



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
2024 MAIN SESSION**

SUBJECT: **Home Economics**
 PAPER NUMBER: I
 DATE: 26th April 2024
 TIME: 9:00 a.m. to 11:05 a.m.

Answer **ALL** questions.

1. The body processes the food we eat through the digestive system.

a. Explain the term digestion.

 _____ (1)

b. What role do the following parts of the digestive system play in the digestive process?

i. Teeth: _____
 _____ (1)

ii. Stomach: _____
 _____ (1)

iii. Small intestine: _____
 _____ (1)

iv. Large intestine: _____
 _____ (1)

c. Identify the **THREE** different enzymes produced by the pancreas.

• _____ • _____
 • _____ (1½)

d. Outline the role of enzymes in the digestive process.

 _____ (2)

e. The liver is also important in the digestive process. It produces a greenish fluid which aids digestion. What is this fluid called?

- _____ (1/2)

f. Suggest **TWO** simple ways to maintain a healthy digestive system.

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

(Total: 10 marks)

2. When handling food, hygiene and safety rules should be followed to avoid food contamination and food poisoning.

a. Identify **TWO** ways how one can ensure that the food bought is fresh and safe to eat.

- _____ (1)
- _____ (1)

b. Suggest **TWO** practices that should be followed to store food safely at home.

- _____ (1)
- _____ (1)

c. When cooking chicken, one needs to ensure that it is well cooked. Name the food poisoning bacteria associated with the consumption of undercooked chicken.

- _____ (1/2)

d. State **THREE** symptoms of food poisoning.

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

e. Describe **TWO** practical ways how one can reduce the risk of food poisoning during a barbeque.

- _____ (1)
- _____ (1)

f. Outline **TWO** food safety tips that should be followed when defrosting food.

- _____ (1)
- _____ (1)

(Total: 10 marks)

3. Some adolescents and young adults tend to rely heavily on ready-made and take-away foods.

a. Identify **THREE** factors that may influence them to make such food choices.

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

b. Suggest **TWO** health problems that may arise from a high consumption of take-away foods.

- _____ (½)
- _____ (½)

c. John who is an elderly man and recently become a widow, is unable to prepare healthy meals for himself.

List **THREE** ways how John can address this situation.

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

d. Recently, John has been diagnosed with hypertension. Describe **THREE** dietary changes that John can make to reduce high blood pressure.

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

(Total: 10 marks)

Please turn the page.

4. A young newly married couple use convenience foods regularly.

a. Define convenience foods.

_____ (1)

b. Identify **TWO** types of convenience foods and give **TWO** examples of each.

• Type of convenience food 1: _____ (1/2)

Example 1: _____ (1/2)

Example 2: _____ (1/2)

• Type of convenience food 2: _____ (1/2)

Example 1: _____ (1/2)

Example 2: _____ (1/2)

c. i. List **TWO** advantages of using convenience foods.

• _____ (1)

• _____ (1)

ii. List **TWO** disadvantages using convenience foods.

• _____ (1)

• _____ (1)

d. How can the young couple make informed food choices to maintain a balanced diet despite relying on convenience foods?

• _____
_____ (1)

• _____
_____ (1)

(Total: 10 marks)

5. According to the Eurobarometer (2021) on EU consumer habits regarding fishery and aquaculture products, nearly two thirds of Europeans have fish on their menu at least once a month.

a. Identify an important characteristic that a person should look for when buying fresh fish.
_____ (1)

b. A family bought fresh Dorado fish (Lampuki) in season and froze them for future use.

i. Identify **TWO** advantages of buying fish in season.

- _____ (1)
- _____ (1)

ii. List the steps that should be followed to freeze the Dorado fish successfully.

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

iii. Suggest **TWO** dishes that can be prepared using the frozen Dorado fish.

- _____ • _____ (1)

c. There are different processes that can be used to extend the shelf-life of fish. Complete Table 1 to:

- i. explain briefly why each process is carried out; (2)
- ii. identify **ONE** effect this process would have on the fish. (2)

This question continues on next page.

