



SUBJECT:	Home Economics
PAPER NUMBER:	I
DATE:	11 th June 2021
TIME:	4:00 p.m. to 6:05 p.m.

Answer **ALL** questions.

1. According to information released by the NSO (National Statistics Office), 25.5% of Maltese people are obese. This is much higher than the EU average of 14.9%.

(Source: The Malta Independent 4th March 2020)

- a. Identify **TWO** lifestyle changes that can be adopted by people to reduce the prevalence of overweight and obesity.

- _____
- _____ (2)

- b. On a national scale, suggest **TWO** ways how the government in collaboration with the Health Authorities encourage people to lose weight.

- _____
- _____ (2)

- c. Discuss **TWO** ways how as a country, we can benefit from a lower prevalence of overweight and obesity.

- _____
- _____ (2)

- d. Describe **FOUR** modifications that we can carry out whilst cooking in order to minimise the risk of overweight and obesity.

- _____
- _____
- _____
- _____ (4)

(Total: 10 marks)

2. a. What percentage of our total energy intake should come from carbohydrates, protein and fats?

- _____% of our total energy intake should come from carbohydrates. (½)
- _____% of our total energy intake should come from fats. (½)
- _____% of our total energy intake should come from protein. (½)

b. Carbohydrates, proteins and fats are classified as macro-nutrients. Explain why.

_____ (½)

c. Identify the micro-nutrients.

_____ (½,½)

d. When discussing about nutrition and nutrition facts, we often hear about the terms malnutrition and undernutrition.

Explain these **TWO** terms by stating the difference between them.

• Malnutrition: _____ (1)

• Undernutrition: _____ (1)

e. Fill the missing information in the table below. An example has been done for you.

Nutrient	Main function	Rich Sources
Carbohydrates	A source of energy	a.
		b.
Fats		a.
		b.
Proteins		a.
		b.

(1 x 2)
(½ x 6)

(Total: 10 marks)

3. Luke is a professional athlete and needs to practise every day for at least two hours.
a. Keeping in mind his specific dietary requirements, suggest **ONE** suitable starter, **ONE** main course and **ONE** dessert for Luke. Write what the meal will include.

Starter: _____

Main course: _____

Dessert: _____ (3)

- b. Give **ONE** valid reason for **each** of the dishes mentioned above. Make sure that a different reason is given for each dish.

Reason for choice of starter:

Reason for choice of main course:

Reason for choice of dessert:

_____ (3)

- c. Give **TWO** reasons why athletes need to drink plenty of water.

• _____

• _____ (2)

- d. How many calories does water contain?

_____ (1)

- e. List **TWO** foods with a high water content.

• _____

• _____ (1)

(Total: 10 marks)

4. Some people may decide to adopt a vegan lifestyle and thus have a vegan diet.

- a. Identify **THREE** reasons why they may decide to make such a choice.

• _____

• _____

• _____ (3)

b. A vegan needs to ensure that all his dietary needs are met. Specify **TWO** important micro nutrients that might be lacking in the diet of a vegan.

- _____
- _____ (1)

c. 'Braġjoli' is a traditional Maltese dish. The following is a list of ingredients for making 'braġjoli'.

Ingredients

- 4 thin slices of veal

For the 'braġjoli' filling:

- 2 hard-boiled eggs chopped
- 2 tablespoons parsley finely chopped
- 2 cloves of garlic
- 2 tablespoons grated parmesan cheese
- 2 thin slices of lean ham

i. With the exception of veal, identify **THREE** ingredients that would need to be removed or substituted to make this recipe suitable for a vegan.

- _____
- _____
- _____ (1½)

ii. Suggest a vegan option that can be used successfully instead of veal to place the stuffing inside it.

_____ (½)

d. The original recipe listed above makes use of veal. From which animal is veal derived?

_____ (1)

e. 'Braġjoli' can also be made with slices of beef. Identify **TWO** advantages of using veal as opposed to beef for making these 'braġjoli'.

- _____
- _____ (2)

f. State **ONE** disadvantage of using veal.

_____ (1)

(Total: 10 marks)

5. John is a 14 year old boy who has been diagnosed as being lactose intolerant.

a. Explain what is meant by lactose intolerance.

_____ (1)

b. Identify **THREE** symptoms that are commonly associated with lactose intolerance.

