

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

SECONDARY EDUCATION CERTIFICATE LEVEL

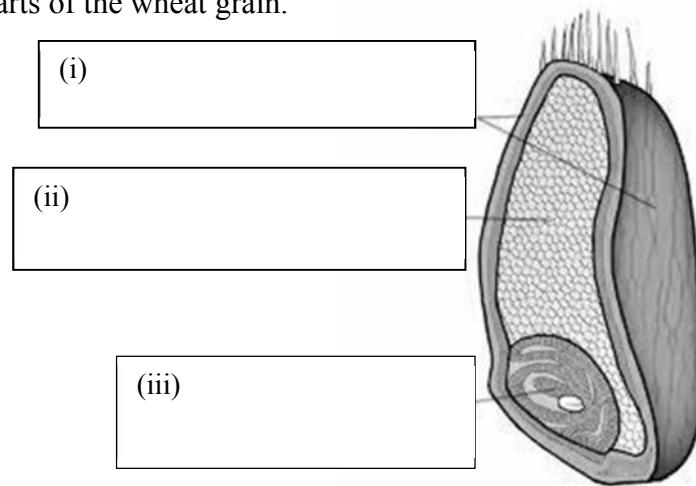
MAY 2014 SESSION

SUBJECT: **Home Economics**
 PAPER NUMBER: I
 DATE: 29th April 2014
 TIME: 9:00 a.m. to 11:00 a.m.

Answer ALL questions

1. A commonly used cereal is *wheat*. Wheat is found in many food products.

a. Label the following parts of the wheat grain.



(1½ marks)

b. Name **FOUR** types of cereals, other than wheat.

- _____
- _____
- _____
- _____

(2 marks)

c. How should cereals be stored?

(½ mark)

d. Suggest **TWO** reasons why people are encouraged to consume more *high fibre cereals* rather than *refined cereals*.

Reason 1: _____

Reason 2: _____

(2 marks)

e. List **FOUR** ways how cereals may be used in everyday meals.

- _____
- _____
- _____
- _____

(2 marks)

2. Food is essential for life.

a. Mention another **TWO** reasons why our body needs to be supplied with food.

Reason 1: _____

Reason 2: _____

(2 marks)

b. John is an overweight eight-year-old boy. His mother has been advised by the doctor to change his diet to make it more in line with the dietary guidelines and so help John to lose some weight. Suggest **THREE** ways how John's mother could start to follow this advice.

- _____
- _____
- _____

(1½ marks)

c. What else, apart from the diet, would help John improve his health?

(½ mark)

d. Give the full name of the following:

- *HBV*: _____
- *TVP*: _____
- *NSP*: _____
- *CHD*: _____

(2 marks)

e. Write down the energy value of:

- 1g of fat: _____
- 1g of protein: _____

(1 mark)

3. The CINDI Food Guide Pyramid is used to help people make healthy food choices.

a. List **THREE** foods that we are encouraged to consume in moderation and another **THREE** foods that we should consume most.

Foods to eat moderately	Foods to eat most

(3 marks)

b. List **TWO** items which should be avoided and give a different reason for each item mentioned.

i. Item: _____

Reason: _____

ii. Item: _____

Reason: _____

(2 marks)

c. Why are pulses found in the *Meat and Alternative group* of the CINDI Food Guide Pyramid?

(1 mark)

d. Name **TWO** dishes where pulses are used.

• _____ • _____
(1 mark)

e. Why should pulses be soaked in water before cooking?

(1 mark)

4. Our food choices can be influenced by a number of factors.

a. Identify **SIX** factors that can determine our food choices.

• _____
• _____
• _____
• _____
• _____
• _____
(3 marks)

b. Maria is a 70-year-old woman. She has been suffering from a disorder characterized by weak bones that break easily.

i. Name this disorder.

(½ mark)

ii. Name the mineral that is essential for the formation of healthy bones.

(½ mark)

c. Some young children DO NOT like to drink fresh milk. Suggest **TWO** ways in which fresh milk could be included in the diet of a five-year old child.

- _____
- _____

(1 mark)

d. Explain the meaning of the term: ‘Use by’ found on the labels of milk products.

