

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD  
UNIVERSITY OF MALTA, MSIDA

**SECONDARY EDUCATION CERTIFICATE LEVEL**

**MAY 2013 SESSION**

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SUBJECT: **Home Economics**  
 PAPER NUMBER: **I**  
 DATE: **11<sup>th</sup> May 2013**  
 TIME: **9:00 a.m. to 11:00 a.m.**

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**Answer ALL questions**

1. Milk is a major constituent of a healthy diet. Authorities aim to create awareness on the benefits of including milk and dairy products regularly and encourage daily consumption as part of a healthy lifestyle.
- a. The nutritional information labels below can be found on two different local dairy products available on the market. Look at the information closely and answer the questions hereafter.

NUTRITIONAL VALUES per 100ml	
Energy	36Kcal (151KJ)
Fat	0.3g
of which saturates	0.2g
Carbohydrates	5.0g
of which sugars	5.0g
Protein	3.3g
Sodium	50mg

*Local Dairy Product A*

NUTRITIONAL VALUES per 100ml	
Energy	60Kcal (268KJ)
Fat	3.5g
of which saturates	2.0g
Carbohydrates	5.0g
of which sugars	5.0g
Protein	3.3g
Sodium	50mg

*Local Dairy Product B*

- i. Outline the **THREE** main differences between Product A and Product B.

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

(1 ½ marks)

- ii. Which product is healthier? *Give a valid reason for your answer.*

Healthier Product: \_\_\_\_\_

Reason: \_\_\_\_\_

(½, ½ mark)

iii. List **FOUR** different types of dairy products that are produced in Malta.

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

(2 marks)

b. i. Name the condition whereby the person is unable to digest the disaccharide sugars in milk.

\_\_\_\_\_

(1 mark)

ii. Suggest a main course and a drink suitable for a person suffering from the condition mentioned above, in b(i).

Main Course: \_\_\_\_\_

Drink: \_\_\_\_\_

(1, ½ marks)

c. Milk is one of the most nutritionally complete foods and forms part of a healthy diet. Suggest **FOUR** original ideas how parents can increase their children’s intake of milk and dairy products in their daily diet.

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

(2 marks)

2. Research shows that “Breakfast is the most important meal of the day”. Despite this statement, some people still skip their breakfast.

a. Give **TWO** advantages of having breakfast.

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

(1 mark)

b. List **TWO** valid reasons why people sometimes skip their breakfast.

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

c. Give a solution to one of the above reasons.

(1 mark)

d. The table below shows a schoolboy’s breakfast habits during a typical week. Look closely at the information provided and answer carefully the questions below.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
- <i>Flavoured Milk</i> - <i>Blueberry Muffin</i>	- <i>Hot Chocolate</i>	<i>NO BREAKFAST</i>	- <i>Ready-made orange juice</i> - <i>Toast with jam</i>	- <i>Sugary Cereal with Whole Milk</i>

List **SIX** modifications that you would do to the menu to make it *healthier* and more *nutritious*.

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

3. a. Give **TWO** advantages of food labels.




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

b. Define briefly the following terms.

<i>Keyword</i>	<i>Definition</i>
Expiry date	_____
Shelf Life	_____
Best Before date	_____
Net Weight	_____

(4 marks)

c. Complete the table below by giving the name and explaining the meaning of the following symbols.

<i>Symbol</i>	<i>Name</i>	<i>Meaning</i>
	_____	_____ _____ _____
	_____	_____ _____ _____
	_____	_____ _____ _____

	<hr/>	<hr/> <hr/> <hr/>
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(2, 4 marks)

d. List **FOUR** other pieces of information that food manufacturers are bound by law to include on a food product. *No marks will be given for answers which contain any of the information given, in c.*

- ---
- ---
- ---
- ---

(2 marks)

4. a. Define the following terms briefly.

<i>Keyword</i>	<i>Definition</i>
Saturated fats	<hr/> <hr/>
Cholesterol	<hr/> <hr/>
Omega 3 and Omega 6 fatty acids	<hr/> <hr/>

(3 marks)

b. List **FOUR** functions of fat in the body.

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

c. Give **TWO** sources of animal fats in the human diet.

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

d. The CINDI Dietary Guidelines suggest we reduce the intake of fats and oils in our daily diet.

i. Give the name of a disease associated with high fat intake.