- _____
- _____
- _____ (1½)

c. Name **ONE** dairy and **TWO non-dairy** types of milk suitable for John’s nutritional needs.

Dairy source: _____ (½)

Non-dairy sources:

- i. _____
- ii. _____ (1)

d. His friend Matthew who is also 14 years old has been suffering from coeliac disease ever since he was 5 years old.

i. Explain what coeliac disease is.

_____ (1)

ii. Identify **TWO** grains which should **not** be eaten by a coeliac sufferer.

- _____
- _____ (1)

iii. Suggest **TWO** symptoms that could be experienced by a person who is suffering from coeliac disease.

- _____
- _____ (1)

This question continues on next page.

e. Describe **TWO** ways how allergic conditions can affect the teenagers' social life.

- _____

- _____
_____ (2)

f. Outline **ONE** way how these two youths can help to overcome the situation and still enjoy a healthy social life.

_____ (1)

(Total: 10 marks)

6. Food preservation has been carried out for hundreds of years and is still being carried out commercially as well as inside our homes.

a. Explain what food preservation is.

_____ (1)

b. Name **FOUR** methods of preserving foods.

_____ _____
_____ _____ (2)

c. Identify **THREE** benefits of using food preservation.

- _____ (1)
- _____ (1)
- _____ (1)

d. Mark, a 45 year old farmer, has many olive trees. Suggest **TWO** methods Mark can use to preserve the olives.

_____ _____ (1)

e. Many families are making use of convenience foods as part of their daily intake of food.

i. Identify **TWO** different examples of convenience foods that are often used.

_____ _____ (1)

ii. Suggest, how **each** of the foods identified in part e (i) could be accompanied by fresh foods to improve the nutritional value of the meal.

- _____
_____ (1)
- _____
_____ (1)

(Total: 10 marks)

7. Refer to the table below which shows the amount of dietary fibre in different breakfast cereals and answer the questions that follow.

	Dietary Fibre (g) per 100 g	Sugar (g) per 100 g
Weetix	11 g	3.3 g
Nutgrain	2.7 g	32 g
Special Kit	2.5 g	14.5 g
Rice Bubbles	1.1 g	9 g
Just Right	7.9 g	28.7 g
Fruit Loops	2.4 g	38 g
Oaty Bits	9.5 g	0 g
Copops	5.4 g	85.3 g
Miloreal	7.8 g	27.5 g
Toasted Muesli + dried fruits, nuts	5.6 g	10.8 g

Adapted from <https://naqld.org/news/breakfast-cereals/>

a. i. Which breakfast cereal contains the least amount of dietary fibre?

_____ (1)

ii. Which breakfast cereal contains the most sugar?

_____ (1)

b. From the table above, identify **TWO** breakfast cereals that would be most suitable for someone following a healthy balanced diet. Give a reason for your choice of breakfast cereals.

Choice of breakfast cereals:

_____ (1)

Reason: _____

_____ (1)

This question continues on next page.

c. Which **TWO** foods could be added to breakfast cereals to increase the amount of dietary fibre to a person’s diet?

_____ (1)

d. Give **THREE** reasons why our body needs dietary fibre.

- _____
- _____
- _____ (3)

e. Identify **TWO** diet-related diseases that can develop if a person does **not** get enough dietary fibre.

- _____ (1)
- _____ (1)

(Total: 10 marks)

8. Fish is one of the most beneficial food sources to humans as it is rich in nutrients, yet, very low in calories.

a. Fish can be classified into white fish, oily fish and shellfish.

Fill-in the missing parts of the table below:

- i. Briefly describe **each** group of fish.
- ii. List an example of fish for **each** group.

Type of fish/ seafood	Description (i)	Example (ii)
White fish		Plaice
Oily fish	Has oil in the flesh which is quite dark in colour.	
Shellfish (crustaceans or molluscs)		Mussels

(2,1)

b. List **ONE** important point that should be kept in mind when:

i. buying fresh fish;

• _____ (1)

ii. buying shellfish.

• _____ (1)

c. Identify **TWO** main nutrients found in fish and state their function in the human body.

Nutrient 1: _____ (½)

Function: _____ (1)

Nutrient 2: _____ (½)

Function: _____ (1)

d. Suggest **TWO** different ways how fish could be prepared/served to improve its flavour as well as appearance.

• _____ (1)

• _____ (1)

(Total: 10 marks)

9. Digestion is a necessary body process which we cannot live without.

a. Distinguish between mechanical digestion and chemical digestion.