(1 mark)

5. Nutrients are essential components of food.

a. Give the chemical names of *Vitamin A* and *Vitamin B¹* and **ONE** disease related to their deficiency.

	<i>Vitamin A</i>	<i>Vitamin B¹</i>
<i>Chemical name</i>		
<i>Deficiency disease</i>		

(2 marks)

b. Give **ONE** reason for each of the following statements.

i. Before and during the first 12 weeks of pregnancy, women have higher requirements of folic acid.

Reason: _____

(1 mark)

ii. Children and teenagers have higher requirements for protein.

Reason: _____

(1 mark)

iii. Athletes need to consume foods rich in carbohydrate.

Reason: _____

(1 marks)

c. Suggest **TWO** rich food sources of the following nutrients:

<i>Nutrient</i>	<i>Food Source 1</i>	<i>Food Source 2</i>
Folic Acid		
HBV Protein		
Starchy Carbohydrates		
Iron		

(4 marks)

d. Iron is a very important mineral.

i. Explain the importance of iron in the diet.

(1 mark)

ii. Name the vitamin associated with iron. Explain the link between this vitamin and iron in the diet.

Vitamin: _____

Link: _____

(1 mark)

iii. Mention **TWO** groups of people who require higher intakes of iron and give **ONE** reason for each.

• Group 1: _____

Reason: _____

• Group 2: _____

Reason: _____

(3 marks)

iv. Suggest **ONE** way how vegans can ensure an adequate intake of iron.

(1 mark)

6. Manufacturers spend a lot of money on the packaging of food.

a. Outline **THREE** reasons why food packaging is important.

- _____
- _____
- _____

(3 marks)

b. Food packaging can be made from a number of materials. Complete the table below by listing **FOUR** different materials used by the food packaging industry today and give **ONE** example of food that can be packaged with each material. The first one has been done for you as an example.

<i>Food Packaging Material</i>	<i>Examples of Food</i>
<i>Example : Glass</i>	<i>Example : Ready-made tomato sauce</i>
a. _____	a. _____
b. _____	b. _____
c. _____	c. _____
d. _____	d. _____

(4 marks)

c. A food manufacturer is debating on the choice of glass to pack a new food product.

i. Outline **THREE** advantages of using glass food packaging.

- _____
- _____
- _____

(3 marks)

ii. Outline **THREE** disadvantages of using glass food packaging.

- _____
- _____
- _____

(3 marks)

d. Explain **THREE** simple practices that consumers can adopt to minimise or reduce the negative impact of food packaging on the environment.

- _____
- _____
- _____

(3 marks)

7. Natural and synthetic food additives are added during food processing for a variety of reasons.

a. Give **TWO** examples of each:

i. Natural food additives:

(1 mark)

ii. Synthetic food additives:

(1 mark)

b. There is a large number of convenience and processed food products on the market.

i. Outline **TWO** advantages of food additives.

- _____
- _____

(2 marks)

ii. Outline **TWO** disadvantages of food additives.

- _____
- _____

(2 marks)

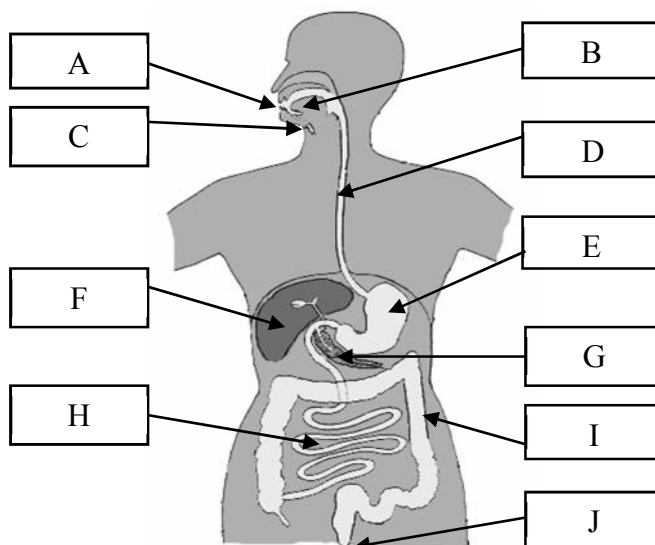
c. According to EU legislation, food additives must be shown clearly in the list of ingredients on food labels, either by the additive’s name or more commonly by the “E numbers”.