\_\_\_\_\_

(1 mark)

ii. Complete the sentence below by providing the right information:

“The Recommended Daily Allowance (RDA) of Total Fat is \_\_\_\_\_ % of daily energy intake, of which not more than \_\_\_\_\_ % should be saturated fats.”

(1 mark)

iii. Give **FOUR** ways how Maltese families can reduce the intake of fat in their diet.

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

5. Canning and freezing are just two methods of preserving foods.

a. Identify **TWO** other methods of preserving foods.

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

(1 mark)

b. Mention **TWO** reasons why food is preserved.

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

(2 marks)

c. Compare frozen vegetables with canned vegetables. Discuss the colour, texture and nutritional value of both.

	<b>Canned vegetables</b>	<b>Frozen vegetables</b>
<b>Colour and texture</b>	_____ _____ _____ _____	_____ _____ _____ _____
<b>Nutritional value</b>	_____ _____ _____ _____	_____ _____ _____ _____

(2 marks)

d. Mention **TWO** foods, other than vegetables, that can be canned.

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

(1 mark)

e. Mention **TWO** rules that should be followed when buying canned food.

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

f. Give **TWO** reasons why cook-chill foods and ready prepared meals are becoming so popular.

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

6. Folic acid is a water-soluble vitamin with specific functions during pregnancy.

a. Identify **ONE** other water soluble vitamin and **TWO** fat soluble vitamins.

Water-soluble vitamin: \_\_\_\_\_

Fat-soluble vitamins: \_\_\_\_\_

\_\_\_\_\_

(1½ marks)

b. Identify **TWO** sources of folic acid in the diet.

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

c. Plan a two-course meal (main meal and dessert) complete with drink for a woman who is four months pregnant. Give **TWO** reasons for your choice of dish.

Main Meal: \_\_\_\_\_ (1 mark)

Dessert: \_\_\_\_\_ (1 mark)

Drink: \_\_\_\_\_ (½ mark)

Reasons for choice:

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



7. Water makes up more than two-thirds of the weight of the human body. Without water, humans would die in a few days.

a. Give **TWO** functions of water in the human body.

• \_\_\_\_\_

\_\_\_\_\_

• \_\_\_\_\_

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

b. Give **THREE** sources of water in the diet and state the daily recommended intake of water.

Sources:

• \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_

Daily recommended intake: \_\_\_\_\_ (1½, ½ mark)

c. Identify **TWO** ways in which water is lost from the body and state the name of the effect of water deficiency on the body.

Ways water is lost:

• \_\_\_\_\_

• \_\_\_\_\_

Effect of water deficiency: \_\_\_\_\_ (1, ½ mark)

d. Identify **ONE** group of people who may need a higher intake of water and give **ONE** reason why.

Group of people: \_\_\_\_\_

Reasons why: \_\_\_\_\_

\_\_\_\_\_ (½, 1 mark)

8. Good nutrition ensures the intake of all essential nutrients. A diet with insufficient nutrition is more likely to lead to disease.

a. Complete the table below by defining the following keywords.

<i>Keyword</i>	<i>Definition</i>
Macro-nutrients	_____
Micro-nutrients	_____
Malnutrition	_____
Undernutrition	_____

(4 marks)

b. List **TWO** important functions of calcium in the diet.

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

(1 mark)

c. Name the vitamin which helps calcium absorption during digestion.

\_\_\_\_\_

(1 mark)

d. List **FOUR** non-milk plant sources of calcium in the diet.

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

(2 marks)

e. Identify **FOUR** groups of people who need to ensure high calcium intake in their diet.

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

(2 marks)

9. You have decided to make a cake for your mother’s birthday using the all-in-one method.
- a. Give **ONE** advantage of using this method of cake making.

(1 mark)

- b. You will be using an electronic mixer to make the cake. Name **ONLY** the mixer attachment that you will be using to make the cake.



(1 mark)

- c. Give **ONE** reason why the all-in-one method is considered to be the least healthy method of cake making.

(1 mark)

- d. Fill in the blanks with the appropriate words. Some words have been given in the box below.

margarine	incorporate	weighed	eggs	four
-----------	-------------	---------	------	------

The basic ingredients for the all-in-one method are flour, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

First, the oven is pre-heated to a temperature of \_\_\_\_\_ or gas mark \_\_\_\_\_.