_____ (2)

b. Throughout the digestive system peristalsis occurs. Explain the term peristalsis.

_____ (1)

c. Identify the enzyme produced in the stomach that works on the protein.

_____ (½)

This question continues on next page.

d. Although villi are very tiny, they play a very important role during digestion. Explain why.

_____ (1)

e. For digestion to take place food needs to pass through the digestive system. Match each part of the digestive system to its correct function.

Part of the body	
i.	The large intestine
ii.	The oesophagus (gullet)
iii.	The mouth
iv.	The stomach
v.	The small intestine
vi.	The liver
vii.	The pancreas

Function	
	This stores excess sugar, makes bile, and removes poisons from the blood.
	It makes digestive enzymes and acid.
	Is where water is absorbed and faeces are stored.
	Has teeth to cut and grind the food.
	Joins the mouth to the stomach.
	This organ makes insulin and digestive enzymes.
	This is where digested food is absorbed into the blood. It also makes digestive enzymes.

(3½)





f. Suggest **TWO** simple ways how we can help our digestive system to work more efficiently.

- _____ (1)
- _____ (1)

(Total: 10 marks)

10. Mariah babysits her neighbour’s toddler and needs advice about safety of young children.

- a. Look at the pictures below and for each picture identify:
- i. **ONE** possible safety hazard;
 - ii. the type of accident **each** hazard might cause;
 - iii. the action Mariah should take to prevent the accident.

		One safety hazard (i)	Accident it might cause (ii)	Action to take (iii)
1	 <p>Source: https://alpineinsurance.ca/</p>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/> <hr/>
2	 <p>Source: www.healthybodyfit.com</p>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/> <hr/>
3	 <p>Source: www.fraserhealth.ca</p>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/> <hr/>
4	 <p>Source: www.m.media-amazon.com</p>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/> <hr/>

(2, 2, 4)

b. Describe **TWO** reasons why young children are most at risk from household accidents.

- _____
- _____ (2)

(Total: 10 marks)

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SUBJECT:	Home Economics
PAPER NUMBER:	IIA
DATE:	14 th June 2021
TIME:	4:00 p.m. to 6:05 p.m.

Section ONE: Answer ALL questions.

1. a. The definition of a family has evolved throughout the years. Identify **FOUR** different types of family structures.

- _____
- _____
- _____
- _____ (4)

b. Pamela, a 40 year old accountant, has decided that after having two children aged six and two, will return to full-time work. Identify **THREE** reasons why it is advantageous for Pamela to work outside the home.

- _____
- _____
- _____ (3)

c. Her 2 year old son Jack is still too young to attend school. What government support is available for parents who work outside the home and have young children?

_____ (1)

d. Outline **TWO** ways how the extended family may be of help to Pamela and her husband.

- _____
- _____ (2)

(Total: 10 marks)

2. Paul and Lisa are a young married couple. They have two children, James who is 3 years old and Samuel who is 5 months old. They both have full time jobs. Recently Paul and Lisa have been feeling very stressed out.

a. Identify **FOUR** signs or symptoms of stress.

- _____
- _____
- _____
- _____ (4)

b. Describe **THREE** factors that might be contributing to this couple’s increased levels of stress.

- _____
- _____
- _____ (3)

c. Stress is having a negative impact on the couple’s relationship and they were discussing on whether they should get a separation. Outline **THREE** ways how they can manage their stress levels and help save their relationship.

- _____
- _____
- _____ (3)

(Total: 10 marks)

3. Mark and Anne will be getting married within a year. The couple would like to set up their kitchen and are looking for a suitable refrigeration appliance.

a. List **THREE** factors that this couple need to consider when choosing their refrigeration appliance for their family.

- _____ (1/2)
- _____ (1/2)
- _____ (1/2)

b. The couple came across the following refrigeration models. Identify the **THREE** different models.

 Source: https://lexdii.com	 Source: https://www.discountappliancecentre.com	 Source: https://www.walmart.com
i.	ii.	iii.

(1½)

c. Whilst looking for different models, the couple came across the following features available on modern refrigeration models. Explain the function of **each** feature.

Feature	Function
i. Warning beeper	
ii. Zoned temperature compartments	
iii. Digital temperature display	
iv. Water dispenser	

(4)

d. Suggest **THREE** guidelines the couple should follow when using their new refrigeration appliance.