An example has been provided

Table 1

| Process | Explain briefly why each process is carried out | Its effect on fish |
|-----------------------|---|---|
| Salting | <i>Salt inhibits the growth of micro-organisms and minimises the enzyme activity.</i> | <i>Flavour and texture are changed and salt content is increased.</i> |
| Canning | <hr/> <hr/> | <hr/> <hr/> |
| Vacuum packing | <hr/> <hr/> | <hr/> <hr/> |

(Total: 10 marks)

6. Elderly individuals often experience different conditions and diseases because of their lifestyle.

a. Describe the following bowel disorders and give a possible cause for each.

i. Constipation

Description: _____ (1)

Cause: _____ (1)

ii. Haemorrhoids

Description: _____ (1)

Cause: _____ (1)

iii. Diverticular disease

Description: _____ (1)

Cause: _____ (1)

b. Explain **TWO** ways how the following could be prepared to reduce the risk of constipation.

i. Rock Buns:

• _____ (1)

• _____ (1)

ii. A packed lunch:

• _____ (1)

• _____ (1)

(Total: 10 marks)

7. Jake would like to make a pizza. He has been watching some videos to learn how to make the yeast dough.

a. Identify the type of flour that Jake should use for the yeast dough.

_____ (1/2)

b. Explain why this flour should be used.

_____ (1)

d. Suggest **TWO** important rules that Jake need to follow when using yeast.

• _____ (1)

• _____ (1)

e. Describe each process and give the scientific principle of each.

▪ Kneading

Description: _____

_____ (1)

Scientific principle: _____

_____ (1)

Please turn the page.

- Knocking back

Description: _____

_____ (1)

Scientific principle: _____

_____ (1)

- f. Whilst making the yeast dough, Jake noticed that his dough did not rise. Explain **ONE** reason why this has happened.

_____ (1)

- g. Suggest **THREE** quick alternatives that Jake can use as a base for the topping of pizza instead of the yeast dough.

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

(Total: 10 marks)

8. Fresh milk is delivered to the factory every day. It is then pasteurised, processed, and delivered within 24 hours. (<https://www.benna.com.mt>)

- a. Explain **THREE** benefits of consuming fresh milk.

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

- b. Give **ONE** reason why milk is pasteurised.

_____ (1)

c. Identify **THREE** important points to keep in mind when buying fresh milk.

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

d. Suggest **ONE** type of milk which should be used in each of the following situations:

- i. a person who is trying to lose weight: _____ (½)
- ii. milk to be stored in the cupboard: _____ (½)
- iii. a vegan person: _____ (½)
- iv. to prepare a smoothie for a 2-year-old: _____ (½)
- v. a lactose intolerant person: _____ (½)
- vi. a person suffering from heart disease: _____ (½)

(Total: 10 marks)

9. Living with coeliac disease might be challenging, however informing oneself about the disease helps the person to manage it and keep it under control.

a. What do you understand by coeliac disease?

_____ (1)

b. Outline **THREE** symptoms of coeliac disease.

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

c. List **FOUR** foods that need to be avoided in the diet of a person who suffers from coeliac disease.

_____ (2)

This question continues on next page.

d. What happens in the body if the foods mentioned in c. are still consumed by a coeliac person?

_____ (1)

e. Suggest **TWO** ways how a person suffering from coeliac disease can plan meals for the whole family.

- _____ (1)
- _____ (1)

f. Outline **ONE** way how a person with coeliac disease can still attend social events, such as a birthday party.

_____ (1)

(Total: 10 marks)

10. There are various methods of cooking. Some are healthy while some others are not.

a. Give **TWO** reasons why frying is quite a popular method of cooking food.

- _____ (1)
- _____ (1)

b. Suggest an alternative healthy method of cooking the foods that are often fried mentioned in Table 2. (*You may suggest a method only **ONCE***).

Table 2

| Food | Alternative healthy method of cooking |
|---------------------|--|
| Potatoes | (1/2) |
| Eggs | (1/2) |
| Tuna patties | (1/2) |
| Thin slices of beef | (1/2) |

c. A family of four, consisting of the parents and two teenage children decided to buy a compact grill similar to the one below.



(Source: www.tefal.co.uk)

i. Suggest **THREE** advantages of buying and using this compact grill.

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

ii. Identify **THREE** foods that this family can cook successfully in this compact grill.