Then, the ingredients must be \_\_\_\_\_ and the flour \_\_\_\_\_ to \_\_\_\_\_ air.

Finally, all the ingredients are mixed together until the mixture is light and \_\_\_\_\_. The cake is left to bake for around forty minutes. To check whether the cake is ready, use a \_\_\_\_\_ which should come out clean.

(5 marks)

---

e. List **TWO** precautions you would take to safely clean the food mixer after use.

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

(2 marks)

10. Most of the food we eat is cooked.

a. Why is steaming considered a healthy method of cooking?

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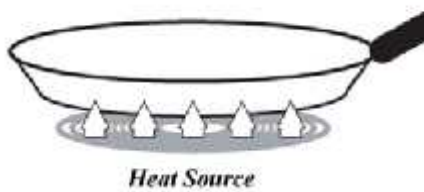
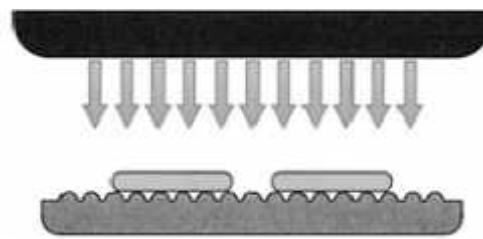
(1 mark)

b. Name **TWO** foods suitable for steaming.

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

(1 mark)

c. Study the pictures below. Identify the method of heat transfer shown by the arrows in each diagram.



---

(1 ½ marks)

---

d. Name **THREE** foods suitable for boiling.

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

(1 ½ marks)

e. Mention **ONE** advantage of stewing.

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(1 mark)

f. Give **TWO** examples of foods that are suitable for grilling.

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

(1 mark)

g. Why is it important not to use a metal spoon when stirring food in a saucepan?

---

(1 mark)

11. Food poisoning is a common, usually mild, but sometimes deadly illness.

a. List **TWO** causes of food spoilage.

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

(1 mark)

b. Explain what is meant by the following:

Perishable foods: \_\_\_\_\_

---

Cross contamination: \_\_\_\_\_

---

(2 marks)

c. List **TWO** perishable foods.

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

(1 mark)

---

d. The number of cases of food poisoning increases during summer time. Write down **ONE** rule to follow when preparing, transporting and cooking food for a BBQ to avoid food poisoning.

Preparing: \_\_\_\_\_

\_\_\_\_\_

Transporting: \_\_\_\_\_

\_\_\_\_\_

Cooking: \_\_\_\_\_

\_\_\_\_\_

(3 marks)

e. List **TWO** important rules for good kitchen hygiene.

• \_\_\_\_\_

• \_\_\_\_\_

(2 marks)

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UNIVERSITY OF MALTA, MSIDA

**SECONDARY EDUCATION CERTIFICATE LEVEL**

**MAY 2013 SESSION**

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SUBJECT: **Home Economics**  
PAPER NUMBER: IIA  
DATE: 13<sup>th</sup> May 2013  
TIME: 4:00 p.m. to 6:00 p.m.

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**Section A - Answer ALL questions**

1. a. Give **ONE** benefit if consumers separate waste at source.

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(1 mark)

b. Explain the following terms and give an example of each.

*Inorganic waste*

---

---

Example: \_\_\_\_\_

*Biodegradable*

---

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Example: \_\_\_\_\_

(3 marks)

c. Suggest **ONE** practical way how a consumer can reuse, reduce, recycle and refill.

Reuse: \_\_\_\_\_

Reduce: \_\_\_\_\_

Recycle: \_\_\_\_\_

\_\_\_\_\_

---

Refill: \_\_\_\_\_

---

(2 marks)

d. List **TWO** ways how the consumer can play a role in waste management when shopping.

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

(2 marks)

2. Anna is a 76 year old widow who lives on her own in a small house. She always lived in this house.

a. Name and describe **TWO** types of support services provided for elderly people who live on their own.

i. Name: \_\_\_\_\_

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

ii. Name: \_\_\_\_\_

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

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(1, 2 marks)

b. Recently Anna fell and broke her leg. Anna's daughter, Claire, who is married and has two daughters, invited her mother to go and live with them.

Mention **TWO** points that Claire's family need to keep in mind when deciding on the room that would be suitable for her mother.

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

---

(2 marks)

c. Give an advantage and a disadvantage of grandparents living with a family member who has young children.

