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SUBJECT: **Home Economics**  
 PAPER NUMBER: I  
 DATE: 26<sup>th</sup> April 2018  
 TIME: 4:00 p.m. to 6:05 p.m.

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Answer **ALL** questions.

1. The table below shows the nutritional value for some of the nutrients found in a number of fruit and vegetables.

Nutrition information of fruit and vegetables per 100g						
	Calories (Kcal)	Fat (g)	Dietary Fibre (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
Apple, with skin	42	0.1	2.4	3	5	0.1
Orange	26	0.1	1.3	3	38	0.1
Strawberries	27	0.1	2.0	1	77	0.4
Asparagus	26	0.8	1.4	88	10	0.6
Broccoli	24	0.8	0.1	79	44	1.0
Carrots	24	0.4	2.8	1260	2	0.4
Kale	24	1.1	2.6	563	71	2.0

*Source: Adapted from USDA National Nutrient Database*

- a) i. Which food contains the highest amount of dietary fibre?

\_\_\_\_\_ (½)

- ii. Give **ONE** function of dietary fibre.

\_\_\_\_\_ (1)

- b) i. Which food contains the highest amount of iron?

\_\_\_\_\_ (½)

- ii. State why iron is important in a person's diet.

\_\_\_\_\_ (1)

- iii. Identify **TWO** rich sources of iron from an animal source.

\_\_\_\_\_ (1)

***This question continues on next page.***

c) Identify the vitamin which increases the absorption of iron.

i. Vitamin: \_\_\_\_\_ (½)

ii. Mention **ONE** practical way of how foods may be combined to increase iron absorption in the diet.

\_\_\_\_\_ (1)

iii. The vitamin mentioned in part (c)i above is an antioxidant. List **ONE** other antioxidant vitamin.

\_\_\_\_\_ (½)

iv. Explain the importance of antioxidant vitamins.

\_\_\_\_\_  
\_\_\_\_\_ (2)

d) Mention **TWO** reasons why it is important to include fruit in the diet of adolescents.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

e) Suggest **TWO** interesting ways of including fruit in an adolescent's diet.

- \_\_\_\_\_
- \_\_\_\_\_ (1)

f) Outline **TWO** advantages of buying fresh or frozen fruit and vegetables rather than canned.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

**(Total: 13 marks)**

2. A local village is starting a lunch club for about 30 elderly people who live mostly alone. The organisers of the lunch club want to make sure that the elderly guests are served healthy nutritious meals. Menus are being carefully planned using suitable cooking methods.

a) The club will be using both moist and dry methods of cooking. Explain the moist and dry method of cooking and give an example of each method:

- Moist method of cooking: \_\_\_\_\_ (1)

Example: \_\_\_\_\_ (½)

- Dry method of cooking: \_\_\_\_\_ (1)

Example: \_\_\_\_\_ (½)

b) i. Identify **TWO** cooking methods suitable for the elderly.

- \_\_\_\_\_ • \_\_\_\_\_ (1)

ii. Justify your choice of cooking methods identified in part (b)i.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

c) How can the people who are cooking the food preserve nutrients during the preparation, cooking and serving of food.

- Preparation of food:  
\_\_\_\_\_  
\_\_\_\_\_ (2)

- Cooking food:  
\_\_\_\_\_  
\_\_\_\_\_ (2)

- Serving food:  
\_\_\_\_\_  
\_\_\_\_\_ (2)

**(Total: 12 marks)**

***Please turn the page.***

3. A group of friends are organising a barbeque for the end of their scholastic year. They decided to serve meat, poultry, fish and sausages as main foods.

The chart below, shows the ingredients for three brands of sausages found in supermarkets. Answer the following questions to help the group of friends decide which brand to purchase.



Brand A	Brand B	Brand C
Pork and beef (51%), cereal rusk (wheat flour, salt), salt, white pepper, preservatives, colouring, flavourings, antioxidant	Pork (49%), breadcrumb (wheat flour, salt, yeast), salt, black pepper, dried onion, preservatives, nutmeg, chilli powder, coriander, antioxidant	Turkey meat (60%), water, breadcrumb (wheat flour, yeast), black pepper, dried onion, salt, spices, rosemary extract, preservative, antioxidant

a) Which Brand contains most meat?

\_\_\_\_\_ (1/2)

b) Which Brand contains least meat?

\_\_\_\_\_ (1/2)

c) Which Brand contains least salt?

\_\_\_\_\_ (1/2)

d) i. Using the information provided in the table, which Brand would you recommend for this group of friends keeping in mind that they are trying to follow the healthy eating guidelines?

Brand \_\_\_\_\_ (1/2)

ii. Give **TWO** justifications for your choice identified in part (d)i.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

e) The group of friends need to decide on a main course.

The table below indicates the nutritional value of cooked lean meat and fish.

