

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2016 SESSION**

SUBJECT:	Home Economics
PAPER NUMBER:	I
DATE:	23 rd May 2016
TIME:	9:00 a.m. to 11:05 a.m.

Answer ALL questions

1. Breakfast is the most important meal of the day.

a. List **TWO** benefits of having a good breakfast.

- _____
 - _____
- (2 marks)

b. Suggest **TWO** strategies that can be implemented to reduce the tendency of skipping breakfast.

- _____
 - _____
- (2 marks)

c. Mention **TWO** breakfast foods that can be eaten by a child on his/her way to school which are easy to carry and eat on the go. Suggest **ONE** reason for each choice.

- **Breakfast food 1:** _____
Reason: _____
 - **Breakfast food 2:** _____
Reason: _____
- (3 marks)

d. Breakfast cereals are a popular breakfast food. Identify **TWO** guidelines that parents should follow to help them choose a healthy breakfast cereal.

- _____
 - _____
- (2 marks)

2. Fats are one of the macronutrients.

a. Define the term *macronutrients*.

(1 mark)

b. Outline **TWO** functions that fats have in the human body.

- _____
- _____

(2 marks)

c. Fill in as appropriate:

- Fat molecules are composed of _____, _____ and _____ atoms.
- It is suggested that no more than _____, of our energy intake should come from fats. (2 marks)

di. The energy value of food is measured in _____. (1 mark)

ii. State the amount of energy provided by:

- 1g of protein: _____
- 1g of fat: _____ (1 mark)

e. Give **TWO** examples of food sources containing saturated fat and another **TWO** examples of food sources containing unsaturated fat.

Saturated fat	Unsaturated fat
•	•
•	•

(2 marks)

f. Identify a health benefit of including omega 3 and omega 6 fatty acids in the diet.

(1 mark)

g. Very often some children and teenagers prefer eating fast food rather than healthier alternatives. Identify **TWO** ways how you can encourage an 8-year-old to consume a healthy diet.

- _____
- _____

(2 marks)

3a. List **THREE** diet-related disorders and state **ONE** diet-related cause for each disorder. (**Do not mention heart disease**)

<i>Diet-related disorders</i>	<i>One cause of the disorder</i>

(3 marks)

b. Heart disease may be a genetically inherited disorder. Name **TWO** other diet-related diseases which are also inherited genetically.

- _____
- _____

(1 mark)

c. Give **THREE** dietary ways how a person could lose weight.

- _____
- _____
- _____

(3 marks)

d. Explain **ONE** non-dietary way how a person could lose weight.

- _____ (1 mark)

4a. Name **TWO** cakes that are made using the *creaming method* of cake making.

- _____
 - _____
- (1 mark)

b. Write down the **THREE** missing ingredients used to make a cake using the *creaming method*.

- *150g self-raising flour*
 - _____
 - _____
 - _____
- (3 marks)

c. List **FOUR** small kitchen equipment which you need to make a creamed cake.

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

d. Explain the scientific principle of creaming eggs and sugar.

(1 mark)

e. Give **TWO** healthy ways of decorating cakes. Give a reason for each answer.

<i>Healthy ways of decorating cakes</i>	<i>Reason</i>
1.	
2.	

(3 marks)

f. Comment on the shelf life of creamed cakes and give a reason for your answer.

(2 marks)

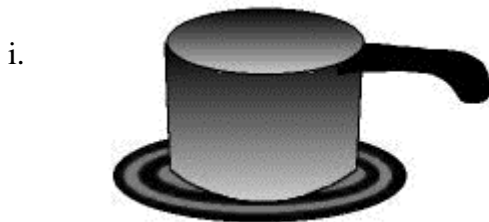
g. Give **TWO** reasons why a cake may sink in the middle.