- _____ (1)
- _____ (1)
- _____ (1)

(Total: 10 marks)

Please turn the page.

4. Andrew and his partner are considering buying a new house.

a. Identify **ONE** advantage for this couple of owning their own home.

_____ (1)

b. List **THREE** factors which may determine the type of home they would purchase.

• _____ (1)

• _____ (1)

• _____ (1)

c. The couple would need to take a loan from the bank. However the bank has asked the couple to take up a home insurance policy and a life insurance policy. Define **both** terms.

Home insurance policy: _____

_____ (1)

Life insurance policy: _____

_____ (1)

d. Why would a home insurance policy and a life insurance policy be necessary for taking up a loan from the bank?

_____ (2)

e. Outline **TWO** factors which the couple need to consider when taking up a new insurance policy.

• _____ (1)

• _____ (1)

(Total: 10 marks)

Section TWO: Answer ALL questions.

5. Maria is making cakes. She finds these two recipes and decides to try out both.

a. Fill in the missing parts of the ingredients list of these two recipes.

Victoria sandwich cake	Sponge fruit flan
100 g self-raising flour	75 g self-raising flour
_____ g castor sugar	_____ g castor sugar
_____ g polyunsaturated margarine	_____ eggs
2 eggs	Fresh fruit to fill the flan
Jam to sandwich the cake	

(2)

b. What is the name of the method used to make each of these cakes?

Name of cake	Name of method used
Victoria sandwich cake	
Sponge fruit flan	

(2)

c. Maria starts by weighing the ingredients. Why is the weighing of ingredients essential when making a cake?

_____ (1)

d. The recipes of these cakes require eggs. Why is it better for eggs to be at room temperature when making a cake?

_____ (1)

e. Identify the role of the following ingredients when making these two cakes.

Role of sugar: _____ (1)

Role of self-raising flour: _____ (1)

This question continues on the next page.

f. Explain why the sifting of flour is an important step in the method of cake making.

_____ (2)

g. The recipe of the sponge fruit flan mentions the terms 'ribbon texture' and 'folding in'. Explain these terms.

Ribbon texture: _____

_____ (2)

Folding in: _____

_____ (2)

h. Maria bakes the sponge fruit flan but notices that it has white powdery patches. Identify the cause of this unwanted result and suggest how she could prevent this from happening again next time.

Cause: _____
_____ (1)

She can prevent it from happening again by: _____
_____ (1)

i. Compare and contrast the keeping qualities of the two cakes that Maria chose to prepare.

_____ (2)

j. Justify the answer given in part (i) above.

_____ (2)

(Total: 20 marks)

6. Angie is a 21 year old university student and needs to buy a new laptop for her studies.

a. Angie has looked for different sources of information before making her choice. List **FOUR** sources from where Angie may get the information required.

- _____ (1/2)
- _____ (1/2)
- _____ (1/2)
- _____ (1/2)

b. Outline **TWO** reasons why it is beneficial for Angie to be well informed.

- _____ (1)
- _____ (1)

c. Angie decided to buy her laptop from AB Stores. She was informed that she will be getting a guarantee with her laptop.

i. What do you understand by a guarantee?

_____ (1)

ii. Angie has asked whether she will be getting a legal guarantee as well as a commercial guarantee.

Describe the difference between a legal guarantee and a commercial guarantee.

_____ (2)

iii. After about 4 months of purchase, the laptop was found to be faulty. What should Angie do in such a situation? What is she entitled to?

_____ (2)

This question continues on next page.

iv. Angie did **not** manage to reach an agreement. What action should Angie take?

- _____

- _____
_____ (2)

d. Due to Angie’s busy lifestyle, she decided to shop for her groceries through internet shopping.

i. Identify **TWO** advantages and **TWO** disadvantages of shopping for groceries online.

TWO advantages: _____
_____ (2)

TWO disadvantages: _____
_____ (2)

ii. Outline **THREE** tips that Angie should follow when shopping online.

- _____
- _____
- _____ (3)

e. Many stores are now introducing self-checkout systems to improve the shopping experience to their customers. How can Angie benefit from such a system if she decides to shop in local stores?

- _____ (1)
- _____ (1)

(Total: 20 marks)

7. John and Maria, an elderly couple in their seventies, live in their own house.

a. Identify **TWO** positive aspects of ageing.