Nutritional value of lean cooked meat and fish (per 100g)			
	Fat (g)	Calories (Kcal)	Cholesterol (mg)
Beef (rump)	6.25	178	81
Pork (loin)	4.29	126	20
Chicken (breast)	2.75	129	71
Salmon (fillet)	19.35	139	46

*Source: Adapted from USDA National Nutrient Database*

i. What is lean meat?

\_\_\_\_\_ (1)

ii. Which of the above food contains the least amount of fat?

\_\_\_\_\_ (1/2)

iii. Which of the above food contains the most cholesterol?

\_\_\_\_\_ (1/2)

iv. How many calories does 1 gram of fat provide?

\_\_\_\_\_ (1/2)

v. The food in the table above contains different types of fat. Identify the type of fat they contain.

• Beef \_\_\_\_\_ fat (1/2)

• Salmon \_\_\_\_\_ fat (1/2)

vi. Explain the difference between the fats mentioned in part (e)v above in terms of the effect on health.

\_\_\_\_\_  
 \_\_\_\_\_ (1)

vii. Define the term essential fatty acids.

\_\_\_\_\_ (1)

viii. Name **THREE** food sources of essential fatty acids.

• \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_ (1 1/2)

ix. Why are essential fatty acids important in the diet?

\_\_\_\_\_ (1)

**(Total: 12 marks)**

4. The antenatal clinic is in the process of compiling an information leaflet which is to be given to pregnant women and young mothers.

a) List **TWO** guidelines that help pregnant mothers emphasise the importance of human milk for babies.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

b) Some mothers do not know the meaning of weaning. Explain what is weaning.

\_\_\_\_\_ (1)

c) Why must babies have iron-rich foods in their diet when they are weaned?

\_\_\_\_\_ (1)

d) Babies and young children should **not** be given sugary foods and drinks. Explain.

\_\_\_\_\_  
\_\_\_\_\_ (2)

e) Young children need a supply of important nutrients to prevent iron-deficiency anaemia. Identify **FOUR** of these nutrients that are particularly important.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (2)

f) How can parents establish good eating habits in young children?

- \_\_\_\_\_
- \_\_\_\_\_ (2)

g) Why is it important that school children have plenty of calcium in their diet?

\_\_\_\_\_ (1)

h) List **THREE** guidelines for parents to follow when preparing healthy family meals.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

**(Total: 14 marks)**

5. One of the dietary guidelines suggests to enjoy your meals with family and friends.

a) Keeping this guideline in mind, list **TWO** factors that might be preventing families from eating daily home-cooked meals together.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

b) Explain **TWO** ways of how eating and enjoying a home-cooked meal with family or friends can be beneficial.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

c) Many people consume take-away meals regularly. Identify **THREE** negative consequences of take-away meals.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

d) Poor eating habits can lead to health problems, and have a negative effect on the country. Explain how poor eating habits can have a negative impact on the country.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

e) Tuck shops or canteens encourage students to buy ready-made food rather than make their own. Suggest **TWO** suitable healthy snack foods that can be sold at a school tuck shop/canteen. Include **ONE** savoury and **ONE** sweet item and justify **EACH** choice.

- Savoury item \_\_\_\_\_  
Justification \_\_\_\_\_
- Sweet item \_\_\_\_\_  
Justification \_\_\_\_\_ (4)

**(Total: 14 marks)**

***Please turn the page.***

6. a) Outline the difference between the following types of vegetarians:

i. lacto-vegetarian: \_\_\_\_\_  
 \_\_\_\_\_ (1)

ii. lacto-ovo-vegetarian: \_\_\_\_\_  
 \_\_\_\_\_ (1)

iii. vegan: \_\_\_\_\_  
 \_\_\_\_\_ (1)

b) Suggest **ONE** benefit of following a vegan diet.

\_\_\_\_\_  
 \_\_\_\_\_ (1)

c) Vegans may suffer from a deficiency of particular nutrients. Identify **TWO** nutrients that may be lacking in a vegan diet.

- \_\_\_\_\_
- \_\_\_\_\_ (1)

d) Vegetarians may look for foods which have been fortified with particular nutrients. Why is it important for a vegetarian to consume fortified foods?

\_\_\_\_\_  
 \_\_\_\_\_ (1)

e) Modify the following ingredients to make them suitable for a vegan. You may use the same suggestion only once.

<b>Original ingredients</b>	<b>Modified ingredients suitable for a vegan</b>
pasteurised milk used for white sauce	
minced beef used for making a Bolognese sauce	
diced chicken used in a stew	

(1½)

f) Suggest a suitable two-course meal and a healthy beverage that would be suitable for a lacto-vegetarian. Give **ONE** reason to justify each chosen item.