- _____
- _____

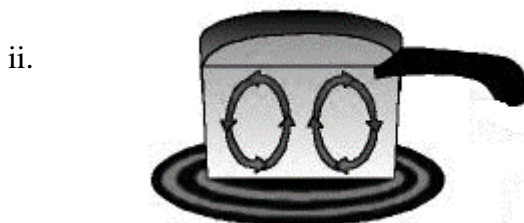
(2 marks)

5. When food is cooked, heat is transferred in different ways.

a. Mention the **THREE** different ways how heat is transferred. Explain briefly **each one** of these methods of heat transfer.



- **Method of heat transfer:** _____
- **Explanation:** _____



- **Method of heat transfer 2:** _____
- **Explanation:** _____

iii.



• Method of heat transfer 3: _____

Explanation: _____

(4 ½ marks)

b. Suggest a different and healthy cooking method for each of the foods listed below.

Food	Healthy Cooking method
Vegetables	
Eggs	
Chicken breast	

(1 ½ marks)

ci. What is the main difference between steaming and baking?

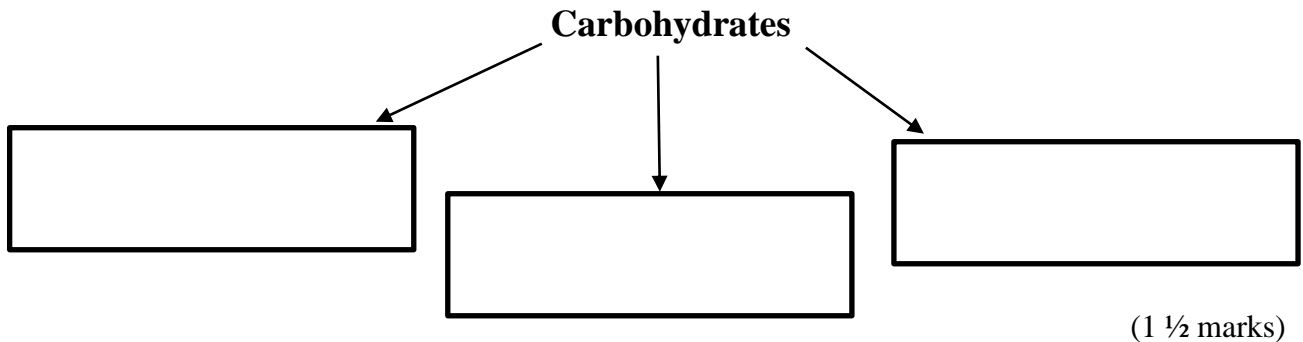
(1 mark)

ii. What will be the difference between a food that is steamed and the same food that is baked?

(1 mark)

6. Carbohydrates are classified into three main groups.

a. Name these **THREE** groups.



b. Define the terms *monosaccharides* and *disaccharides*.

• *Monosaccharides*: _____

• *Disaccharides*: _____

(2 marks)

c. Classify the following into monosaccharides and disaccharides: *maltose, glucose, galactose, lactose, fructose, sucrose*.

Monosaccharides	Disaccharides

(3 marks)

d. Why are carbohydrates needed by the body? What is the energy value provided by **1g** of carbohydrate?

Function: _____

Energy Value: _____

(1 mark)

e. Why do certain groups of people require more carbohydrates than other people?

(1 mark)

f. Maria is going to cook baked rice and is undecided as to whether to choose refined (white) or wholegrain rice. Which type of rice would you suggest? Give **TWO** reasons to justify your choice.

Choice: _____

Reasons:

- _____
- _____

(2 ½ marks)

g. Mention **TWO** consequences that can result from a diet that lacks in dietary fibre.

- _____
- _____

(2 marks)

7a. Explain **TWO** ways how children could eat more fruit and vegetables at school.

- _____
- _____

(2 marks)

b. Give **TWO** reasons why vegetables should be included in the diet.

- _____
- _____

(2 marks)

c. List **THREE** factors which you should keep in mind when choosing and buying fresh fruit and vegetables.

- _____
- _____
- _____

(3 marks)

d. How would you store the following fruits and vegetables at home?

