or **FALSE**.

Reasons why recycling helps the environment	True	False
i. It reduces the use of raw materials.		
ii. It reduces energy required to make new packaging.		
iii. The amount of Carbon Dioxide (CO <sub>2</sub> ) is increased in the air.		
iv. It reduces fuel consumption.		

(2 marks)

c. Look at the symbol.



i. What does this symbol stand for?

---

 (1 mark)

ii. What is the meaning of the symbol?

---

 (1 mark)

iii. Name **TWO** items that might carry this symbol.

---

 (1 mark)

4a. Fill in the blanks by using the words in the box below.

money	gas	carbon dioxide
energy	environmental	coal

Saving \_\_\_\_\_ by taking action is usually the strongest \_\_\_\_\_ action you can take. By saving energy you save \_\_\_\_\_, reduce the demand for \_\_\_\_\_, oil or \_\_\_\_\_. It helps lower emissions of \_\_\_\_\_ which contribute to global warming. (3 marks)

b. Janice and Keith bought their first home, a ground floor maisonette with a sunny side garden. They are modernizing it and have put energy saving high on their list of priorities.

i. How can they improve the windows they presently have in order to help insulate the house?

---

(1 mark)

ii. There is a lot of draught passing through the doors. What can they do to get rid of it?

---

(1 mark)

iii. They would like to create shade in their side garden and at the same time help to absorb CO<sub>2</sub> from the air. Give a solution for this situation.

---

(1 mark)

ci. Which of the following heat settings should the couple choose for their washing machine program to save energy? Tick  the correct answer.

warm

cold

hot

(1 mark)

ii. What should they do to the water heater thermostat to save on energy?

---

(1 mark)

5a. Why is protein needed by the body?

---

(1 mark)

b. Give the energy (kcal/kJ) value provided by 1g of protein. \_\_\_\_\_  
(1 mark)

c. Proteins that contain all the essential amino acids are known as proteins of *High Biological Value* (HBV).

i. Give another name for HBV proteins.

---

(1 mark)

ii. Give **TWO** examples of HBV protein food.

◆ \_\_\_\_\_ ◆ \_\_\_\_\_

(1 mark)

d. Proteins that lack one or more of the essential amino acids are said to be of *Low Biological Value* (LBV).

i. Give another name for LBV proteins.

---

(1 mark)

ii. Give **TWO** examples of LBV proteins food.

◆ \_\_\_\_\_ ◆ \_\_\_\_\_

(1 mark)

e. Identify **ONE** population group which needs a higher requirement of protein.

Give **ONE** reason for this.

**Population group** \_\_\_\_\_ (1 mark)

**Reason** \_\_\_\_\_

---

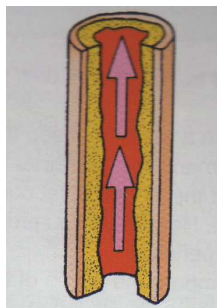
(1 mark)

**Section B – Answer ALL questions.**

6. A healthy diet can protect us from various health disorders such as Coronary Heart Disease (CHD).
- a. Underline the **CORRECT** statements.
- i. Cholesterol is normally found in the blood and some animal products.
- ii. Cholesterol is found in extra virgin olive oil.
- iii. High cholesterol and high blood pressure are conditions that can lead to heart disease.
- iv. The risk of developing heart disease increases with age.
- v. Being a female increases the risk of heart disease.
- vi. A person is more likely to develop heart disease if there is family history of the disease.

(3 marks)

- b.i. What is the substance attached to the inside of the arteries called?



---

(1 mark)

- ii. What causes this substance to form?

---

(1 mark)



c. Give **ONE** reason why a person suffering from heart disease should:

i. stop smoking \_\_\_\_\_

ii. do regular exercise \_\_\_\_\_

iii. maintain healthy body weight \_\_\_\_\_

iv. take leisure time \_\_\_\_\_

(4 marks)

d. Suggest a healthier alternative to the following fatty foods.

<b>Fatty Foods</b>	<b>Healthier Alternative</b>
BBQ chicken wings as a starter	
Fresh cream topping on trifle	
Luncheon meat in a sandwich	
Butter in a sandwich	
Evaporated milk with tea	
Corned beef in a pie	
Parmesan cheese in a pasta dish	
Grilled Maltese Sausage for dinner	

(4 marks)

e. John has recently discovered that he is suffering from heart disease.

i. Which cooking method is unsuitable for John? Why is this so?

**Unsuitable cooking method** \_\_\_\_\_ (1 mark)

**Reason** \_\_\_\_\_

(1 mark)

ii. Suggest **TWO** suitable cooking methods for John.