• Advantage: \_\_\_\_\_

• Disadvantage: \_\_\_\_\_

(2 marks)

d. Once she recovers, Anna plans to go to a residential home. How do residential homes meet the needs of the elderly residents?

• \_\_\_\_\_

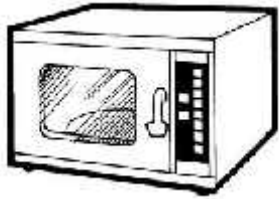


• \_\_\_\_\_



(2 marks)

3. a. Complete the following table:

i. Write the name of the equipment;

ii. Describe **ONE** correct use or function of the equipment shown below.

Equipment	i. Name of equipment	ii. One correct use or function
	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>
	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>
	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>

	<hr/>	<hr/> <hr/>
	<hr/>	<hr/> <hr/>

(5 marks)

iii. What do we call kitchen devices which are used to save us time and work?

(½ mark)

b. i. Give **FOUR** uses of a food processor.

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

(2 marks)

ii. Write **ONE** safety rule to keep in mind whilst using a food processor.

(½ mark)

4. a. Give **TWO** examples of natural fibres and **TWO** examples of synthetic fibres.

Natural Fibres	Synthetic Fibres
i.	i.
ii.	ii.

(2 marks)

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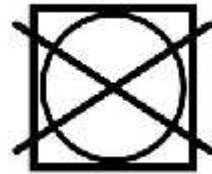
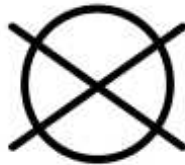
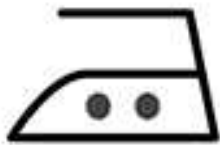
b. Identify **THREE** things to consider when preparing clothes for washing.

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (1 ½ marks)

c. Identify **TWO** properties that you would look for in a detergent that claims to be environmentally friendly.

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

d. Explain the following symbols found on a fabric care label:



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

(2 ½ marks)

5. Read the following situation and answer the questions that follow.

Mark and Lara are married and have a one-year old child.  
Lara is pregnant with their second child. Mark and Lara both work full-time but try to balance work and family time.

a. Showing respect towards your partner is important in any relationship. Suggest **TWO** ways how Mark and Lara can show respect towards one another.

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

b. List **FOUR** factors that can negatively affect the unborn child and which Lara should be careful to avoid.

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

c. Suggest **TWO** ways how Mark and Lara can promote healthy eating habits for their one-year old child.

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

d. Explain, by giving **THREE** examples, how Mark and Lara can stimulate intellectual development in their one-year old child.

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

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**Section B – Answer ALL questions**

6. a. Define the term consumer.

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---

(1 mark)

b. Give **ONE** personal factor and **ONE** social factor that influence one’s choice when purchasing an item.

• Personal Factors: \_\_\_\_\_

• Social Factors: \_\_\_\_\_

---

(2 marks)

c. Mention **THREE** ways how one can shop wisely when purchasing food.

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

(3 marks)

d. State **ONE** advantage and **ONE** disadvantage of shopping online.

Advantage: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

---

(2 marks)

e. Give **TWO** advantages and **ONE** disadvantage of shopping for food in a large supermarket.

Advantage I: \_\_\_\_\_

---

---

Advantage II: \_\_\_\_\_

---

Disadvantage: \_\_\_\_\_

---

(3 marks)

f. Suggest **TWO** other ways in which food items can be purchased in Malta.

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

(1 mark)

g. Mention **THREE** store techniques that supermarkets use to encourage customers to spend more.

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

(3 marks)

h. A local company wants to introduce a new cereal product on the market. Suggest **TWO** means that can be used to advertise this product. Give **ONE** reason for your choice.

Media I: \_\_\_\_\_

Reason: \_\_\_\_\_

Media II: \_\_\_\_\_

Reason: \_\_\_\_\_

(3 marks)

i. Give **ONE** advantage and **ONE** disadvantage of advertising.

Advantage: \_\_\_\_\_

---

Disadvantage: \_\_\_\_\_

---

(2 marks)



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7. A Local Council has just inaugurated a new modern playing field.

a. Mention **FOUR** ways how Maltese communities benefit from the opening of new playing fields.

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

(4 marks)

b. Describe briefly **TWO** types of social interactions that are encouraged through local playing fields.