	<i>Storage</i>		<i>Storage</i>
Potatoes		Lettuce	
Tomatoes		Strawberries	
Apples		Onions	

(3 marks)

e. Explain how to prevent the loss of certain vitamins during the **preparation** and **cooking** of food.

Preparation:

- _____
- _____

Cooking:

- _____
- _____

(4 marks)

8a. List **THREE** factors that have contributed to the increase in the popularity of convenience foods.

- _____
- _____
- _____

(3 marks)

b. Ready-made pizza is a very popular snack among young teenagers. List **THREE** advantages of choosing a home-made pizza rather than a ready-made one.

- _____
- _____
- _____

(3 marks)

c. Identify **TWO** common food additives and state their function.

• **Food Additive 1:** _____

Function: _____

• **Food Additive 2:** _____

Function: _____

(3 marks)

9. The local council is going to organise a Milk Festival in your village.

a. State **FOUR** nutrients found in milk.

- _____
- _____
- _____
- _____

(2 marks)

b. Name **FOUR** milk products which are produced locally.

- _____
- _____
- _____
- _____

(2 marks)

c. What is the purpose of pasteurisation?

(1 mark)

d. Some individuals are opting for Almond and Soya milk. State **TWO** reasons for this trend.

- _____
 - _____
- (2 marks)

e. State **FOUR** ways how milk and milk products could be included in the diet.

- _____
 - _____
 - _____
 - _____
- (4 marks)

f. State **TWO** benefits of serving free milk at school.

- _____
 - _____
- (2 marks)

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MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2016 SESSION**

SUBJECT:	Home Economics
PAPER NUMBER:	IIA
DATE:	24 th May 2016
TIME:	9:00 a.m. to 11:05 a.m.

Section A - Answer ALL questions

1a. Mark is planning to purchase a microwave oven. Outline **ONE** advantage and **ONE** disadvantage of a microwave oven.

Advantage:

- _____

Disadvantage:

- _____ (2 marks)

b. What precaution should be taken when choosing dishes to be used in their microwave oven? Give reason for your answer.

Precaution: _____

Reason: _____

(1 mark)

c. Mark finally decides to purchase a microwave oven that costs €400. Identify **TWO** ways how he can pay for their new home appliance.

- _____
- _____

(1 mark)

d. When he purchases the microwave oven, Mark was given a guarantee.

Define the terms *legal guarantee* and *commercial guarantee*.

- **Legal guarantee:** _____

- **Commercial guarantee:** _____

(2 marks)

e. After about 2 months from purchase, the microwave oven developed a fault. What should Mark do in such a situation?

(2 marks)

f. What steps need to be taken when the trader and consumer do not reach an agreement?

(2 marks)

g. What does *ECC* stand for?

(1 mark)

h. What is the function of the ECC Malta?

(1 mark)

2. Water is a limited resource.

a. Identify **ONE** repercussion that wasting water may have on the environment and on humans.

On the environment:

- _____

On humans:

• _____ (2 marks)

b. Suggest **THREE** ways how consumers can save **water**.

• _____
• _____
• _____ (1 ½ marks)

c. Identify **THREE** practical ways how consumers can reduce **energy** consumption.

• _____
• _____
• _____ (1 ½ marks)

d. Define *renewable* and *non-renewable* natural resources giving **ONE** example of each.

Renewable resource: _____

Example: _____

Non-renewable resource: _____

Example: _____ (3 marks)

3. John has just earned his first salary. He notices that on his payslip, there are certain terms which are unfamiliar to him. He is asking you to help him out.

a. Explain the difference between the terms *gross pay* and *net pay*.

Gross pay: _____

Net pay: _____

(2 marks)

b. Outline **TWO** reasons why it is important for John to make a budget.

- _____
 - _____
- (2 marks)

c. Suggest a suitable bank account that John could have for his first savings.

i. Name of bank account: _____
(½ mark)

ii. Identify **TWO** advantages and **ONE** disadvantage of this type of bank account.

Advantages:

- _____
- _____

Disadvantage:

- _____
(3 marks)

d. Give the name of another bank account that he may need to have for future savings.

i. Name of bank account: _____
(½ mark)

ii. Identify **ONE** advantage and **ONE** disadvantage of this type of bank account.