Explain briefly the meaning and importance of the “E numbers”.

(2 marks)

8. Digestion is a mechanical and chemical process, in which our body breaks down the food that we eat into smaller components and substances that can be used by the body.

• Complete the table below by providing keywords for labels *A – J* related to the diagram.



A	
B	
C	
D	
E	
F	
G	
H	
I	
J	

(5 marks)

b. Suggest **TWO** guidelines (that should be followed) to promote a healthy digestive system.

- _____
- _____

(2 marks)

c. Why is chewing an important factor in digestion?

(1 mark)

d. Explain the function of enzymes in the process of digestion.

(1 mark)

9. Yeast is a popular raising agent used in a number of food products.

a. Describe briefly the main function of *raising agents*.

(1 mark)

b. Outline **FOUR** conditions needed for yeast to grow successfully.

- _____
- _____
- _____
- _____

(2 marks)

c. Besides bread, list **TWO** other baked items where yeast may be used.

- _____
- _____

(1 mark)

d. List **FOUR** main ingredients used to make yeast dough.

- _____
- _____
- _____
- _____

(2 marks)

e. Outline **FOUR** important rules one needs to keep in mind when cooking with yeast.

- _____
- _____
- _____
- _____

(4 marks)

f. Define the following terms:

i. *Fermentation*: _____

ii. *Proofing*: _____

(2 marks)

10. When consumers choose to buy organic produce, they need to know that they are getting exactly what they paid for.

a. Explain briefly the term *organic farming*.

(2 marks)

b. List **THREE** ways how organic farming differs from conventional methods of farming.

- _____
- _____
- _____

(3 marks)

c. State **TWO** benefits of organic farming methods.

- _____
- _____

(2 marks)

d. State **TWO** disadvantages of organic farming methods.

- _____
- _____

(2 marks)

e. List **TWO** ideas how the Maltese population, including children, can be made more aware about organic farming.

- _____
- _____

(2 marks)

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2014 SESSION**

SUBJECT:	Home Economics
PAPER NUMBER:	IIA
DATE:	30 th April 2014
TIME:	9:00 a.m. to 11:00 a.m.

Section A - Answer ALL questions

1. The cooker is an indispensable appliance in the kitchen.

Fill in the following spaces with a suitable word.

a. Karen and Alex are planning their kitchen and need to decide whether their cooker should be integrated into the kitchen cabinets, known as _____ or left separate from the kitchen cabinets known as _____.

(1 mark)

b. Mention the **THREE** main parts of a cooker.

- _____
- _____
- _____

(1 ½ marks)

c. List and describe **THREE** special features that may be found in a cooker.

- Feature 1: _____
Description: _____
- Feature 2: _____
Description: _____
- Feature 3: _____
Description: _____

(3 marks)

d. The microwave oven is found in most Maltese kitchens.

i. List **THREE** advantages of using a microwave oven.

- _____
- _____
- _____

(3 marks)

ii. Give **ONE** rule to follow when using a microwave oven.

- _____

(½ mark)

2. Janet, a young woman who still lives with her parents, decided to start saving up money to buy a car.

a. Mention **TWO** sources of income.

- _____
- _____

(1 mark)

b. Mention **TWO** items on which Janet can spend her income.

- _____
- _____

(1 mark)

c. Janet is aware of the importance of budgeting. Outline **TWO** advantages of planning a household budget.

- _____
- _____

(2 marks)

d. Janet has the following terms: *gross* and *net income* written on her salary pay slip. What is the difference between *gross* and *net income*?

(2 marks)

e. Janet decided to save some of the money she earns in a bank account.

i. Give **TWO** reasons why it is better to put the money in a bank account rather than leaving the money at home.

- _____
- _____

(2 marks)

ii. Name a bank account that would be suitable for Janet.

(½ mark)

f. Janet wishes to put some of her money in another bank account where she can leave them untouched for a couple of years.

i. Name the bank account that is suitable for this purpose.

(½ mark)

ii. List **ONE** advantage of this bank account over the answer given in *e(ii)*.