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

(1 mark)

c. The Local Council is going to put up a sign in the playing field displaying safety rules to be followed by parents and their children. List **FOUR** safety rules that you think should be included on the sign.

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

(4 marks)

d. One sunny morning you and your family decided to take your eight-year-old neighbour to the local playing field. Your neighbour is a wheelchair-user and suffers from mobility impairment.

i. List **FOUR** ideas how local playing fields can be made more wheelchair accessible.

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

(4 marks)

ii. Identify **TWO** difficulties that people with mobility impairment are likely to face in today’s society.

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

(2 marks)

e. Injuries and accidents can happen both inside and outside the home.

i. Mention **TWO** groups of people who are more prone to accidents. Give **ONE** valid reason for each answer.

Group 1: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

Group 2: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_

(2 marks)

ii. Complete the table below by briefly describing the first-aid procedure for treating:

Injury	First-Aid Procedure
Burns and Scalds	_____ _____ _____
Minor Cuts	_____ _____ _____
Nose Bleed	_____ _____ _____

(3 marks)

8. A couple with two young children, live in a small flat with an open-plan layout. They need to buy a new refrigerator and are thinking carefully about their choice.

a. List **THREE** types of refrigerators that this couple will find readily available on the local market.

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

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

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

(1½ marks)

b. Suggest a refrigerator which would be suitable for this couple and give **TWO** reasons for your suggestion.

Type of refrigerator: \_\_\_\_\_

Reason: \_\_\_\_\_

Reason: \_\_\_\_\_

Reason: \_\_\_\_\_

(½, 2 marks)

c. List **THREE** factors they should consider before buying their refrigerator.

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

(3 marks)

d. List **FOUR** methods of payment that this couple may use to pay for their refrigerator.

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

(2 marks)

---

e. Give **ONE** advantage and **ONE** disadvantage when using two of these methods of payments.

Method of payment I: \_\_\_\_\_

Advantage: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

Method of payment II: \_\_\_\_\_

Advantage: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

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(2, 2 marks)

f. Six months after purchasing their refrigerator, this couple notice that rust has started to appear on the door. They have decided to use their right to redress. Give **THREE** methods of redress that they may use to complain to the shop owner.

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

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

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

(3 marks)

g. Explain **ONE** of the above mentioned methods of redress.

Method of redress: \_\_\_\_\_

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

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(4 marks)

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD  
UNIVERSITY OF MALTA, MSIDA

**SECONDARY EDUCATION CERTIFICATE LEVEL**

**MAY 2013 SESSION**

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SUBJECT: **Home Economics**  
PAPER NUMBER: **IIB**  
DATE: **13<sup>th</sup> May 2013**  
TIME: **4:00 p.m. to 6:00 p.m.**

---

**Section A – Answer All questions**

1. All consumers are aware that we need to reduce the packaging of goods.

a. Name a better packaging material for the following, giving a reason for your choice.

Instead of a *plastic bag* for a school lunch: \_\_\_\_\_

Reason for choice: \_\_\_\_\_

Instead of a *large plastic shopping bag*: \_\_\_\_\_

Reason for choice: \_\_\_\_\_ (2 marks)

b. Suggest **ONE** practical way how a consumer can reuse and reduce waste.

Reuse: \_\_\_\_\_

\_\_\_\_\_

Reduce : \_\_\_\_\_

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

c. Write down **TWO** things you would place in the non-recyclable bin and **FOUR** things you place in a recycle bin.



(3 marks)

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d. Mention **TWO** things you can put in a compost bin if you have a garden at home.

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

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

(1 mark)

2. Anna is a 76 year old widow who lives on her own.

a. List **TWO** ways in which her family can help Anna in her everyday life.

• \_\_\_\_\_

\_\_\_\_\_

• \_\_\_\_\_

\_\_\_\_\_

(2 marks)

b. Mention **TWO** services offered by the government to elderly people who live in their own house.

• \_\_\_\_\_

• \_\_\_\_\_

(2 marks)

c. Give an advantage and a disadvantage for each of the following:

*Elderly person living in his/her own home*

Advantage: \_\_\_\_\_

\_\_\_\_\_

Disadvantage: \_\_\_\_\_

\_\_\_\_\_

*Elderly person living in a residential home*

Advantage: \_\_\_\_\_

\_\_\_\_\_

Disadvantage: \_\_\_\_\_

\_\_\_\_\_

(4 marks)

3. a. i. Give the correct name for each of the following equipment.