Advantages:

- _____

Disadvantage:

- _____
(2 marks)

e. What do these abbreviations stand for?

PIN: _____

ATM: _____

(1 mark)

f. The use of plastic money is increasingly becoming more widespread amongst people. Suggest **TWO** possible reasons for this.

- _____
 - _____
- (1 mark)

4a. State **TWO** alternative sources of energy that have become popular in Malta and the reason why they are considered as environmental friendly.

<i>Environmental Friendly Measures</i>	<i>Reason</i>
1.	
2.	

(2 marks)

b. Give **TWO** advantages of using products (e.g. detergent/ perfume) which are refillable.

- _____
 - _____
- (2 marks)

c. Identify **TWO** ways how clothing could be recycled.

- _____
 - _____
- (2 marks)

di. List **TWO** items that you can dispose of in a Civic Amenity Site.

- _____
 - _____
- (1 mark)

ii. Why do you think it is important to dispose of these items in the Civic Amenity Site?

- _____
- (1 mark)

Section B – Answer ALL questions

5a. Give **TWO** reasons why children are immunised a few weeks after they are born.

- _____
 - _____
- (2 marks)

b. Mention **THREE** vaccinations which are given to 3-month old babies.

- _____
 - _____
 - _____
- (1 ½ marks)

c. Mention **TWO** ways how you can care for a sick child.

- _____
 - _____
- (2 marks)

d. Healthy eating habits should start at an early age.

i. List **THREE** foods which babies should be weaned on.

- _____
 - _____
 - _____
- (1 ½ marks)

ii. Give **TWO** reasons why childhood obesity is very high in Malta.

- _____
 - _____
- (2 marks)

e. Write down **TWO** accidents that can happen in the kitchen and explain how to avoid them.

Accident 1: _____

Avoiding the accident: _____

Accident 2: _____

Avoiding the accident: _____

(3 marks)

f. State **TWO** activities which are organised in a playschool and their benefits to the participating children.

<i>Activities organised in a playschool</i>	<i>Benefits of activities</i>
1.	
2.	

(3 marks)

g. Explain how attending a playschool affects the social development of a young child.

(1 mark)

h. Explain why nowadays, many grandparents are entrusted with the care of their grandchildren.

(1 mark)

i. Name **ONE** benefit for the child when he/she is looked after by his/her grandparents.

(1 mark)

j. Name **TWO** benefits for the grandparents when they look after their grandchildren.

(2 marks)

6. Jason and Maria are in their forties. Both have full time jobs and earn a good salary. They have two teenage daughters and own a terraced house. The couple have decided to buy a second accommodation in Gozo that would be used as a holiday home.
- a. Suggest **ONE** way how they can get to know about the properties that are available for sale in Gozo. Mention **ONE** advantage and **ONE** disadvantage of using this source.

Source: _____

Advantage: _____

Disadvantage: _____

(2 ½ marks)

- b. List and explain **FOUR** factors which may influence the area the couple chooses to reside in.

• _____

• _____

• _____

• _____

(4 marks)

- c. The couple are still undecided between these three properties.

Option 1

A first floor *apartment* sold fully furnished and only a 5 minute walk away from the beach. The accommodation consists of three bedrooms, one with en-suite, a bathroom, a combined kitchen, living and dining room, a balcony and use of roof. The property is being sold at €85,000 and is *freehold*.

Option 2

A ground floor *maisonette* sold semi-finished and is a 10 minute drive away from the beach. The maisonette consists of three bedrooms, one bathroom, a combined kitchen, living and dining room, a small yard and part of roof. The property is being sold at €105,000 and €100 per annum *ground rent*.

Option 3

A semi-finished *terraced house* which is a 10 minute drive away from the beach. The house consists of an entrance hall, three bedrooms, two bathrooms, a kitchen, a combined living and dining room, a box room, a yard and full roof. The property costs €120,000 and is *freehold*. Optional garage available.

i. Which property do you consider as being the best option for this family?