Main Course: \_\_\_\_\_ (½)



Justification: \_\_\_\_\_  
\_\_\_\_\_ (1)

Dessert: \_\_\_\_\_ (½)

Justification: \_\_\_\_\_  
\_\_\_\_\_ (1)

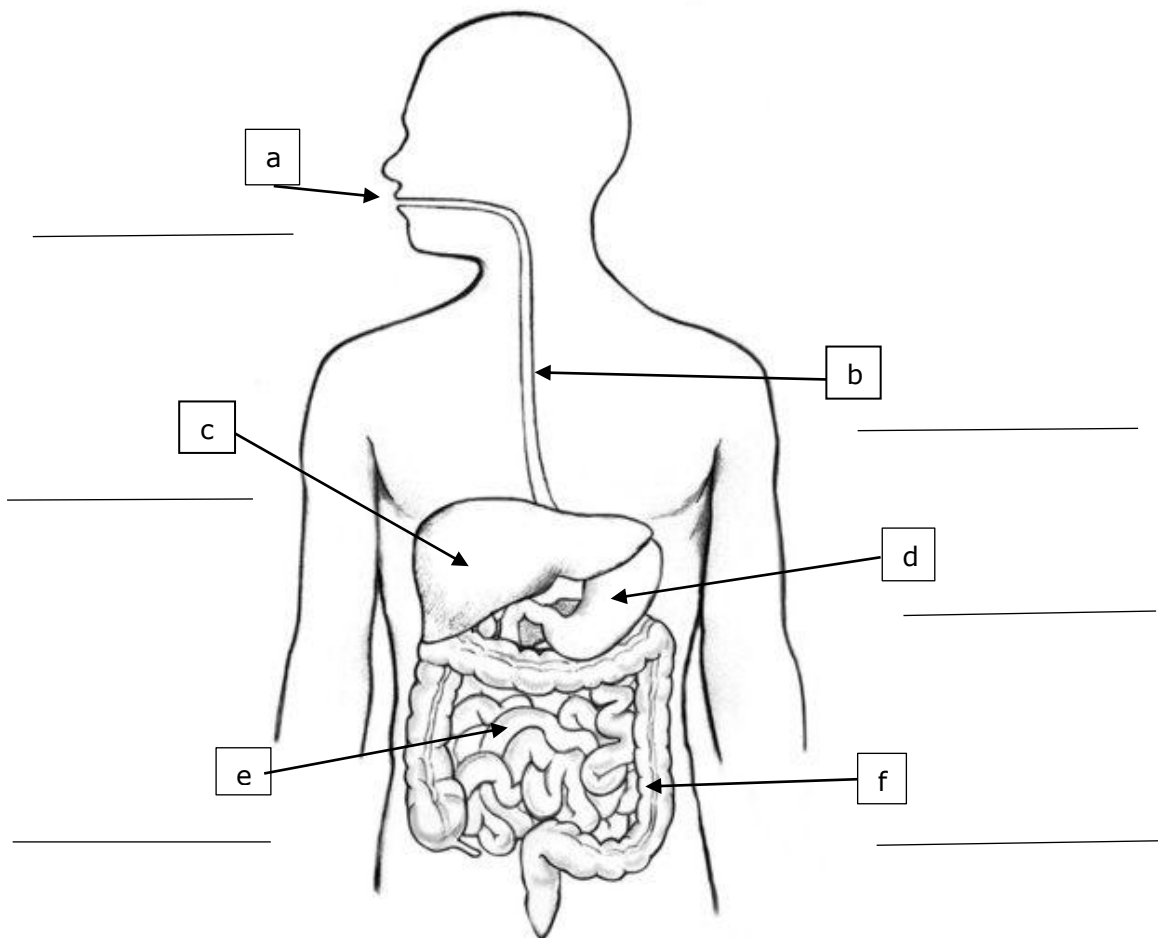
Beverage: \_\_\_\_\_ (½)

Justification: \_\_\_\_\_  
\_\_\_\_\_ (1)

**(Total: 12 marks)**

7. Below is a diagram of the human digestive system.

a) Label the parts (a to f) of the digestive system marked with an arrow.



(3)

***This question continues on next page.***

b) i. Look closely at the diagram. Give the function of the following parts of the digestive tract to aid the digestive process.

Part of the digestive process	Function
a	
d	

(2)

ii. Identify **TWO** digestive organs that food does not pass through and explain the role of one of these in the digestion of food.

**Digestive organ 1:** \_\_\_\_\_

**Digestive organ 2:** \_\_\_\_\_ (1)

**Role in Digestion: Organ:** \_\_\_\_\_

**Role:** \_\_\_\_\_ (1)

c) Enzymes play an important role in the digestion of food.

i. What is the role of enzymes in digestion?

\_\_\_\_\_ (1)

ii. State the role of acid in the stomach.

\_\_\_\_\_ (1)

d) Explain what happens to nutrients when digestion is completed.

\_\_\_\_\_  
 \_\_\_\_\_ (1)

e) What happens to undigested foods?