◆ \_\_\_\_\_ ◆ \_\_\_\_\_ (1 mark)

- f. Plan a two-course meal (starter and main course) for a person suffering from coronary heart disease. Give **TWO** reasons for your choice.

**Starter** \_\_\_\_\_

**Main course** \_\_\_\_\_ (2 marks)

**Reasons for choice**

- \_\_\_\_\_
- \_\_\_\_\_ (2 marks)

- 7a. Define the term *consumer*.

\_\_\_\_\_ (1 mark)

- b. Consumers have both rights and responsibilities.

Name and explain, in detail, **ONE** consumer right and **ONE** consumer responsibility.

- i. **Consumer right:** \_\_\_\_\_

**Explanation:** \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_ (1, 1 mark)

- ii. **Consumer responsibility:** \_\_\_\_\_

**Explanation:** \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_ (1, 1 mark)

- c. Mary and Michael are newly-weds and are calculating their monthly budget.

Name **THREE** factors they need to keep in mind when planning their budget.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (3 marks)

d. Describe **THREE** ways how Mary and Michael can reduce costs from their budget when shopping for food.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (3 marks)

e. List **THREE** other ways which might help Mary and Michael save money.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (3 marks)

*Question 7 continues on the next page.*

- f. Mary and Michael would like to pay the water and electricity bill which they have just received. Give **TWO** methods of payment which they may use to pay this bill.

• \_\_\_\_\_

• \_\_\_\_\_

(2 marks)

- g. Explain how opening a term deposit account can help Mary and Michael save money.

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

- h. Explain how investing in a *private pension plan* can help Mary and Michael plan for future needs.

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

- 8a. The well-being of individual family members is important for any family.

- i. Give **TWO** ways how parents can provide *emotional* and *physical* well-being to their children.

**Emotional**

• \_\_\_\_\_

• \_\_\_\_\_

**Physical**

• \_\_\_\_\_

• \_\_\_\_\_

(2, 2 marks)

- ii. Give **TWO** reasons why going on a family picnic can help improve the social well-being of family members.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

- b. Read the following family situation and answer the questions below.

Susan and Michael have two children: Lara, who is thirteen years old and Sarah who is nine. Sarah has a specific learning difficulty. She is dyslexic.

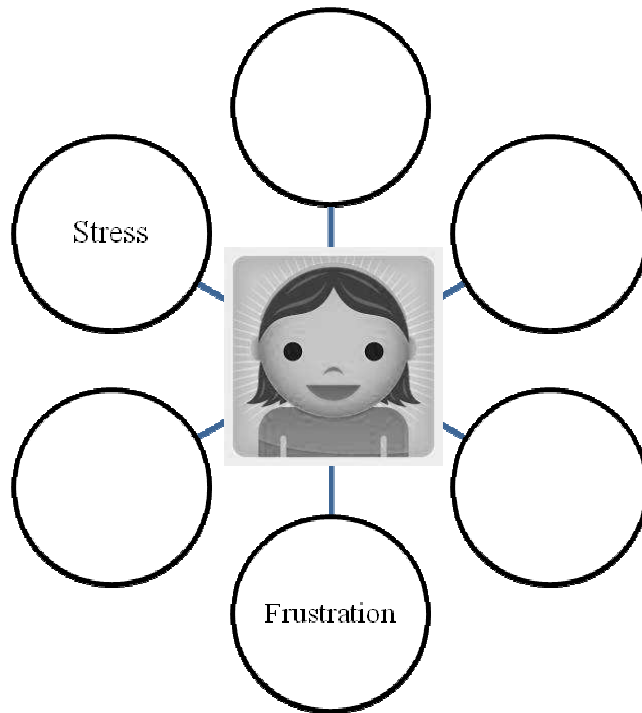
- i. Explain what is meant by the term '*specific learning difficulty*'.

- \_\_\_\_\_
- \_\_\_\_\_
- (2 marks)

- ii. Give **TWO** difficulties which Sarah's parents may face as a result of her specific learning difficulty.

- \_\_\_\_\_
  - \_\_\_\_\_
- (2 marks)

ci. List feelings and emotions which you think Sarah may experience as a result of her condition.



(4 marks)

ii. Describe **TWO** ways how participating in school activities can help Sarah overcome some of the emotions mentioned above.

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

(2 marks)

iii. Describe **TWO** ways how Sarah's friends at school could help her in class.

*e.g. Showing her how to keep her notes organised.*

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

(2 marks)

d . Name **TWO** local agencies which offer support to people with special needs.

*e.g. National Commission Persons with Disability*

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

(2 marks)