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

d. The father bought a tough cut of meat.

i. Which cooking method would you recommend for the tough cut of meat?

_____ (1/2)

ii. Give a valid reason for the choice of cooking method in (di).

_____ (1)

(Total: 10 marks)

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| | |
|---------------|-----------------------------|
| SUBJECT: | Home Economics |
| PAPER NUMBER: | IIA |
| DATE: | 29 th April 2024 |
| TIME: | 9:00 a.m. to 11:05 a.m. |

Section ONE: Answer ALL questions.

1. Your aunt is expecting her first child and wants to ensure the health and safety of her unborn baby.

a. Suggest **THREE** things that could harm the unborn child.

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

b. After giving birth, she was advised to attend appointments at the well-baby clinic. What is the purpose of attending these appointments?

_____ (1)

c. She also needs to ensure that she follows the National Immunisation Schedule to immunise her child as required.

Identify the reason why babies and children are immunised.

_____ (1)

d. Caring for a sick child is challenging especially when both parents work outside the home. Suggest **TWO** ways how parents can cope when they need to care for their child when he/she is unwell.

- _____ (1)
- _____ (1)

e. Feeding healthy food to babies and toddlers can sometimes be quite challenging. Describe **THREE** ways parents can help babies and toddlers develop healthy eating habits.

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

(Total: 10 marks)

2. A 16-year-old is furthering his studies at post-secondary level. He would like to learn more about how to manage his income and finances.

a. Define the term budgeting.

_____ (1)

b. Identify **ONE** source of income that this full-time student could have.

_____ (1/2)

c. Suggest a suitable bank account where this student could deposit his income.

_____ (1/2)

d. Describe **TWO** reasons why the account chosen is suitable for this student.

- _____ (1)
- _____ (1)

e. State **THREE** reasons why this young student should start saving.

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

f. Suggest **THREE** points that this student should keep in mind to avoid over-spending.

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

(Total: 10 marks)

3. One of the dietary and lifestyle guidelines suggests that we enjoy our meals with family and friends.

a. Suggest **TWO** positive implications of this practice.

- _____ (1)
- _____ (1)

b. Another dietary and lifestyle guideline encourages us to be physically active every day. Outline **THREE** benefits that regular sport has on the body and mind.

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

c. Stress is a word that is commonly associated with today's busy lifestyle.

i. Identify **TWO** sources of stress for teenagers.

- _____ (1)
- _____ (1)

ii. When they are stressed, some teenagers resort to bad habits like smoking, alcohol or drug abuse. List **THREE** ways teenagers can adopt to manage their stress.

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

(Total: 10 marks)

Please turn the page.

4. A wide range of laundry detergents is available for the consumer in the local market.

a. Give a reason for using each of the following when doing the family laundry:

i. Biological detergent;

_____ (1)

ii. Bleach;

_____ (1)

iii. Fabric conditioner.

_____ (1)

b. Identify **TWO** characteristics found in laundry detergents that claim to be environmentally friendly.

- _____ (1)
- _____ (1)

c. Draw the care labelling symbols you would expect to find on the following garments:

i. Woollen cardigan which needs to be hand washed and dried flat.

| | |
|--|--|
| | |
|--|--|

(1)

ii. A coloured skirt which cannot be bleached and needs to be ironed with a cool iron.

| | |
|--|--|
| | |
|--|--|

(1)

d. Due to limited drying facilities many couples today purchase a tumble drier.
Outline **THREE** things that need to be considered before buying this appliance.

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

(Total: 10 marks)

Section TWO: Answer ALL questions.

5. Buying kitchen appliances for a new home involves careful consideration.

a. List **FOUR** factors that need to be considered when choosing a refrigerator and freezer for a new home.

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

b. A couple is currently thinking on whether to invest in a chest freezer or an upright freezer to meet their present and future needs.

Identify **ONE** advantage and **ONE** disadvantage of a chest freezer and an upright freezer.

i. Chest freezer

Advantage: _____ (1)

Disadvantage: _____ (1)

ii. Upright freezer

Advantage: _____ (1)

Disadvantage: _____ (1)

c. Suggest **THREE** ways how to maximise the use of the freezer.

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

This question continues on next page.

d. Outline **THREE** rules that must be followed to ensure safe use of the freezer.