(½ mark)

ii. Give **TWO** reasons valid for your choice.

- _____
 - _____
- (2 marks)

iii. Describe the following different types of accommodation.

Apartment

Maisonette

Terraced house

(3 marks)

d. Define the terms:

Freehold: _____

Ground rent: _____

(2 marks)

e. Explain the difference between *renting* and *buying* a residence.

Renting: _____

Buying: _____

(2 marks)

f. In order to pay for this property, the couple need to obtain a home loan. Identify **TWO** factors they should consider before deciding to take their home loan.

• _____

• _____

(2 marks)

g. Why is a life insurance policy essential when taking up a home loan?

(1 mark)

h. Since this new property will be a holiday house, they are rather concerned about ensuring that their property remains safe. What can they do to put their mind at rest with regard to this issue?

• _____

• _____

(1 mark)

7a. Mention **TWO** types of freezers one can find on the market.

- _____
- _____

(1 mark)

b. Mention **TWO** advantages for each types of freezer.

Freezer 1: _____

Advantage:

- _____
- _____

Freezer 2: _____

Advantage:

- _____
- _____

(4 marks)

c. What are the benefits of owning a refrigerator and a freezer in the house?

Benefits of owning a refrigerator: _____

Benefits of owning a freezer: _____

(2 marks)

d. Mention **TWO** points you should look out for, when choosing a freezer.

- _____
- _____

(1 mark)

e. Before freezing vegetables, it is advisable to *blanch* them first.

i. Explain why it is important to *blanch* vegetables.

(1 mark)

ii. Describe the process of blanching vegetables.

(1 mark)

f. Suggest **TWO** suitable packaging for the freezer.

- _____
- _____

(1 mark)

g. How would you label foods for the freezer?

(1 mark)

h. What is the function of the '*Quick Freezing*' button installed in the freezer?

(2 marks)

i. State **TWO** ways how a person can conserve energy while using the refrigerator/freezer.

- _____
- _____

(2 marks)

j. It is important to ensure a high standard of food hygiene when storing and cooking food. State **TWO** factors you should consider when:

Storing food:

- _____
- _____

Cooking food:

- _____
- _____

(4 marks)

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD
UNIVERSITY OF MALTA, MSIDA**SECONDARY EDUCATION CERTIFICATE LEVEL****MAY 2016 SESSION**

SUBJECT:	Home Economics
PAPER NUMBER:	IIB
DATE:	24 th May 2016
TIME:	9:00 a.m. to 11:05 a.m.

Section A - Answer ALL questions

1. A friend is planning to buy a microwave oven.
- a. Outline **ONE** advantage and **ONE** disadvantage of a microwave oven.

Advantage:

- _____

Disadvantage:

- _____ (2 marks)

- b. Why are metal and foil dishes **NOT** placed in a microwave oven?

- _____
- _____ (1 mark)

- c. Your friend decides to buy a microwave oven that costs €400. She decides to pay for the microwave oven in cash. Suggest another **TWO** ways how they can pay for their new home appliance.

- _____
- _____ (1 mark)

- d. *The shopkeeper gave her* a guarantee. List **FOUR** important pieces of information that should be written on the guarantee.

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

e. After 2 months the microwave oven developed some problems.

i. What should she do in such a situation?

(2 marks)

ii. What steps need to be taken when the trader and consumer do not reach an agreement?

- _____
- _____

(2 marks)

2. Water is a limited resource.

a. Identify **TWO** ways how wasting water may be harmful on the environment and on humans.

On the environment:

- _____

On humans:

- _____

(2 marks)

b. Suggest **TWO** ways how consumers can save water.

- _____
- _____

(2 marks)

c. Identify **TWO** ways how consumers can save on electricity bills.

- _____
- _____

(2 marks)

d. Mention **TWO** renewable and **TWO** non-renewable natural resources.