- _____ (1)
- _____ (1)

b. State **ONE** example how **each** of the following needs of the elderly couple could be met.

Social need:

_____ (1)

Emotional need:

_____ (1)

Physical need:

_____ (1)

c. John has recently lost his wife and is finding it very hard to maintain his health.

i. Give **ONE** reason why John may suffer from malnutrition.

_____ (1)

ii. Suggest how John can overcome the reason identified in part (ci) above.

_____ (1)

iii. Name **TWO** appliances which you think could be useful to John to help him in the preparation and cooking of his meals. Explain how **each** appliance will be helpful.

Appliance 1: _____ (½)

Reason: _____ (1)

Appliance 2: _____ (½)

Reason: _____ (1)

d. Since John is an elderly man living on his own, he may be more at risk of being robbed.

i. Identify **TWO** reasons why the elderly face this problem.

- _____
- _____ (2)

This question continues on next page.

ii. Following a number of robberies in the area, the Local Council has introduced the *Neighbourhood Watch Scheme*. Give **ONE** reason why this scheme can be beneficial for John and other elderly people.

_____ (1)

e. Explain **TWO** ways how John can feel safer in his own home.

- _____
- _____ (2)

f. Another problem that John is facing due to age and due to his arthritis is the issue of mobility. Recently, he fell while he was in the bathroom. Suggest **TWO** ways how his bathroom can be made safer to prevent further accidents from happening.

- _____
- _____ (2)

g. Suggest **TWO** suitable services that can be of help to John. Write the name of the service and explain how this will help him.

Name of service: _____ (½)

This can help John because: _____
_____ (1)

Name of service: _____ (½)

This can help John because: _____
_____ (1)

(Total: 20 marks)

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SUBJECT:	Home Economics
PAPER NUMBER:	IIB
DATE:	14 th June 2021
TIME:	4:00 p.m. to 6:05 p.m.

Section ONE: Answer ALL questions.

1. Maria and Mario have two children, John who is 5 years old and Jack who is 2 years old. Their family is called a nuclear family.

a. Identify another **TWO** types of families.

- _____
- _____ (2)

b. Maria, who is an accountant, stopped working when she had her first child and is now thinking of returning back to full-time work. Identify **TWO** reasons why Maria should work outside the home.

- _____
- _____ (2)

c. State **TWO** ways how Mario can help in the house when Maria returns to her full-time job.

- _____
- _____ (2)

d. Maria's and Mario's parents offered their help. Outline **THREE** ways how they can be of help and support to both Maria and Mario.

- _____
- _____
- _____ (3)

e. Jack is too young to attend school. Suggest suitable care for Jack while his parents are at work.

- _____ (1)

(Total: 10 marks)

2. Paul and Lisa are a young married couple. They have two children, James who is 3 years old and Samuel who is 5 months old. Lisa has stopped her full time job to look after their young children whilst Paul has recently lost his job. They have a bank loan which they took on their apartment with monthly repayments. The couple are very stressed and are showing signs of anxiety.

a. Apart from anxiety, identify another **THREE** signs or symptoms of stress.

- _____
- _____
- _____ (3)

b. Describe **TWO** causes of stress in Paul and Lisa’s family.

- _____
- _____ (2)

c. Suggest **THREE** ways how Paul and Lisa could decrease their stress levels.

- _____
- _____
- _____ (3)