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

e. Suggest **THREE** dishes that could be prepared in advance and frozen for later use.

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

f. Describe in **FIVE** simple steps how to prepare and freeze fresh green peppers.

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

g. Suggest **THREE** ways how the frozen green peppers could be used.

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

h. What is the purpose of blanching the vegetables before freezing?

- _____ (1)

(Total: 20 marks)

6. Anthony who is 76 years old, lacks mobility and is unable to walk, and has been residing in his own first-floor maisonette with his 70-year-old wife.

a. Getting in and out of the first-floor maisonette is a significant challenge. Identify another difficulty that Anthony may face in his daily life.

- _____ (1)

b. Suggest **ONE** way how a person who lacks mobility can be provided with support in social and mental well-being.

Social well-being: _____
_____ (1)

Mental well-being: _____
_____ (1)

c. A stair lift provides easy access to the first-floor maisonette. Suggest another **THREE** ways how a first-floor maisonette can be adapted for a person with mobility difficulty.

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

d. Purchasing a stair lift can be very expensive. How can an individual still buy a stair lift without spending a large sum of money?

_____ (1)

e. List **FOUR** services offered by the state for persons with a disability.

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

f. Identify **TWO** local activities or community events that an elderly couple could participate to remain in contact with their local community.

- _____ (1)
- _____ (1)

This question continues on next page.

g. Some elderly individuals choose to maintain independent living in their own homes, while others opt to reside in a residential home.
State **ONE** advantage and **ONE** disadvantage of an elderly person living in their own home and an elderly person living in a residential home.

Living in their own home:

Advantage: _____ (1)

Disadvantage: _____ (1)

Living in a residential home:

Advantage: _____ (1)

Disadvantage: _____ (1)

h. Name and describe **TWO** local support services that can be provided for elderly people who live independently in their own home.

Name of local support service 1: _____ (½)

Description: _____
_____ (1)

Name of local support service 2: _____ (½)

Description: _____
_____ (1)

i. The Senior Citizen Grant was recently introduced to assist elderly individuals. Explain this grant and the eligibility criteria to benefit from it.

_____ (2)

(Total: 20 marks)

7. In the year 2023, it has become mandatory in the Maltese islands to separate waste at source.

a. State **TWO** reasons why separation at source is important.

- _____ (1)
- _____ (1)

b. The Borg family consisting of the parents and two children aged 7 and 12 are fully committed to do their utmost to live with a greener frame of mind. Identify **TWO** reasons why people should give their contribution towards this cause.

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

c. Suggest **THREE** practical environment friendly practices that the family could adopt when doing their grocery shopping.

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

d. Another way of safeguarding the environment is by using refills. List **TWO** products that could be refilled.

- _____ (½)
- _____ (½)

This question continues on next page.

e. The children have grown out of a number of clothes that are still in good condition. Outline **THREE** things that you would recommend they do instead of throwing good clothes away.

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

f. They need to dispose of an old mattress and are asking for your advice.

i. What do you suggest they do?

_____ (1)

ii. List another **TWO** items that could be disposed of in the same way, as an old mattress.

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

g. During the summer months, the Borg family enjoys organising barbeques at the beach with their family and friends. Explain **THREE** ways how this family can be environment friendly when preparing and organising these barbeques.

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

h. Reducing and possibly avoiding food waste is also helpful to minimise environmental impact. Describe **THREE** practical ways how this family can minimise the amount of food being wasted.

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

i. In which bag should they throw away any wilted vegetables?
_____ (1/2)

j. Mention another item that would need to be thrown away in the same bag mentioned in (i).
_____ (1/2)

(Total: 20 marks)

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| | |
|---------------|-----------------------------|
| SUBJECT: | Home Economics |
| PAPER NUMBER: | IIB |
| DATE: | 29 th April 2024 |
| TIME: | 9:00 a.m. to 11:05 a.m. |

Section ONE: Answer ALL questions.

1. Your aunt is expecting her first child. She was reading that drinking alcohol during pregnancy is harmful for the baby.

a. Suggest another **TWO** things that could harm the unborn child.

- _____ (1)
- _____ (1)

b. After giving birth, your aunt was advised to attend the well-baby clinic. Why is it important to take her baby for these appointments?