Renewable Natural Resources	Non-Renewable Natural Resources

(2 marks)

3. John has just earned his first salary. He notices that on his payslip there are certain terms which are unfamiliar to him. He is asking you to help him out.

a. His gross pay is €1000 and his net pay is €800. Explain the difference between the terms *gross pay* and *net pay*.

Gross pay: _____

Net pay: _____

(3 marks)

bi. Mention **TWO** guidelines that should be followed when planning a budget.

• _____

• _____

(2 marks)

ii. Outline **TWO** reasons why it is important for a family to save money.

• _____

• _____

(2 marks)

c. Suggest a suitable bank account that John could have for his first savings.

i. Name of bank account: _____

(½ mark)

ii. Identify **ONE** advantage and **ONE** disadvantage of this type of bank account.

Advantage:

• _____

Disadvantage:

• _____ (2 marks)

d. Give the name of another bank account that he may need to have for future savings.

i. Name of bank account: _____ (½ mark)

ii. Identify **ONE** advantage and **ONE** disadvantage of this type of bank account.

Advantage:

• _____

Disadvantage:

• _____ (2 marks)

e. Credit cards and debit cards are becoming very popular when shopping. Suggest **TWO** possible reasons for this.

• _____
 • _____ (2 marks)

4a. State **TWO** environmental friendly measures in the home and give **ONE** reason why each is so.

<i>Environmental Friendly Measures</i>	<i>Reason</i>
1.	
2.	

(3 marks)

b. Give **ONE** advantage of buying ‘biodegradable bags’.

• _____ (1 mark)

c. Give **TWO** advantages of using products (e.g. detergent/ perfume) which are refillable.

• _____
 • _____ (2 marks)

d. Give **TWO** examples how household waste could be recycled.

- _____
 - _____
- (2 marks)

Section B – Answer ALL questions

5a. Give **TWO** reasons why children are immunised a few weeks after they are born.

- _____
 - _____
- (2 marks)

b. Mention **TWO** vaccinations which are given to 3-month old babies.

- _____
 - _____
- (1 mark)

c. Write down **TWO** ways how you can care for a sick child.

- _____
 - _____
- (2 marks)

d. Healthy eating should start at an early age.

i. Write **FOUR** foods that are first introduced to a six month old toddler.

(2 marks)

ii. Give **ONE** reason why childhood obesity is high in Malta.

- _____ (1 mark)

e. Write down **TWO** accidents that can happen in the kitchen and explain how to avoid them.

Accident 1: _____

Avoiding the accident: _____

Accident 2: _____

Avoiding the accident: _____

(3 marks)

f. State **TWO** activities which are organised in a playschool. Write the benefits of these activities for the participating children.

<i>Activities organised in a playschool</i>	<i>Benefits of these activities for children</i>
1.	
2.	

(3 marks)

g. Describe **TWO** social skills that a young child acquires when he/she attends playschool.

- _____
- _____ (1 mark)

h. Give **ONE** reason why grandparents look after their grandchildren.

 _____ (1 mark)

i. Give **FOUR** different examples, how grandparents and grandchildren can spend their time together.

- _____
- _____
- _____
- _____

(2 marks)

j. Name **ONE** advantage for the *child* to be looked after by his/her grandparents.

_____ (1 mark)

k. Name **ONE** advantage for the *grandparents* to look after their grandchildren.

_____ (1 mark)

6. Jason and Maria are in their forties. Both have full time jobs and earn a good salary. They have two teenage daughters and own a terraced house. The couple have decided to buy a second accommodation in Gozo that would be used as a holiday home.

a. Suggest **THREE** advantages of buying a property with the help of an estate agent.

- _____
- _____
- _____

(3 marks)

b. Suggest **TWO** disadvantages of buying property with the help of an estate agent.

- _____
- _____

(2 marks)

c. Mention **THREE** factors that they need to take into consideration before making their final choice about the house.

- _____
- _____
- _____

(3 marks)

d. After careful consideration they shortlisted these two properties.