\_\_\_\_\_  
 \_\_\_\_\_ (1)

**(Total: 11 marks)**

8. Milk is very important for the growth and development of children.

a) List **TWO** health benefits that milk has for children.

- \_\_\_\_\_
- \_\_\_\_\_ (1)

b) In primary schools, children are given a glass of white milk. Indicate why white milk is a better choice than flavoured milk.

\_\_\_\_\_ (1)

c) Apart from the benefits mentioned in part (a), suggest **TWO** reasons to justify why giving milk to children at school is considered as good practice.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

d) Look at the nutrition labels taken from two locally produced cartons of milk.

Table 1

Nutrition	Per 100ml
Energy	63Kcal (264kJ)
Fat	3.5g
of which saturates	2.0g
Carbohydrates	4.8g
of which sugars*	4.8g
Protein	3.2g
Salt*	0.1g
Vitamin B <sup>12</sup>	0.2µg (8% RI)
Vitamin B <sup>2</sup>	0.15mg (10% RI)
Calcium	118mg (15% RI)
Phosphorus	83mg (12% RI)

Table 2

Nutrition	Per 100ml
Energy	35Kcal (146kJ)
Fat	0.3g
of which saturates	0.2g
Carbohydrates	4.8g
of which sugars*	4.8g
Protein	3.2g
Salt*	0.1g
Vitamin B <sup>12</sup>	0.2µg (8% RI)
Vitamin B <sup>2</sup>	0.15mg (10% RI)
Calcium	118mg (15% RI)
Phosphorus	83mg (12% RI)

i. Compare and contrast the information in the nutrition tables above. Outline the **THREE** main differences in the nutritive value of each carton of milk.

- Difference 1 - \_\_\_\_\_
- Difference 2 - \_\_\_\_\_
- Difference 3 - \_\_\_\_\_ (1½)

ii. After considering the information in Table 1 and Table 2, identify the type of milk that each nutrition information table is referring to.

- Type of Milk (Table 1) - \_\_\_\_\_
- Type of Milk (Table 2) - \_\_\_\_\_ (2)

***This question continues on next page.***

iii. Which type of fresh milk would you suggest for the following people:

	<b>Suggested type of milk</b>
A man who is suffering from high levels of cholesterol	•
A female who cannot consume lactose	•

(2)

e) The shelf life of fresh milk is very short when compared with other forms of milk such as canned and UHT milk.

i. Why does UHT milk have a longer shelf life?

\_\_\_\_\_ (1)

ii. At what temperature should fresh milk be stored?

\_\_\_\_\_ (½)

iii. Cartons of fresh milk are labelled with a use-by date. Why is it important to use fresh milk by the date stated on the carton?

\_\_\_\_\_ (1)

**(Total: 12 marks)**

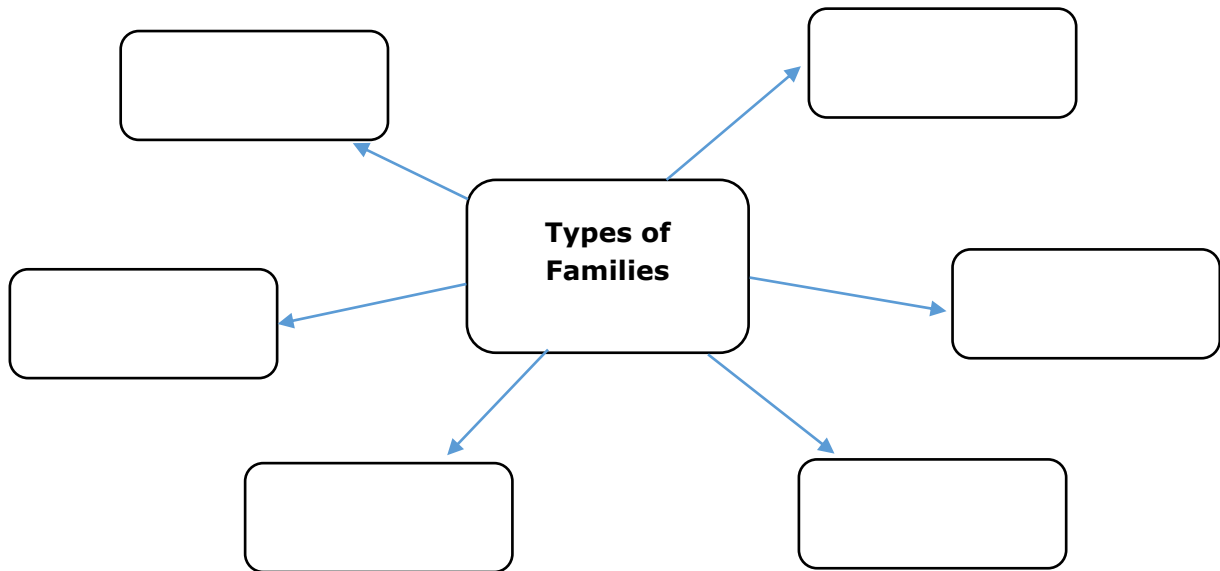


SUBJECT: **Home Economics**  
 PAPER NUMBER: IIA  
 DATE: 27<sup>th</sup> April 2018  
 TIME: 4:00 p.m. to 6:05 p.m.