_____ (1)

c. Your aunt has to immunise her child during the first few years.

i. Why is it important to immunise babies and children?

_____ (1)

ii. At around the age of 13 months, toddlers are given a vaccine referred to as MMR. What do the letters MMR stand for?

- M – _____ (1/2)
- M – _____ (1/2)
- R – _____ (1/2)

d. Feeding healthy food to babies and toddlers can sometimes be difficult. A way to do this is to avoid giving sweets to toddlers as a reward.
Describe another **TWO** ways how babies and toddlers develop healthy eating habits.

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

e. Suggest a suitable healthy lunch consisting of 2 foods and a drink for a 2-year-old child to take with him/her to the pre-school centre.

| Healthy Lunch for a pre-schooler | |
|---|-------------|
| Food | _____ (1/2) |
| Food | _____ (1/2) |
| Drink | _____ (1/2) |

f. Give a reason for your choice of lunch.

_____ (1)

(Total: 10 marks)

2. A 16-year-old is attending a post-secondary institution. He would like to learn more about how to manage his income and finances.

a. It is important for him to learn about budgeting. Fill in using the following words:

sensible, spending, necessities, income, budgeting

_____ means managing one's _____ in a
_____ way so that the _____ are provided
for first and the remaining income is used for _____. (2 1/2)

b. This full-time student is earning his monthly stipend. Identify another source of income that this student could have.

_____ (1/2)

c. He decides to open a savings account to be able to deposit his money in it. This account will help him deposit even small amounts of money.

Describe another reason why the account chosen is suitable for this student.

_____ (1)

d. State **THREE** reasons why this young student should start saving money.

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

e. Suggest **TWO** ways how this student can avoid over-spending his income.

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

(Total: 10 marks)

Please turn the page.

3. The dietary and lifestyle guidelines suggests that we enjoy our meals with family and friends so the family can share some quality time together.

a. Suggest **TWO** other advantages of this practice.

- _____ (1)

- _____ (1)

b. Another dietary and lifestyle guideline encourages us to be physically active every day. Sport helps us to maintain a healthy weight.

Outline another **THREE** benefits that doing regular sport has on the body and mind.

- _____ (1)

- _____ (1)

- _____ (1)

c. Stress is a word that is commonly associated with today’s busy lifestyle. Teenagers often stress about making good career choices.

i. Identify **TWO** other sources of stress for teenagers.

- _____ (1)

- _____ (1)

ii. It is often suggested that to reduce stress, one needs to plan out work by listing the priorities first. List **THREE** ways how teenagers can manage their stress.

- _____ (1)

- _____ (1)

- _____ (1)

(Total: 10 marks)

4. A variety of laundry detergents is available in the local market.

a. Why are the following products used in the family laundry?













i. Bleach: _____
 _____ (1)

ii. Fabric conditioner: _____
 _____ (1)

b. State **TWO** characteristics found in environmental friendly laundry detergents.

- _____ (1)
- _____ (1)

c. The following Care Labelling Symbols were found on a variety of garments. Circle the proper care labelling symbol that match with its description.

| | Description | Care Label Symbol | | |
|------|-------------------|---|--|---|
| i. | Hand wash |  |  |  |
| ii. | Dry flat |  |  |  |
| iii. | Do not bleach |  |  |  |
| iv. | Warm iron (160°C) |  |  |  |

(4)

d. A couple needs a new washing machine. Outline **TWO** things that they should keep in mind before buying this appliance.

- _____ (1)
- _____ (1)

(Total: 10 marks)

Please turn the page.

Section TWO: Answer ALL questions.

