

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD

UNIVERSITY OF MALTA, MSIDA

MATRICULATION CERTIFICATE EXAMINATION

INTERMEDIATE LEVEL

MAY 2012

SUBJECT:	HOME ECONOMICS & HUMAN ECOLOGY
DATE:	30th April 2012
TIME:	9.00 a.m. to 12.00 noon

SECTION A

ANSWER ALL QUESTIONS (Total 40 marks)

1. Minerals are micro-nutrients which are vital for the human body. Outline the relationship between specific minerals and the following health conditions:
i) anaemia; ii) osteoporosis; iii) goitre; iv) muscular cramps; v) molten teeth. (5 marks)
2. Give **TWO** reasons why mothers seek employment outside the home. Describe **TWO** incentives provided by the state for working mothers. (2, 2 marks)
3. Give reasons for the following statements:
a) Eco-conscious consumers will buy chlorine free, recycled toilet paper;
b) Green consumers will check the energy label and look for the EU ECO-flower symbol. (2 marks)
4. List **THREE** differences between saturated and polyunsaturated fatty acids. (3 marks)
5. a) Outline the benefits of consuming functional foods that have been enriched with:
i) omega fatty acids and ii) plant sterols. (**MENTION TWO BENEFITS FOR EACH**).
b) Give **TWO** examples of food that may be enriched with the **TWO** functional ingredients. (2, 2 marks)
6. Convenience foods play an important role in our daily food intake. Give **TWO** advantages and **TWO** disadvantages of using convenience foods in our food preparation and consumption. (2, 2 marks)
7. Vitamin D is referred to as the *sunshine vitamin*. Outline **TWO** functions of this vitamin and list **FOUR** dietary sources. (2, 2 marks)
8. A health conscious teenaged boy is going out with his friends to celebrate the birthday of one of his peers. They opt to go to a fast food burger outlet before proceeding to the cinema. Outline **TWO** healthy food options and **ONE** healthy beverage the teenage boy can choose. Describe how these food and beverage options benefit the dietary needs of the youngster. (3 marks)

9. a) Describe **TWO** state services and **ONE** non-state service that can be offered to a school-aged child who has been identified with an educational disability. (3 marks)
- b) Outline **TWO** benefits of having children with educational disabilities attending the mainstream school with other children. (2 marks)
10. List **TWO** ways how a bathroom can be adapted to suit the needs of a wheelchair bound young adult. (2 marks)
11. A young family with a seven-year old girl and two-year old twins are looking for new accommodation. Describe **FOUR** factors that this young family need to consider when choosing their new accommodation. (4 marks)

SECTION B

ANSWER ANY **THREE** QUESTIONS (20 marks each)

Question 1

Non-starch polysaccharide (NSP) is a non-energy giving food element, yet it plays a very important role in our diet.

- a) Describe the role of NSP in our diet. (2 marks)
- b) Give the daily recommended intake of NSP for an adult. Name the **TWO** types of NSP and give a function of each. (1, 2 marks)
- c) *Diverticulitis* and *constipation* are two diet related conditions associated with non-starch polysaccharide. Describe these **TWO** conditions and outline **THREE** measures (other than consuming higher intakes of NSP) that can be followed to prevent these conditions. (2, 3 marks)
- d) A mother of two teenaged children needs some guidance as to how to include more NSP in her family's diet. Assist the mother by suggesting **FOUR** different ways how this can be achieved. (4 marks)
- e) Excessive intakes of NSP for young children are not recommended. Describe the negative impacts of such a dietary practice. (2 marks)
- f) An elderly woman has been told she has diverticulitis. Plan a suitable lunch menu for her and justify your choice of menu, keeping in mind her nutritional requirements. (4 marks)

Question 2

Consumers have a wide choice of methods to shop but certain situations restrict the consumer to make use of distance selling methods.

- a) Define *distance selling* and outline **FOUR** factors that may lead consumers to use this method of shopping. (1, 4 marks)
- b) i) Give **TWO** different *disadvantages* that the *consumer* may find with this method of shopping.
ii) Outline **TWO** different *advantages* and **TWO** different *disadvantages* of distance selling methods when compared to direct shopping methods for the *retailer*. (2, 4 marks)
- c) Describe **TWO** legislative measures that cover distance selling. (2 marks)
- d) Payment for distance selling is often settled using a credit card.
i) Explain how a credit card differs from a debit card. (1 mark)
ii) Outline the procedure how payment is settled with a credit card at the point of sale and with the bank. (4 marks)
iii) List **FOUR** precautions that consumers should take to ensure the safe use of credit cards. (2 marks)

Question 3

In recent years, an increasing number of families are purchasing ready-made meals. Among them are frozen traditional Maltese dishes which are considered very appealing.

- a) Discuss briefly the values associated with traditional Maltese dishes. (2 marks)
- b) Outline **TWO** different benefits of purchasing these frozen dishes for each of the following:
i) a single person living alone;
ii) a family with teenage children and a grandparent living with them. (2, 2 marks)

Please turn the page.

c) The following is a traditional recipe for stuffed aubergines:

<i>Stuffed Aubergines</i>	
<i>3 large aubergines</i>	<i>2 tablespoon grated cheese</i>
<i>1 onion</i>	<i>2 eggs</i>
<i>2 cloves garlic</i>	<i>1 tablespoon oil</i>
<i>2 tablespoons tomato purée</i>	<i>50g butter</i>
<i>300g minced pork</i>	<i>salt and pepper</i>
<i>2 rashers streaky bacon</i>	<i>fresh breadcrumbs</i>

- i) Suggest **SIX** ways how the above recipe can be modified for a family who are very health-conscious. Give reasons for **EACH** modification made to the recipe. (3, 6 marks)
- ii) People are being encouraged to adopt a sustainable approach when purchasing food. Outline **FIVE** ways how a person can implement this approach when purchasing the ingredients for the above recipe. (5 marks)

Question 4

A teenager who is trying to lose weight has been advised to increase the consumption of water in the diet.

- a) Describe **THREE** strategies that the teenager can adopt to increase the consumption of water. (3 marks)
- b) Identify **TWO** minerals found in water and for **EACH** explain **TWO** functions of the mineral in the body. (1, 4 marks)
- c) Discuss **THREE** health implications if the teenager consumes high energy drinks instead of water. (3 marks)
- d) List **THREE** reasons for the increased need for water and describe **THREE** health conditions if the teenager fails to consume enough water. (3, 3 marks)
- e) Outline **THREE** ways how the teenager can lose weight and at the same time enjoy evenings out with his friends. (3 marks)