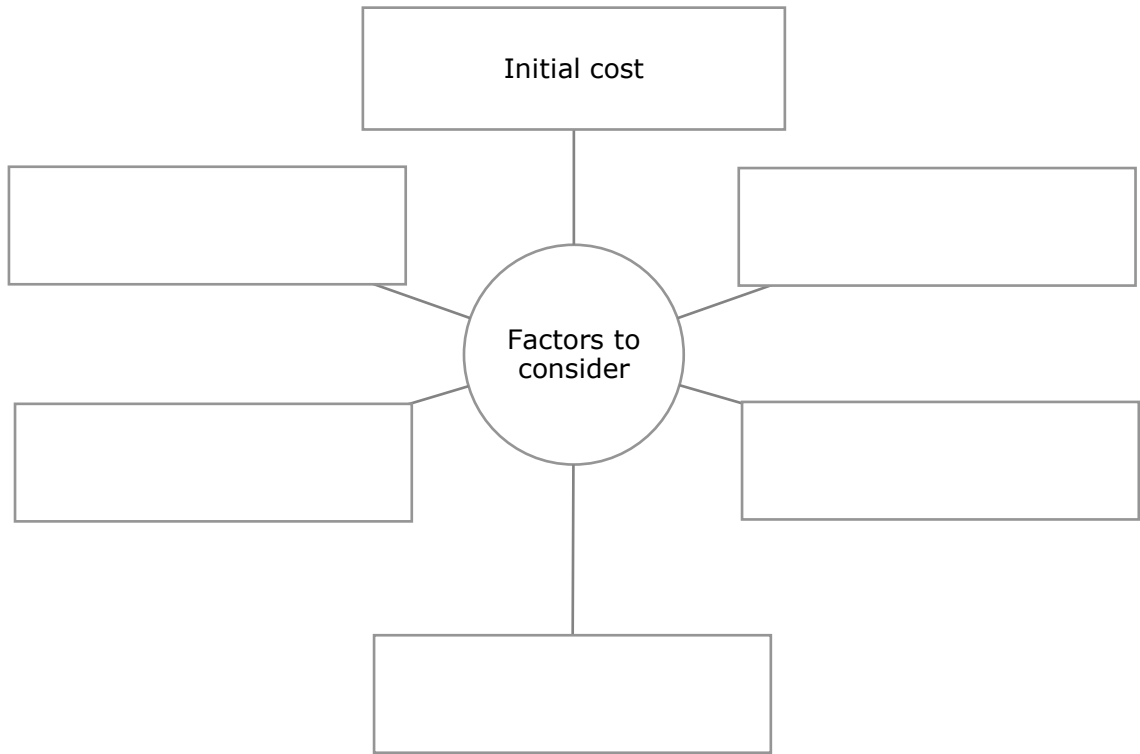
d. Suggest **TWO** ways how close family members can help them out in this difficult situation.

- _____
- _____ (2)

(Total: 10 marks)




3. Mark and Anne are looking for a new refrigeration appliance for their kitchen.

a. List **FIVE** factors this couple needs to consider when choosing their refrigeration appliance. An example has been given.



(2½)

b. Identify the following **THREE** different models.

 <p>Source: https://lexdii.com</p>	 <p>Source: https://www.discount-appliancecentre.com</p>	 <p>Source: https://www.walmart.com</p>
<p>i.</p>	<p>ii.</p>	<p>iii.</p>

(1½)

This question continues on the next page.

c. The couple came across the following features available on modern refrigeration models. Match each feature with its function.

Feature
i. Warning beeper
ii. Zoned temperature compartments
iii. Digital temperature display
iv. Water dispenser
v. Ice cube maker
vi. Stainless steel finish

Function
Storage of different foods at different temperatures.
Allows for easy access to chilled water.
Alerts if the refrigerator is left opened.
Indicates the exact temperature of the inside of the refrigerator.
To match with other kitchen appliances.
Ice is ready on demand.

(3)

d. Outline **ONE** advantage for the couple of owning a refrigerator.

Advantage: _____ (1)

e. Suggest **TWO** guidelines the couple should follow when using their new refrigeration appliance. An example has been given.

- Avoid opening the door unnecessarily.
- _____ (1)
- _____ (1)

(Total: 10 marks)

4. Andrew and his partner are thinking of buying a new house.

a. Although the needs of Andrew and his partner may change, their home provides the basic needs essential for their well-being. Name **THREE** needs a home provides.

- _____ (1)
- _____ (1)
- _____ (1)

b. Identify **TWO** advantages of buying your own house.

Advantage 1: _____ (1)

Advantage 2: _____ (1)

c. Outline **TWO** factors that determine the type of home the couple would buy.

- _____ (1)
- _____ (1)

d. The couple would need to take a loan from the bank. The bank has asked the couple to take up a home insurance policy and a life insurance policy.
Choose the correct term for each definition.

_____ insurance policy is a form of property insurance that covers the loss and damage to a person's home. (½)

_____ insurance policy is a contract between an insurer and the person taking the insurance policy. The insurer guarantees payment of a death benefit upon the death of the insured person. (½)

e. Why is a home insurance policy and a life insurance policy necessary to take a loan from the bank?

_____ (2)

(Total: 10 marks)

Section TWO: Answer ALL questions.

5. Maria is making cakes. She finds a recipe of a Victoria sandwich cake using the all-in-one method of cake making.

a. Fill in the missing parts of the ingredients list of the recipe below.