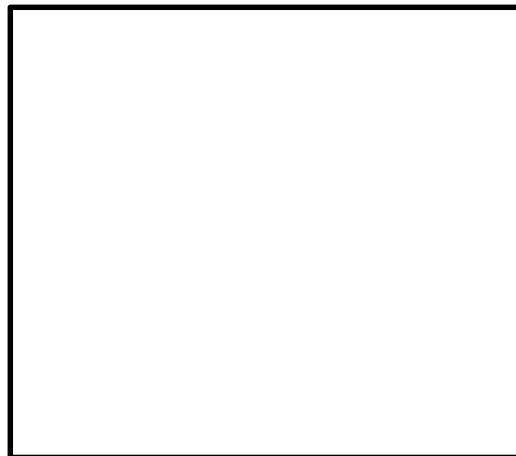
(1 mark)

3. It is important to design a kitchen which is ergonomic and one that meets all the daily needs of the modern family.

a. Define the term *ergonomic* kitchen.

(1 mark)

b. Explain what is meant by a *work triangle*. Illustrate your answer in the box below.



(2 marks)

c. List **THREE** reasons why it is important to plan a kitchen using the *work triangle*.

- _____
- _____
- _____

(3 marks)

d. What are the main points to consider when deciding on lighting, ventilation and floor covering for the kitchen?

i. *Kitchen lighting*

- _____
- _____

(1 mark)

ii. *Ventilation*

- _____
- _____

(1 mark)

iii. *Floor Coverings*

- _____
- _____

(1 mark)

4. Sonia and John are an elderly couple who live alone in their ground floor maisonette. John fell from a ladder while doing some housework and broke his leg. Although he was given the option to join a residential home, John decided to go back home.

a. Mention **TWO** advantages and **TWO** disadvantages of John's decision to go back to his house.

• Advantage 1: _____

• Advantage 2: _____

• Disadvantage 1: _____

• Disadvantage 2: _____

(4 marks)

b. List **TWO** reasons why elderly people are more prone to accidents.

- _____
- _____

(2 marks)

ci. Suggest **TWO** ways how John can keep his morale high during his recovery.

- _____
- _____

(2 marks)

ii. Describe **TWO** ways how John can contribute to his community when he recovers.

- _____
- _____

(2 marks)

d. Mention **TWO** important safety rules that Sonia should follow when walking/crossing a busy street.

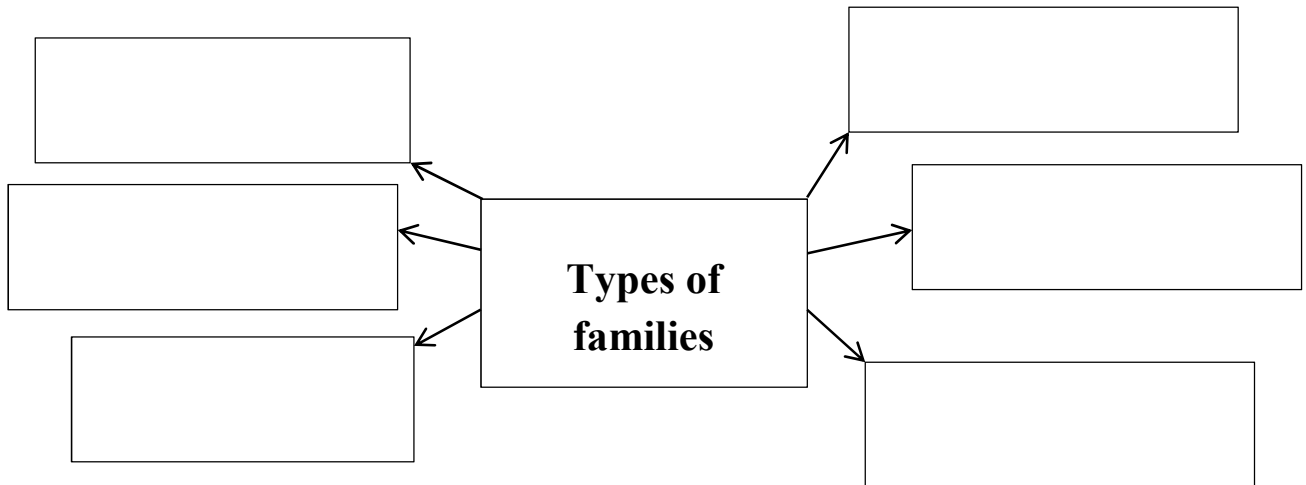
- _____
- _____

(2 marks)

Section B – Answer ALL questions

5. Family structures have changed dramatically over the last century and as a result different types of families can be found today in communities all over the world.

a. Fill in the following web diagram.