 <p>_____</p>	 <p>_____</p>	 <p>_____</p>
 <p>_____</p>	 <p>_____</p>	 <p>_____</p>
 <p>_____</p>		

(3 ½ marks)

ii. Choose **ONE** of the above pieces of equipment and give its use.

Name of equipment: \_\_\_\_\_

Use: \_\_\_\_\_ (1 mark)

iii. Complete the following sentence by filling in the **TWO** missing words:

“Labour Saving Devices are important in the kitchen because they save us a lot of \_\_\_\_\_ and \_\_\_\_\_.”

(1 mark)



b. Look closely at the diagram on the left and answer the following questions.

i. Give the correct name of the equipment in the diagram.

\_\_\_\_\_ (½ mark)

ii. List **TWO** correct uses of this equipment.

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

(1 mark)

iii. Give **ONE** safety rule one should keep in mind when using the equipment in the diagram.

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

4. a. Some fibres are *natural* while others are *synthetic (man-made)*. Place the names of the fabrics under the correct heading in the table below.

Linen	Polyester	Silk	Nylon
-------	-----------	------	-------

Natural Fibres	Synthetic Fibres
• _____	• _____
• _____	• _____

(2 marks)

b. List **TWO** things one should do when preparing clothes for washing.

*Example: Mend all holes before washing.*

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

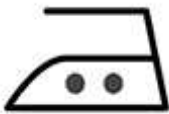
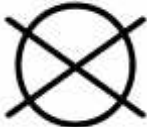




(2 marks)

c. Identify **ONE** property that you would look for in a detergent that claims to be environmentally friendly.

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



d. Match the following *symbols* found on a fabric care label, to their correct *meaning*.

	<i>Symbol</i>		<i>Meaning</i>
1			Do not dry clean
2			Item should be hand washed
3			Iron on warm heat
4			Do not use bleach
5			Do not tumble dry
6			Machine washable. Maximum wash temperature 40 degrees centigrade.

(3 marks)

5. Read the following situation and answer the questions that follow.

Mark and Lara are married and work full-time.  
They have a one-year old boy and Lara is pregnant with their second child.

a. Give **TWO** ways how Mark and Lara can show respect towards one another.

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

(2 marks)

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b. List **TWO** factors that can negatively affect the unborn child.

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

(2 marks)

c. Suggest **TWO** ways how Mark and Lara can promote healthy eating habits for their one-year old child.

*Example: They should have regular family meals together.*

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

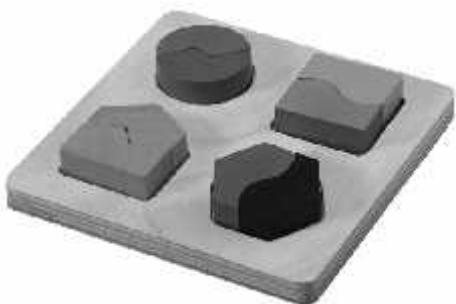
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(2 marks)

d. Explain how the following toys may help improve intellectual development in Mark and Lara's one-year old child.



- \_\_\_\_\_



- \_\_\_\_\_

(2 marks)

**Section B – Answer ALL questions**

6. a. A consumer may be influenced by *environmental, personal* and *social factors* when doing the shopping. Give **ONE** example for each of these factors. *The first one has been done for you.*

- Environmental factors: Choosing the products with the least packaging

- Personal factors: \_\_\_\_\_

- Social factors: \_\_\_\_\_

(2 marks)

b. Mention **THREE** things you will look out for when choosing a food shop.

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

(3 marks)

c. Give **TWO** advantages and **ONE** disadvantage of shopping for food in a large supermarket.

Advantage I: \_\_\_\_\_

Advantage II: \_\_\_\_\_

Disadvantage: \_\_\_\_\_

(3 marks)

d. Supermarkets are just **ONE** type of shopping outlet. Name **TWO** other types of shopping outlets from where you can buy food.

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

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

(2 marks)

---

e. Give **FOUR** different methods of advertising.

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

(4 marks)

f. Give an advantage and a disadvantage of advertising.

Advantage: \_\_\_\_\_

\_\_\_\_\_

Disadvantage: \_\_\_\_\_

\_\_\_\_\_

(2 marks)

g. State an advantage and a disadvantage of shopping online.