**Section ONE: Answer ALL questions.**

1. Over the past years, family structures have changed considerably. As a result of this, different types of families can be found in today's society both in Malta and abroad.

a) In the web chart below, identify **SIX** different types of families.



(3)

b) Apart from a change in family structures, the past decades have seen a change in the roles of family members. Many women are now working outside the home.

i) Outline **TWO** positive effects that this trend may have on both the family and society.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

ii) Outline **TWO** negative effects that this trend may have on both the family and society.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

***This question continues on next page.***

iii) Describe **TWO** ways how the role of men has changed within modern society.

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_ (2)

c) Give **TWO** examples of responsibilities that adolescents can assume within their family so as to help out.

- \_\_\_\_\_
- \_\_\_\_\_ (1)

**(Total: 10 marks)**

2. Kylie, a 16-year-old student, is saving money to buy a new mobile phone. She would like to buy a similar model to that of her friend. Kylie is still unaware of her consumer rights and responsibilities.

a) What is a consumer?

\_\_\_\_\_ (1)

b) Outline **TWO** factors that will influence Kylie when deciding which mobile phone to purchase.

- \_\_\_\_\_ • \_\_\_\_\_ (1)

c) Kylie went to look for different mobile phones in various shops. She has the right to be given all the necessary information needed to make a good choice, and to be protected against dishonest or misleading advertising and labelling. Which consumer right is this referring to?

\_\_\_\_\_ (1)

d) Point out **ONE** other consumer right and **ONE** consumer responsibility that Kylie should be aware of. Explain the consumer right to Kylie.

Consumer right:

\_\_\_\_\_ (1)

Explanation of consumer right: \_\_\_\_\_

\_\_\_\_\_ (1)

Consumer responsibility:

\_\_\_\_\_ (1)

e) Kylie bought her mobile phone and within a month it stopped working. List **FOUR** details that Kylie would need to include in her letter of complaint to the shop.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (4)

**(Total: 10 marks)**

3. Emilia and Norbert, a couple in their mid-thirties both work full-time jobs. Every Sunday morning, they visit a supermarket to do their weekly shopping together with their eight-year-old child.

a) Why do you think shopping trends have changed during the past years?

\_\_\_\_\_ (1)

b) How have supermarkets over the years become more family-friendly?

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

c) List **TWO** factors that this couple should keep in mind when shopping from a supermarket to avoid overspending.

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

d) Select **TWO** modern techniques that supermarkets use to increase their sales.

- \_\_\_\_\_ • \_\_\_\_\_ (1)

e) Emilia and Norbert both had their cash money and cheque book with them. Outline **ONE** advantage and **ONE** disadvantage of each method of payment.

**Cash**

Advantage: \_\_\_\_\_ (1)

Disadvantage: \_\_\_\_\_ (1)

**Cheque Book**

Advantage: \_\_\_\_\_ (1)

Disadvantage: \_\_\_\_\_ (1)

**(Total: 10 marks)**

4. A refrigerator is one of the most important pieces of equipment found in the kitchen.

a) Keeping in mind that consumers need to protect the environment, outline **ONE** consideration to be taken into account for each of the following:

i. Choosing a new refrigerator

• \_\_\_\_\_ (1)

ii. Using a refrigerator

• \_\_\_\_\_ (1)

iii. Caring for and cleaning a refrigerator

• \_\_\_\_\_ (1)

iv. Disposing of an old refrigerator

• \_\_\_\_\_ (1)

b) Maltese families are being encouraged to invest in alternative sources of energy in their homes.

i. What are alternative sources of energy?

\_\_\_\_\_  
\_\_\_\_\_ (1)

ii. Identify **TWO** systems that can be used in our Maltese homes that use alternative sources of energy.

• \_\_\_\_\_ • \_\_\_\_\_ (1)

iii. Explain the importance of saving energy in the home.

• \_\_\_\_\_  
• \_\_\_\_\_ (2)

c) Some families in Malta are also investing in electric cars. Outline **TWO** benefits for the environment of owning an electric car.

• \_\_\_\_\_ (1)

• \_\_\_\_\_ (1)

**(Total: 10 marks)**



**Section TWO: Answer all questions**

5. Ella and Andrew are looking for a new home. They have not as yet decided which type of accommodation would best suit their needs.

a) Describe the following types of accommodation to help them decide which one would be the most suitable for them.

i. Terraced house: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

ii. Town house: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

iii. Maisonette: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

b) What factors should this couple with moderate income take into account when choosing their own home?

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

c) The couple decided to speak to an estate agent and at the same time look into different property magazines.