(3 marks)

b. Outline **THREE** rights and **ONE** responsibility of children within the family.

• Rights:

- i. _____
- ii. _____
- iii. _____

• Responsibility:

- i. _____

(2 marks)

c. Discuss the merits of good child-parent communication.

(1 mark)

d. Write down **FOUR** situations which can cause stress in the family.

- _____
- _____
- _____
- _____

(2 marks)

e. One way how a family with two teenagers where both parents work outside the home can minimize stress is by going on adventurous family outings.

i. Suggest **TWO** ways how the family can keep stress to a minimum when at home.

- _____
- _____

(2 marks)

ii. Describe **TWO** factors that may influence the choice of leisure time activities chosen by a family.

- _____
- _____

(1 mark)

f. Emma just had a baby boy.

i. Mention **FOUR** welfare services that Emma may benefit from during the child's developing years.

- _____
- _____
- _____
- _____

(2 marks)

ii. Explain briefly why it is important for Emma to follow the vaccine programme offered by the National Immunisation Services for her child.

(1 mark)

iii. List **FOUR** diseases that the baby will be immunised against when completing the programme.

- _____
- _____
- _____
- _____

(2 marks)

g. The home needs to be a safe place for the family.

i. List **TWO** guidelines that should be followed when storing cleaning agents.

- _____
- _____

(1 mark)

ii. Describe the first aid treatment for a *minor burn*.

1. _____
2. _____

(1 mark)

iii. List **FOUR** items that you expect to find in a first aid box.

- _____
- _____
- _____
- _____

(2 marks)

6. Stephen and Denise are presently looking at different houses to find the ideal home.

a. Cost is one of the factors that may influence the choice of home. List and explain **THREE** other factors that may be of influence.

- _____
- _____
- _____

(3 marks)

b. The couple are still undecided whether they should *buy* or *rent* a house.

i. Give the meaning of *renting*.

(1 mark)

ii. Mention **TWO** reasons why renting is not very popular in Malta.

- _____
- _____

(2 marks)

iii. Suggest **ONE** reason why renting may be a good option for the couple.

- _____

(1 mark)

iv. Mention **TWO** advantages and **ONE** disadvantage of buying a house.

Advantage 1: _____

Advantage 2: _____

Disadvantage: _____

(3 marks)

c. They finally decided to buy a house.

i. Who can they consult to assist them to find their ideal house?

(½ mark)

ii. Name the disadvantage of using the service given as answer in *c(i)*.

(1 mark)

iii. Why should the couple take an architect to inspect the house prior to renting or buying?

(1 mark)

d. Denise and Stephen need to take a home loan.

i. Mention **ONE** advantage and **ONE** disadvantage of obtaining a loan to buy a house.

Advantage: _____

Disadvantage: _____

(2 marks)

ii. Mention **ONE** important factor that the bank would need to consider before granting the loan.

• _____

(1 mark)

iii. Life assurance policy needs to be obtained when taking a loan from a bank. Define *life assurance policy*.

(1 mark)

iv. What protection does life assurance give to a person or family?

(½ mark)

v. Why is the couple also requested to do a *home insurance policy* when taking a loan?

(1 mark)

e. The couple plans to start a family. Mention and explain **ONE** safety procedure they would need to take in the kitchen and **ONE** safety procedure they would need to take in the bathroom to prevent accidents happening to young children.

Kitchen:

- ---

(1 mark)

Bathroom:

- ---

(1 mark)

7. Martina likes to help out at home by doing the laundry for her family.

a. List **TWO** types of detergents that Martina can use when laundering clothes.

- ---
- ---

(1 mark)

b. List **TWO** factors Martina should consider when choosing a laundry detergent for her family.

- ---
- ---

(1 mark)

c. Give **ONE** reason why it is important to:

- prepare the clothes before washing;

(1 mark)

- read carefully care labels attached to clothing.