5. Buying kitchen appliances for a new home needs careful consideration.

a. List **FOUR** factors to be considered when choosing kitchen appliances.

| | |
|---|--------------------|
| i. _____ _____ | ii. _____ _____ |
| Factors to consider when choosing kitchen appliances | |
| iii. _____ _____ | iv. _____ _____ |

(4)

b. A freezer is a basic kitchen appliance found in every home. Label the following **THREE** models using the words provided.

| | | |
|-----------------|---------------|--------------------------|
| Upright freezer | Chest freezer | Top-mount fridge/freezer |
|-----------------|---------------|--------------------------|

| | | |
|--|--|--|
|  <p style="font-size: small; margin-top: 10px;">Source: https://www.robinhood.co.nz</p> |  <p style="font-size: small; margin-top: 10px;">Source: https://shorturl.at/hAQTX</p> |  <p style="font-size: small; margin-top: 10px;">Source: https://shorturl.at/CFHIY</p> |
| i. _____ | ii. _____ | iii. _____ |

(1½)

c. Identify **ONE** advantage and **ONE** disadvantage of a chest freezer and an upright freezer.

i. Chest freezer

Advantage: _____ (1)

Disadvantage: _____ (1)

ii. Upright freezer

Advantage: _____ (1)

Disadvantage: _____ (1)

d. Suggest **TWO** ways how to make the best use of your freezer.

• _____ (1)

• _____ (1)

e. Outline **TWO** rules that must be followed to ensure safe use of the freezer.

• _____ (1)

• _____ (1)

Bathroom:

- _____ (1)
- _____ (1)

Kitchen:

- _____ (1)
- _____ (1)

c. Installing a stair lift can be very expensive. How can an individual still buy a stair lift without spending a large sum of money?

_____ (1)

d. List **FOUR** services offered by the state for persons with a disability.

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

e. Identify **TWO** local activities or community events that an elderly couple could join to remain active within their local community.

- _____ (1)
- _____ (1)

f. State **ONE** advantage and **ONE** disadvantage for elderly persons living in their own home and living in a residential home.

Living in their own home:

Advantage: _____ (1)

Disadvantage: _____ (1)

Living in a residential home:

Advantage: _____ (1)

Disadvantage: _____ (1)

This question continues on next page.

g. Outline the following services provided for the elderly who choose to live independently in their own home.

Meals on wheels: _____
 _____ (1)

Telecare: _____
 _____ (1)

Day Care Centre: _____
 _____ (1)

h. The Senior Citizen Grant was recently introduced to assist elderly individuals. Who can benefit from this grant?

_____ (1)

(Total: 20 marks)

7. In the year 2023, the Maltese government put in force a new law of waste separation.

a. Suggest **TWO** reasons why everyone should separate waste.

- _____ (1)
- _____ (1)

b. The Borg family consisting of the parents and two children aged 2 and 6 are fully committed to do their utmost to follow these new rules. They are unsure on how to correctly separate their waste.

The following is a list of things they need to throw away. Help them out by placing the waste in the correct bag.

| | | |
|------------|--------------|---------------------|
| egg shells | dirty nappy | empty can of olives |
| cat litter | rotten apple | empty cereal carton |

| White organic bag | Recycling bag | Black bag |
|-------------------|---------------|-----------|
| | | |
| | | |

(3)

c. On a weekly basis they do their grocery shopping from the supermarket and take cloth shopping bags to carry their shopping home. Suggest another **TWO** ways how they can be environment friendly when doing their grocery shopping.

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

d. They have an old television that does not work anymore. They decide to take this television to the Civic Amenity Site. Identify another **TWO** items that could be disposed of in the same way.

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

e. Another way how they can help the environment is by refilling. List **TWO** products that could be refilled.

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

f. During the summer months, this family enjoys organising barbeques at the beach with their family and friends. Explain **THREE** ways how this family can be environment friendly when preparing and organising these barbeques.

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

This question continues on next page.

g. They are also aiming to reduce the amount of food that they waste. To do so they are trying to make use of any leftover foods.

i. Suggest **TWO** ways how this family can make use of the following leftover foods. Use different ideas for each food. Each idea can only be used once.

| Leftover food | Suggestion 1 | Suggestion 2 |
|-----------------------|--------------|--------------|
| Cooked chicken breast | | |
| Boiled vegetables | | |
| Dry bread | | |

(3)

ii. Describe another **THREE** practical ways how this family can minimise the amount of food that they waste.

• _____
 _____ (1)

• _____
 _____ (1)

• _____
 _____ (1)

h. The kids enjoy doing art and craft sessions. List **TWO** ways how they can reduce, reuse and recycle when doing these activities and still show their creativity.

• _____
 _____ (1)

• _____
 _____ (1)

(Total: 20 marks)