<u>Victoria sandwich cake</u>
100 grams self-raising flour
_____ grams castor sugar
_____ grams polyunsaturated margarine
2 eggs
Home-made jam to sandwich the cake

(1)

This question continues on next page.

b. She needs to understand the role of the different ingredients to help her achieve good results. Match these points about the role of different ingredients to make complete and sensible sentences.

i.	Weigh your ingredients accurately		as they are beaten more easily when they are not chilled.
ii.	Use castor sugar instead of granulated sugar		no need to add extra baking powder.
iii.	Use eggs at room temperature		air is being incorporated in the mixture.
iv.	The use of self-raising flour means that there is		in order to achieve the desired result.
v.	Use soft margarine		as it is very easy to cream.
vi.	When beating the eggs		because it has smaller crystals which blend more easily into the mixture.

(3)

c. At what temperature should Maria bake her Victoria sandwich cake?

_____ (1)

d. When Maria baked her Victoria sandwich cake and took it out of the oven, she noticed that it started to sink in the middle. Identify **ONE** possible cause for this fault.

 _____ (1)



Source: www.bakingnaturally.org

e. Maria finds another recipe to make a sponge fruit flan using the whisking method. How much sugar and how many eggs must be used with 75 g self-raising flour?

<p><u>Sponge fruit flan</u></p> <p>75 grams self-raising flour</p> <p>_____ grams castor sugar</p> <p>_____ eggs</p> <p>Fresh fruit to fill the flan</p>

(1)

f. The following are the steps to make a sponge fruit flan. However, they are **not** in the right order. Help Maria organise the steps by putting a number next to each step to make up the correct sequence.

	Gently fold-in the flour into the mixture using a metal spoon.
	The mixture is cooked when it is well risen, spongy to touch and has an even brown colour.
	Lightly grease the flan tin.
	Sift the flour.
	Whisk the eggs and sugar until very thick and creamy. The mixture should have increased in volume at least twice and should leave a trail that stays visible for at least 5 seconds when the whisk is removed. This is called ribbon texture.
	Pour the mixture into the tin and bake on the middle shelf.

(3)

g. Explain **TWO** reasons why the sifting of flour is so important when making a sponge fruit flan.

• _____
 _____ (1)

• _____
 _____ (1)

h. Should Maria pre-heat the oven before baking her sponge flan?

_____ (1)

i. Give a reason for your answer above.

 _____ (2)

j. Look at the ingredients list of both cakes in parts 5a and 5e.

i. Name **ONE** important difference between the ingredients lists.

 _____ (1)

This question continues on next page.

ii. How will this difference affect the shelf life of the two cakes that Maria prepared?

_____ (1)

k. Suggest a combination of **TWO** suitable fresh fruits she could use on top of the fruit flan.

_____ (1)

l. Apart from using fresh fruit, suggest another **TWO** suitable toppings for her sponge flan.

- _____
- _____ (2)

(Total: 20 marks)

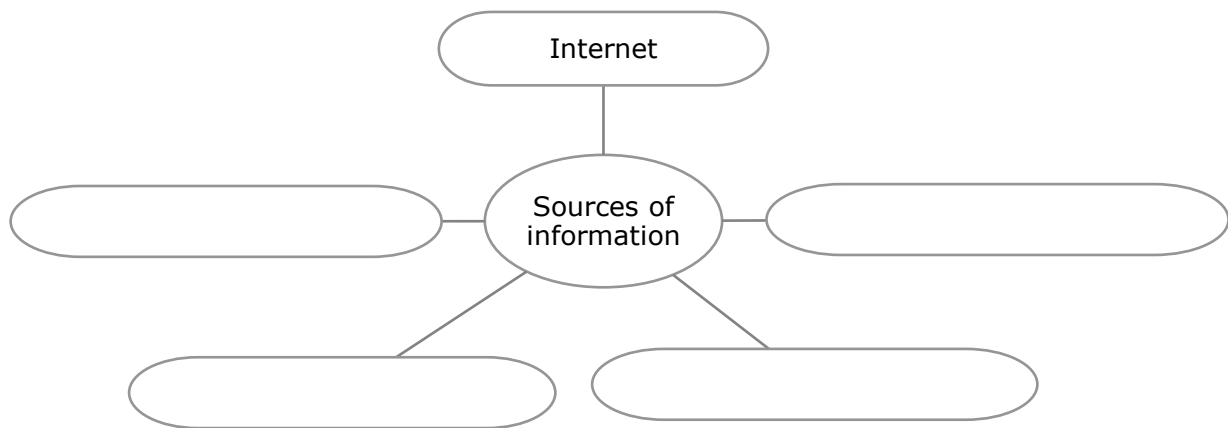
6. Angie, a 21 year old university student, needs to buy a new laptop for her studies.

a. Angie has looked for different sources of information before deciding which laptop to buy.

i. Which consumer right is Angie putting into practice when looking for different sources of information?