(1 mark)

d. Martina’s family are planning to purchase a new washing machine.

i. Identify **THREE** factors, other than guarantee, that need to be considered when planning to purchase a new washing machine.

- _____
- _____
- _____

(3 marks)

ii. Consumers are given a guarantee when certain products are purchased. List **TWO** types of information one would expect to find on a guarantee.

- _____
- _____

(2 marks)

e. List **FOUR** basic rules Martina should follow for successful stain removal.

- _____
- _____
- _____
- _____

(4 marks)

f. Many families are aware of environmental issues.

i. Mention **THREE** ways how Martina’s family could save water in the home or in their garden.

- _____
- _____
- _____

(3 marks)

ii. List **TWO** ways how Martina’s family can save electricity in the home.

- _____
- _____

(2 marks)

iii. Suggest **TWO** reasons why Maltese families are being encouraged to make use of alternative sources of energy in their homes.

- _____
- _____

(2 marks)

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

SECONDARY EDUCATION CERTIFICATE LEVEL

MAY 2014 SESSION

SUBJECT: **Home Economics**
PAPER NUMBER: **IIB**
DATE: **30th April 2014**
TIME: **9:00 a.m. to 11:00 a.m.**

Section A – Answer All questions

1. The cooker is an important appliance in every kitchen.
- a. Name the following types of cookers.

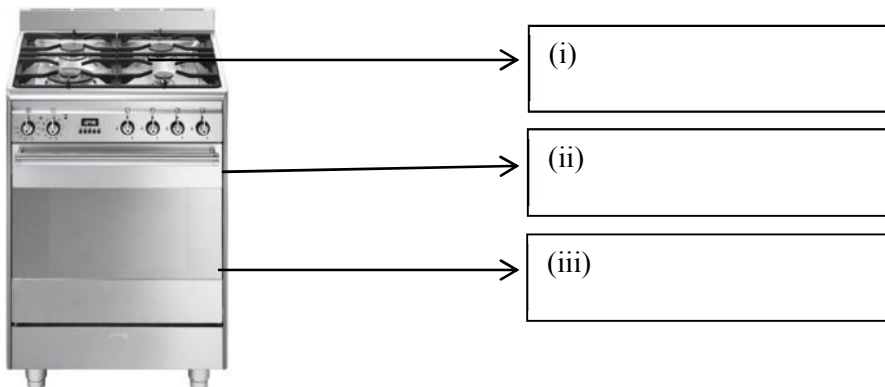


i. _____

ii. _____

(1 mark)

- b. Label the different parts of the cooker below.



(1½ marks)

c. The self-clean oven lining is a special feature available in some cookers. List another **TWO** special features that may be found in a cooker.

Feature 1: _____

Feature 2: _____

(1 mark)

d. Choose **ONE** of the features mentioned in (c) and explain how it can be useful.

Feature chosen: _____

Use: _____

(½ mark)

e. The microwave oven is found in most Maltese kitchens.

i. List **TWO** advantages of using a microwave oven. (2 marks)

- _____
- _____

ii. Name **ONE** rule to follow when using a microwave oven.

- _____

(1 mark)

2. Janet, a young woman who still lives with her parents, decided to start saving up money to buy a car.

a. List **TWO** ways how Janet can obtain an income to be able to buy the car.

- _____
- _____

(2 marks)

b. List **TWO** items or occasions when Janet spends her money.

- _____
- _____

(2 marks)

c. Why is it important for Janet to budget her income?

- _____
- _____

(2 marks)

d. Janet's pay-slip stated that her monthly *gross income* is of €1200 whereas her monthly *net income* is of €950. Explain the difference between the *gross* and the *net* income.

(2 marks)

e. Janet decided to save some of the money she earns in a savings account. Why is it better to save her money in such an account rather than keeping her money at home?

(1 mark)

f. Janet also decided to save some of her earned money in another bank account where she can leave them untouched for a couple of years.

i. Name the bank account that is suitable for this purpose.

(1 mark)

ii. List **ONE** advantage of placing the money in the second bank account mentioned in *f(i)* rather than in a savings account.

(1 mark)

3. It is important to design a kitchen which is ergonomic and one that meets all the daily needs of the modern family.

a. Outline **TWO** factors that should be considered when planning a kitchen.