Outline **ONE** advantage and **ONE** disadvantage of using an estate agent and property magazines.

**Estate agent**

Advantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

Disadvantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

***This question continues on next page.***

**Property magazines**

Advantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

Disadvantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

d) The couple would like to borrow money from a local bank to buy their first home. What is this type of loan called?  
\_\_\_\_\_ (1)

e) Outline **FIVE** brief steps that the couple have to follow to obtain a loan from the bank.

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

f) The couple’s friend, Mark, is renting a small apartment on his own but he is finding it very difficult to keep up with all his payments due to his low income. The couple has advised him to try to cut down on his electricity bills.  
Give **TWO** guidelines to help Mark reduce his electricity bills.

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

g) The couple also advised Mark to insulate his apartment. Why do you think that a well-insulated apartment would help Mark?

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

**(Total: 20 marks)**

6. a) John is a retired 66-year-old teacher. His wife passed away a few years ago and he lives on his own.

Identify **THREE** ways how John can keep active.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

b) Maria is a 70-year-old who suffers from osteoarthritis and other conditions that do not allow her to be sufficiently physically mobile. She lives on her own as her husband died a year ago. She has three children and five grandchildren.

i. Suggest **THREE** simple ways how Maria’s home can be adapted to become more adequate for her needs.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

ii. At times, the elderly lady feels rather scared and lonely at home. Mention **TWO** ways how she can ease these feelings and still live at home.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

c) Elderly people like Maria are encouraged to continue living in their own home as much as possible.

i. Identify **ONE** advantage and **ONE** disadvantage of having elderly people who live in their own home.

Advantage:

- \_\_\_\_\_ (1)

Disadvantage:

- \_\_\_\_\_ (1)

ii. Mention **TWO** elderly and community care services that Maria could consider applying for to help her continue living in her own home.

- Name of service 1 - \_\_\_\_\_
- Name of service 2 - \_\_\_\_\_ (1)

***This question continues on next page.***

iii. Choose **ONE** of the services mentioned in part (c) ii and justify how this will help Maria.

Name of service chosen: \_\_\_\_\_

How can this service be helpful to Maria?

- \_\_\_\_\_  
\_\_\_\_\_ (1)

d) Elderly people like Maria may decide to move to a residential home.

i. Explain **TWO** advantages and **ONE** disadvantage that Maria may face if she chooses to live in a residential home.

Advantages:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

Disadvantage:

- \_\_\_\_\_ (1)

e) One of Maria’s daughters offered her mother to go and live with her family. Identify **TWO** ways how she may help her mother to adjust easily and feel comfortable to live with them.

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_ (2)

f) According to an article posted on a website, ‘the Maltese have a very good life expectancy and the Maltese citizens live 90% of their life in a good state of health. Life expectancy in Malta is also higher than the European average, which is 81.9 years of age, while the European average is 80.6 years.

*Source: www.tvn.com.mt 28<sup>th</sup> November 2017*

List **THREE** factors that might have increased life expectancy over the years.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

**(Total: 20 marks)**

7. a) Good health, safety and well-being are essential for the development of children.

i. Young children are more prone to accidents inside the home. Explain.

\_\_\_\_\_ (1)

\_\_\_\_\_

ii. Identify **TWO** possible accidents that young children are prone to in the bathroom and explain how to avoid them.

Accident 1: \_\_\_\_\_

Avoiding the accident: \_\_\_\_\_

\_\_\_\_\_

Accident 2: \_\_\_\_\_

Avoiding the accident: \_\_\_\_\_

\_\_\_\_\_ (3)

iii. Explain how you would treat a minor burn and a minor cut on a child.

Treating a burn:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

Treating a cut:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

iv. Suggest **TWO** ways how a home can be made safer for a toddler.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

***Please turn the page.***

- b) Obesity is a major health problem which the young generation is facing.
- i. Name **ONE** factor that might have led to an increase in overweight and obese Maltese children.

\_\_\_\_\_ (1)

- ii. Identify **THREE** ways how schools in Malta can encourage children to have a healthy weight and lead a healthy lifestyle.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

- iii. Explain **THREE** ways how the health authorities can help to promote a healthy lifestyle amongst children and their families.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

- iv. Describe **THREE** long-term effects that a high rate of overweight and obese children may have on society.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