Advantage: \_\_\_\_\_

\_\_\_\_\_

Disadvantage: \_\_\_\_\_

\_\_\_\_\_

(2 marks)

h. Mention **TWO** ways how you can shop wisely when purchasing food.

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

- \_\_\_\_\_

\_\_\_\_\_

(2 marks)

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7. A Local Council has just inaugurated a new modern playing field.

a. Mention **TWO** advantages of having playing fields in towns and villages.

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

b. Why is leisure (free) time important for families today? Give **TWO** reasons.

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

c. List **TWO** safety rules that you think should be included in a sign that the Local Council plan to put up in the playing field.

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

d. Modern playing fields can be equipped with various other safety features. Give **TWO** examples of such safety features that one can find in playing fields today.

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

e. One sunny morning you and your family decide to take your eight-year-old neighbour to the local playing field. Your neighbour suffers from mobility impairment.

i. List **TWO** ideas how local playing fields can be made more wheelchair accessible.

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

ii. Identify **TWO** difficulties that people with mobility impairment are likely to face in society today.

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

f. Injuries and accidents can happen both inside and outside the home.

i. Mention **TWO** groups of people who are more prone to accidents.

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

ii. What is the meaning of 'First Aid'?

(1 mark)

iii. List **SIX** items that one should find in a First Aid Box.

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



(3 marks)

iv. List **TWO** different injuries or accidents that are likely to happen in a playing field if one does not take the necessary precautions.

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

8. A couple with two small children, live in a small flat with an open-plan layout. They need to buy a new refrigerator and are thinking carefully about their choice.

a. Name the **THREE** refrigerators that can be found available on the local market.



i. \_\_\_\_\_ ii. \_\_\_\_\_ iii. \_\_\_\_\_ (3 marks)

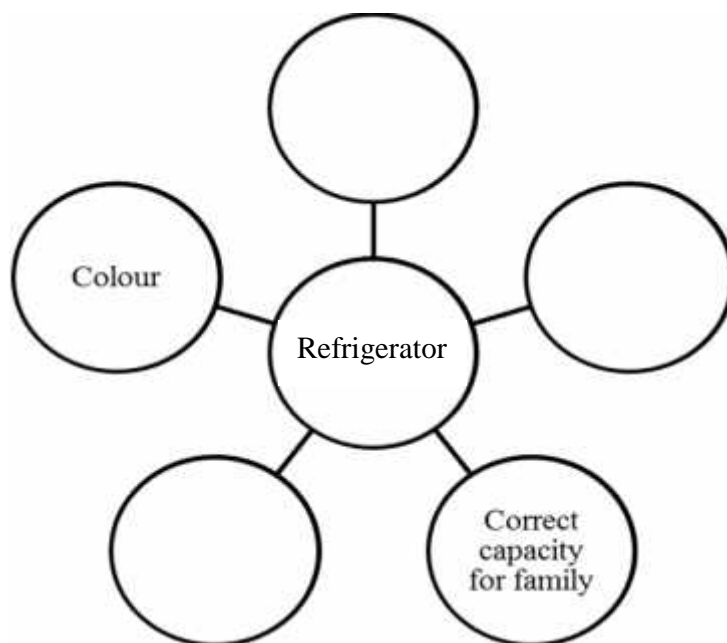
b. Choose **ONE** type that best suits the married couple and give **ONE** reason for your answer.

Type of refrigerator: \_\_\_\_\_

Reason: \_\_\_\_\_

(2 marks)

c. Give factors that the couple should consider before buying their refrigerator.



(3 marks)

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d. List **TWO** methods of payment that the couple may use to pay for their refrigerator.

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

(2 marks)

e. Give **ONE** advantage and **ONE** disadvantage when using one of these methods of payment.

Method of payment: \_\_\_\_\_

Advantage: \_\_\_\_\_

\_\_\_\_\_

Disadvantage: \_\_\_\_\_

\_\_\_\_\_

(2, 2 marks)

f. Six months after purchasing their refrigerator the couple notice that rust has started to appear on the door. They have decided to complain. Give **TWO** ways the couple may use to complain to the shop owner.

*Example: complaining in person to the shop owner*

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

(2 marks)

g. Explain **ONE** of the above mentioned ways of complaining.

Method: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(4 marks)