Property 1

A first floor *apartment* sold fully furnished and only a 5 minute walk, away from the beach. The accommodation consists of three bedrooms, one with an en-suite bathroom, a bathroom, a combined kitchen, living and dining room, a balcony and use of roof. The property is being sold at €85,000 and is freehold.

Property 2

A ground floor *maisonette* sold semi-finished, 10 minute drive away from the beach. The maisonette consists of three bedrooms, one bathroom, a combined kitchen, living and dining room, a small yard and part of roof. The property is being sold at €105,000 and €100 per annum ground rent.

i. In your opinion, should they purchase *property 1* or *property 2*?

Property: _____ (½ mark)

ii. Give **TWO** reasons why *Property 1* or *Property 2* is the best option for this family.

- _____
 - _____
- (2 marks)

iii. Describe these **THREE** different types of accommodations available in Malta.

Apartment

- _____

- _____

Maisonette

- _____

- _____

Terraced House

- _____
 - _____
-
- (6 marks)

e. In order to pay for this property, Jason and Maria need to obtain a home loan.

Identify **TWO** factors they should be considered before deciding to take their home loan.

- _____
 - _____
- (2 marks)

f. Why is a life insurance policy important when taking up a home loan?

(1 mark)

g. Since this new property will be a holiday house, how can they secure their home?

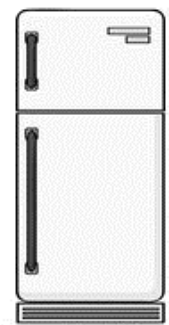
(½ mark)

7a. Name the following refrigerators one can find on the market.



i. _____

ii. _____



© Can Stock Photo

(1 mark)

b. Mention **TWO** advantages for a refrigerator (i) and **ONE** advantage for refrigerator (ii).

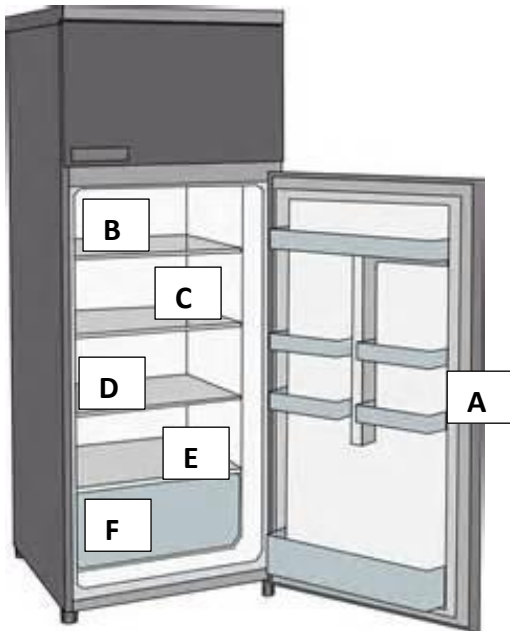
Refrigerator 1:

- _____
- _____

Refrigerator 2:

- _____ (3 marks)

c. State where you would place the following food items in the refrigerator.



Food	Section
Carton of milk	
Cheese	
Defrosted chicken	
Salad vegetables	
Eggs	
Yogurt	

(3 marks)

d. Mention **TWO** points you should look out for, when choosing a freezer.

- _____
- _____ (1 mark)

ei. Explain why it is important to *blanch* vegetables.

 _____ (1 mark)

ii. Describe the process of *blanching* vegetables.

(1 mark)

f. Suggest **TWO** suitable packaging for the freezer.

- _____
- _____

(1 mark)

g. Frozen foods should be labelled accordingly. Write **TWO** types of information which should be included on frozen food.

- _____
- _____

(1 mark)

h. State **TWO** ways how a person can save electricity while using the refrigerator/freezer.

- _____
- _____

(2 marks)

i. List **TWO** rules for personal hygiene when preparing and cooking food.

- _____
- _____

(2 marks)

j. It is also important to ensure a high standard of food hygiene when storing and cooking food. State **TWO** measures that you should take when:

Storing food:

- _____
- _____

Cooking food:

- _____
- _____

(4 marks)

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