**(Total: 20 marks)**

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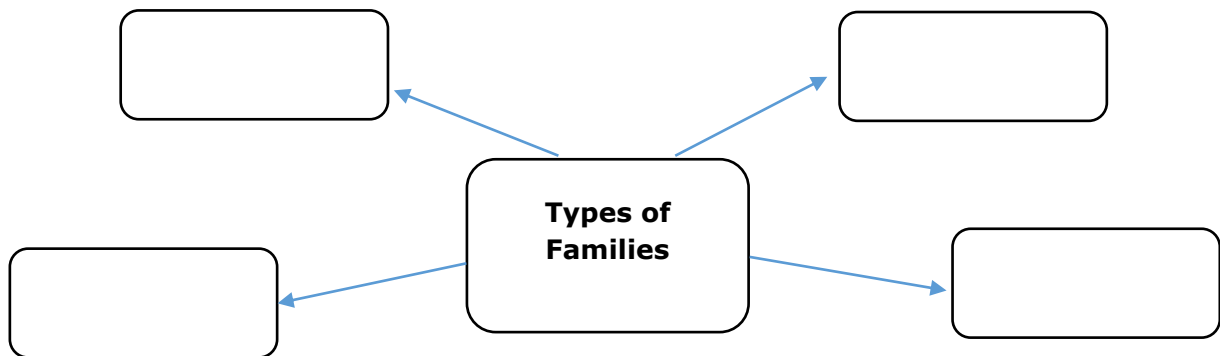


SUBJECT: **Home Economics**  
 PAPER NUMBER: IIB  
 DATE: 27<sup>th</sup> April 2018  
 TIME: 4:00 p.m. to 6:05 p.m.

**Section ONE: Answer ALL questions.**

1. Different types of families can be found in today's society, both in Malta and abroad.

a) In the web chart below, write down **FOUR** different types of families.



(2)

b) Joanne and Paul are married and have two children, Sarah, 12 and Alex, 10. Recently, Joanne returned back to her full-time job after having spent several years at home looking after the home and family.

i) Write **TWO** advantages and **TWO** disadvantages on the family of having women like Joanne who decide to get a job outside the home.

Advantages:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

Disadvantages:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

ii) Describe **TWO** ways how Paul can help his wife now that she has returned to work.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

***This question continues on next page.***

c) Give **FOUR** examples of how Sarah and Alex can help their parents.

- \_\_\_\_\_ • \_\_\_\_\_
- \_\_\_\_\_ • \_\_\_\_\_ (2)

**(Total: 10 marks)**

2. Kylie, a 16-year-old student, is saving money to buy a new mobile phone. She would like to buy the same model that her friend bought a week ago. Kylie does not know all her consumer rights and responsibilities.



a) Who is the consumer?

\_\_\_\_\_ (1)

b) Name **TWO** factors that will influence Kylie when deciding which mobile phone to buy.

- \_\_\_\_\_ • \_\_\_\_\_ (1)

c) Identify **TWO** consumer rights and **TWO** consumer responsibilities that Kylie should know.

Consumer right 1: \_\_\_\_\_ (1)

Consumer right 2: \_\_\_\_\_ (1)

Consumer responsibility 1: \_\_\_\_\_ (1)

Consumer responsibility 2: \_\_\_\_\_ (1)

d) Kylie bought her mobile phone. After a month the mobile phone stopped working. What should Kylie do in such a situation?

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

**(Total: 10 marks)**

3. Emilia and Norbert shop regularly from a supermarket.

a) What are the benefits of shopping from a supermarket?

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

b) Name **TWO** other shopping outlets that this couple could use to do their shopping.

- \_\_\_\_\_ • \_\_\_\_\_ (1)

c) Choose **ONE** shopping outlet from the above in part (b) and outline **ONE** advantage and **ONE** disadvantage.

Shopping outlet: \_\_\_\_\_

Advantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

Disadvantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

d) How can the couple avoid overspending when shopping from a supermarket?

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

e) Name **TWO** modern techniques that supermarkets make use of to encourage people to buy more products. *An example has been given.*

*Example: Essential items are placed at the far end of the supermarket.*

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

f) Name **TWO** methods of payment.

- \_\_\_\_\_ • \_\_\_\_\_ (1)

**(Total: 10 marks)**

***Please turn the page.***

4. A refrigerator is one of the most important pieces of equipment found in the kitchen. This makes the correct choice and usage very important.

a) How would you ensure that a refrigerator is the most energy-efficient?

\_\_\_\_\_ (1)

b) Why is it important to buy an energy-efficient refrigerator?

\_\_\_\_\_ (1)

c) State **TWO** measures to ensure that the refrigerator works efficiently.

• \_\_\_\_\_ (1)



• \_\_\_\_\_ (1)

d) How can you dispose of an old refrigerator?

\_\_\_\_\_ (1)

e) Various Maltese families are investing in alternative energy sources in their homes.

i. Identify the **TWO** types of systems shown in the pictures below, which are commonly seen on the roofs of various Maltese households.

 <p><a href="http://www.indiamart.com/">www.indiamart.com/</a></p>	 <p><a href="http://www.tvn.com.mt/">www.tvn.com.mt/</a></p>
<p>• _____</p>	<p>• _____</p>

(1)

ii. Why are the above systems beneficial to Maltese families?

• \_\_\_\_\_ (1)

• \_\_\_\_\_ (1)

f) Some families in Malta are also investing in electric cars. Why is having an electric car useful to Maltese families?