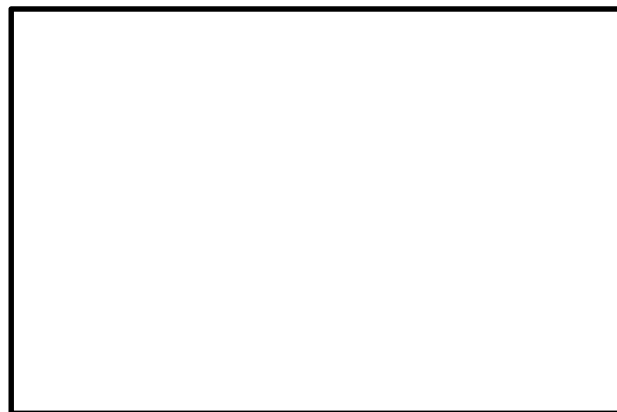
- _____
- _____

(2 marks)

b. Explain what is meant by a *work triangle*.

(1 mark)

c. Draw and label a diagram to show a *work triangle*.



(2 marks)

d. List **TWO** reasons why it is important to plan your kitchen using the “kitchen triangle”.

- _____
- _____

(2 marks)

e. What should be kept in mind when deciding on lighting, ventilation and floor covering for the kitchen?

i. Kitchen lighting:

- _____
- _____

(2 marks)

ii. Ventilation for smells and steam:

- _____
- _____

(2 marks)

iii. Floor Materials for the kitchen area:

- _____
- _____

(2 marks)

4. John, a 78-year old man, fell off a ladder and broke his leg. After his treatment at the hospital, he preferred to go back home rather than go into a residential home.

a. Mention **ONE** advantage and **ONE** disadvantage of John's decision to stay at home.

- Advantage: _____
- _____

- Disadvantage: _____
- _____

(2 marks)

b. List **TWO** reasons why elderly people tend to suffer more accidents than other people.

- _____
- _____

(2 marks)

ci. Suggest **ONE** way how John can help himself feel better while he is recovering at home.

- _____

(1 mark)

ii. Suggest **ONE** way how other people can help John feel better.

- _____
(1 mark)

iii. Describe **ONE** way how John can contribute to his community when he recovers.

- _____
(1 mark)

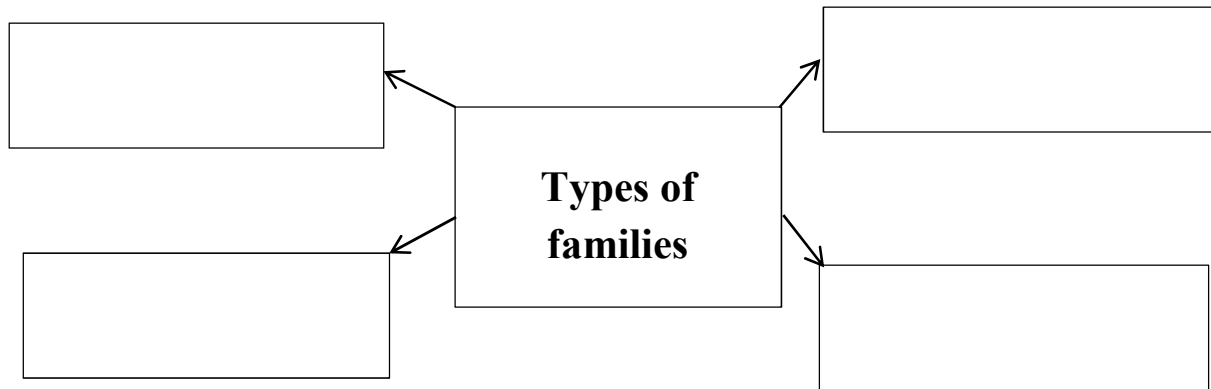
d. Mention **TWO** important safety rules that his elderly wife should follow when walking/crossing a busy street.

- _____
- _____
(2 marks)

Section B- Answer All questions

5. Families are very important in our society.

a. Fill in the following web diagram.



(2 marks)

b. Outline **TWO** rights and **ONE** responsibility of children within the family.

Rights:

- _____
- _____

(2 marks)

Responsibility:

• _____
(1 mark)

c. Give **ONE** benefit of good communication between a child and a parent.