_____ (1)

ii. List **FOUR** sources from where Angie may get the information required.



(2)

iii. Outline **TWO** reasons why it is helpful for Angie to get the information required.

- _____ (1)
- _____ (1)

b. Angie bought her laptop from AB Stores. She has been given a guarantee.

i. Identify **FOUR** pieces of information that should be written on the guarantee.

- _____ (1)
- _____ (1)
- _____ (1)
- _____ (1)

ii. Angie has asked whether she will be getting a legal guarantee as well as a commercial guarantee. Fill in the blanks by using the words below to describe the terms.

legal **commercial**

The _____ guarantee is not obligatory and is valid for a period determined by the trader/ manufacturer.

A _____ guarantee is obligatory and it is valid for two years. It entitles a person to seek redress in case the item is faulty, regardless of whether an item has a warranty or not. (1)

iii. After about 4 months from purchase, the laptop was not working properly. What should Angie do in such a situation? What is she entitled to?

- _____
- _____
- _____ (2)

iv. Angie did **not** reach an agreement with the company. What steps should she take?

- _____
 - _____
- _____ (2)

c. Angie prefers to shop online.

i. List **TWO** products which Angie can buy online.

- _____ (1)

This question continues on next page.

ii. Identify **ONE** advantage and **ONE** disadvantage of shopping online.

ONE advantage: _____

ONE disadvantage: _____ (2)

iii. Suggest **THREE** tips Angie should follow when shopping online. An example has been given.

- Save all the information possible related to your order.
- _____
- _____
- _____ (3)

(Total: 20 marks)

7. John and Maria, an elderly couple in their seventies, live in their own house.

a. Classify the following needs of the elderly under the correct heading.

- i. Providing a loving and caring attitude.
- ii. Attending university of the third age or adult education classes.
- iii. Being valued for their experiences.
- iv. Joining cultural tours organised in their local village.
- v. Living in a safe and comfortable environment.
- vi. Following a healthy balanced diet.

Social needs	Emotional needs	Physical needs
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(3)

b. Identify **TWO** positive aspects of growing old.

- _____ (1)
- _____ (1)

c. John has recently lost his wife and is finding it very hard to maintain his health.

i. John is now finding it difficult to follow a healthy diet. Give **ONE** reason for this.

_____ (1)

ii. Suggest how John can overcome the reason identified in part (ci) above.

_____ (1)

iii. The following appliances could help John in the preparation and cooking of his meals. Explain how **each** appliance will be helpful.

Appliance 1: Microwave oven

Reason: _____ (1)

Appliance 2: Food processor

Reason: _____ (1)

Appliance 3: Food steamer

Reason: _____ (1)

d. Since John is now an elderly man living on his own, he may be more at risk of being robbed. Identify **TWO** reasons why the elderly face this problem. An example has been given.

Example: They might have poor hearing which makes them less alert for any noises made by intruders.

- _____
- _____ (2)

e. Following a number of robberies in his area, John decides to install a CCTV camera. Suggest another **TWO** ways how he can reduce the risk of being robbed.

- _____
- _____ (2)

f. Due to his old age and his arthritis, John has become less mobile. Recently he scalded himself while cooking. Identify another **TWO** accidents that are common amongst the elderly.

- _____
- _____ (2)

This question continues on next page.

g. He is also finding it difficult to use the bathroom mainly to use the toilet and to wash himself. So, he decides to install grab rails next to the toilet. Suggest another **TWO** simple ways how his bathroom could be modified to make it more suitable for his needs.

- _____
- _____ (2)

h. Recently he decided to apply for the Telecare service.

i. Explain briefly what this service is.

_____ (1)

ii. Describe **ONE** way how this service can be useful for John.

_____ (1)

(Total: 20 marks)