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

**(Total: 10 marks)**

**Section TWO: Answer all questions**

5. Ella and Andrew are looking for a new home to start their family. They have not yet decided which type of accommodation would best suit their needs.

a) Describe the following types of accommodation:

i. Terraced house:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

ii. Town house:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

iii. Maisonette:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

b) What factors should the couple consider when deciding which type of accommodation is the most suitable for them?

- \_\_\_\_\_ (1)
- \_\_\_\_\_ (1)

c) The couple decided to speak to an estate agent and at the same time look into different property magazines.

i. What is an estate agent?

- \_\_\_\_\_ (1)

***This question continues on next page.***

ii. Outline **ONE** advantage and **ONE** disadvantage of using an estate agent and the property magazines.

**Estate agent**

Advantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

Disadvantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

**Property magazines**

Advantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

Disadvantage: \_\_\_\_\_  
\_\_\_\_\_ (1)

d) The couple does not have all the money required, so they need to borrow money from a local bank to buy their first home. What is this type of loan called?  
\_\_\_\_\_ (1)

e) Give **ONE** advantage and **ONE** disadvantage of borrowing money to buy a house.  
Advantage: \_\_\_\_\_ (1)  
Disadvantage: \_\_\_\_\_ (1)

f) How can the couple save on their electricity bills in the future?  
• \_\_\_\_\_ (1)  
• \_\_\_\_\_ (1)

g) Identify **TWO** ways how the couple can save on water.  
• \_\_\_\_\_ (1)  
• \_\_\_\_\_ (1)

**(Total: 20 marks)**

6. a) Define the term senior citizens.

\_\_\_\_\_ (1)

b) John is a retired 66-year-old teacher. His wife passed away a few years ago and he now lives on his own.

i. Give **THREE** examples of how John can keep active.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

c) Maria is an elderly woman who suffers from mobility problems. She lives on her own as her husband died a year ago.

i. Suggest **THREE** simple changes that Maria can make to her home to make it more suitable for her needs.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

ii. Mention **TWO** things that Maria can do to feel less scared and lonely while still living in her home.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

d) Elderly people like Maria are encouraged to continue living in their own home.

i. Write down **ONE** advantage and **ONE** disadvantage of having elderly people who live in their own home.

Advantage:

- \_\_\_\_\_ (1)

Disadvantage:

- \_\_\_\_\_ (1)

***This question continues on next page.***

ii. Maria decides to apply for the *Home Help service* and the *Meals on Wheels service*. How will each of these services be helpful to Maria?

- Home Help service - \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

- Meals on Wheels service - \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (1)

e) Elderly people like Maria may decide to move to an elderly people’s home.

i. Explain **ONE** advantage and **ONE** disadvantage that Maria may face if she decides to go and stay in an elderly people’s home.

Advantage:

- \_\_\_\_\_ (1)

Disadvantage:

- \_\_\_\_\_ (1)

f) One of Maria’s daughters offered her mother to go and live with her family.

i. Suggest **THREE** ways that can help Maria to get used to living with her daughter’s family.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

ii. Her daughter has two teenage children. Give **TWO** examples of how these teenagers can help their grandmother to get used to this change.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

**(Total: 20 marks)**



7. a) Good health, safety and well-being are essential for the development of children.

i. Identify **TWO** possible accidents that young children are prone to in the bathroom and explain how to avoid them.

Accident 1: \_\_\_\_\_

Avoiding the accident: \_\_\_\_\_

Accident 2: \_\_\_\_\_

Avoiding the accident: \_\_\_\_\_

\_\_\_\_\_ (3)

ii. Define the term first aid.

\_\_\_\_\_  
\_\_\_\_\_ (1)

iii. State why proper first aid is important in case of an accident.

\_\_\_\_\_  
\_\_\_\_\_ (1)

iv. Apart from home, write down another **TWO** places where one should expect to find a first aid box.

- \_\_\_\_\_
- \_\_\_\_\_ (1)

v. Explain how to treat a minor burn and a minor cut on a child.

Treating a burn:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

Treating a cut:

- \_\_\_\_\_
- \_\_\_\_\_ (2)

***This question continues on next page.***

vi. Suggest **TWO** ways how a home can be made safer for a toddler.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

b) Obesity is a major health problem affecting Maltese children.

i. Name **ONE** factor for the increase in overweight and obese Maltese children.

\_\_\_\_\_ (1)

ii. Jeremy is a nine-year-old overweight child. Identify **THREE** ways that can help Jeremy and other children like him to have a healthy weight.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (3)

iii. Jeremy attends primary school and his school is organising a healthy living week. Suggest **TWO** activities that can be organised during this week.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

iv. Describe **TWO** consequences that Jeremy could suffer from now and/or in the future if he does not lose weight.

- \_\_\_\_\_
- \_\_\_\_\_ (2)

**(Total: 20 marks)**

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