(1 mark)

d. Write down **TWO** situations that can cause stress in the family.

• _____
• _____
(2 marks)

e. Suggest **TWO** ways how stress can be reduced in a family with two teenagers where both the father and the mother work outside the home.

• _____
• _____
(2 marks)

f. Recently, Emma had a baby boy.

i. Mention **TWO** welfare services that Emma can benefit from during the child's developing years.

• _____
• _____
(2 marks)

ii. Emma's baby has his first vaccine next month. Why are vaccines important?

(1 mark)

iii. List **TWO** diseases Ruth’s baby will be immunised against when completing the Immunisation programme.

- _____
 - _____
- (1 mark)

g. The home needs to be a safe place for the family.

i. List **TWO** guidelines that should be followed when storing cleaning agents.

- _____
 - _____
- (2 marks)

ii. Describe the first aid treatment for a *minor burn*.

1. _____
 2. _____
- (2 marks)

iv. List **FOUR** items that you expect to find in a first aid box.

- _____
 - _____
 - _____
 - _____
- (2 marks)

6. Stephen and Denise are planning to buy a house.

a. List **THREE** factors that may influence their choice of home.

- _____
 - _____
 - _____
- (3 marks)

b. The couple are still unsure whether it would be better for them to *buy* or *rent* a house.

i. What is the meaning of *renting*.

(1 mark)

ii. Mention **ONE** advantage and **ONE** disadvantage of renting a house.

• Advantage of renting a house: _____

• Disadvantage of renting a house: _____

(2 marks)

iii. Mention **ONE** advantage and **ONE** disadvantage of buying a house.

• Advantage of buying a house: _____

• Disadvantage of buying a house: _____

(2 marks)

iv. Why should the couple take an architect to see the house before renting or buying it?

(1 mark)

c. They finally decided to buy a house but were unable to find what they wanted. They decided to consult an *estate agent*.

i. What is the role of the estate agent?

(1 mark)

ii. Name the disadvantage of using the service of an estate agent

(1 mark)

d. The couple need to take a home loan.

i. Mention **ONE** advantage and **ONE** disadvantage of taking a loan to buy a house.

- Advantage: _____

- Disadvantage: _____

(2 marks)

ii. Name **ONE** thing that the bank would need to know before giving them the loan.

(1 mark)

iii. Why are the couple asked to do a *home insurance policy* when taking a loan?

(1 mark)

iv. When borrowing money from a bank, the couple need to do a life assurance policy. Why is it important for the couple to get a life insurance policy?

(1 mark)

e. The couple plans to start a family. Mention and explain **TWO** safety precautions they would take in their kitchen and **TWO** safety precautions they would take in their bathroom.

Kitchen:

- _____
- _____

(2 marks)

Bathroom:

- _____
 - _____
- (2 marks)

7. Martina likes to help out at home by doing the washing of clothes for her family.

a. List **TWO** types of detergents that Martina can use when washing clothes.

- _____
 - _____
- (2 marks)

b. List **TWO** factors Martina should consider when choosing a laundry detergent.

- _____
 - _____
- (2 marks)

c. Give **ONE** reason why it is important to:

- Prepare clothes before washing:

(1 mark)

- Read carefully care labels found on clothes:

(1 mark)

d. Martina’s family are planning to buy a new washing machine.

i. Identify **THREE** factors, other than guarantee, that need to be considered when planning to buy a washing machine.

- _____
 - _____
 - _____
- (3 marks)

ii. Consumers are given a guarantee. List **TWO** types of information you would expect to find on a guarantee.

- _____
- _____

(2 marks)

e. List **TWO** basic rules that Martina should follow to remove stains from clothes.

- _____
- _____

(2 marks)

f. Many families are aware of environmental issues.

i. Mention **TWO** ways how Martina’s family could save water in the home or in their garden.

- _____
- _____

(2 marks)

ii. List **TWO** ways how Martina’s family can save electricity in the home.

- _____
- _____

(2 marks)

iii. Suggest **ONE** reason why Maltese people are being encouraged to make use of alternative sources of energy.

- _____

(1 mark)

iv. Outline **TWO** ways how you can be safe when using electricity in the washroom.

- _____
- _____

(2 marks)