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SUBJECT: **Home Economics**  
 PAPER NUMBER: I  
 DATE: 25<sup>th</sup> April 2019  
 TIME: 4:00 p.m. to 6:05 p.m.

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Answer **ALL** questions.

1. Food safety and hygiene are essential for the prevention of food poisoning.

a. Identify the conditions that food poisoning bacteria need in order to grow and multiply in food.

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

b. John has bought the ingredients to make a chicken salad. He bought a variety of vegetables and a chicken breast to go in this salad. He needs **TWO** pieces of advice on how he can prevent food poisoning when:

i. buying and storing the ingredients;

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

ii. preparing and cooking the chicken salad.

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

c. Define the term piping hot temperature.

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

**(Total: 7 marks)**

***Please turn the page.***

2. One of the dietary guidelines suggests that we cut down on fats especially those which are saturated.

a. Which **FOUR** of the following foods contain a high amount of saturated fat? Tick  in the appropriate boxes.

- |                                 |  |                                      |
|---------------------------------|--|--------------------------------------|
| <input type="checkbox"/> butter | <input type="checkbox"/> double cream  | <input type="checkbox"/> olive oil   |
| <input type="checkbox"/> salmon | <input type="checkbox"/> streaky bacon | <input type="checkbox"/> avocados    |
| <input type="checkbox"/> lard   | <input type="checkbox"/> nuts          | <input type="checkbox"/> carrots (2) |

b. State **TWO** consequences of a diet that is too high in saturated fat.

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

c. Suggest **THREE** practical ways how we can cut down on saturated fat.

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

d. Another dietary guideline encourages people to use healthy methods of cooking. State **TWO** healthy methods of cooking that help to promote a low-fat diet.

- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)

e. We are also advised to increase the amount of dietary fibre that we consume. Suggest **TWO** ways how a cook can increase dietary fibre when preparing the following foods:

i. a rice/pasta dish;

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

ii. a cake using the rubbing-in method.

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

**(Total: 12 marks)**

3. Many schools have strict rules related to the packed lunches that children bring from home.

a. Give **TWO** reasons why children should take healthy packed lunches to school.

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

b. Ben, a seven-year-old boy, never eats the sandwich that his parents prepare for his school lunch. He is bored of eating the same lunch every day. His parents do not know what they can prepare for him to encourage him to eat his lunch.

Suggest **FOUR** suitable foods that Ben’s parents can prepare for him as school lunch.

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

c. Suggest **FOUR** factors that Ben’s parents should keep in mind when choosing what to prepare for their son.

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

d. Identify **ONE** environment friendly packaging that would be suitable to pack a school lunch.

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

**(Total: 11 marks)**

***Please turn the page.***

4. a. Cereals are often referred to as a staple food. Define the term staple food.

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

b. The following nutrition information tables were taken from two breakfast cereals that are sold on the local market.

	<b>Breakfast Cereal 1</b> Typical Value Per 100g	<b>Breakfast Cereal 2</b> Typical Value Per 100 g
Energy	454kcal	351kcal
Fat	16.7g	4.3g
of which saturates	4.3g	0.8g
Carbohydrates	64.3g	54g
of which sugars	26.1g	14g
Fibre	5.8g	22g
Protein	8.8g	13g

i. Read the above nutrition information tables. Which breakfast cereal is the better option?

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

ii. Give **THREE** valid reasons for your answer.

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

c. List **FOUR** rice dishes in which rice is used as a main ingredient.

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

d. Give **TWO** reasons why wholegrain rice is a better choice than white rice.

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

**(Total: 8 marks)**

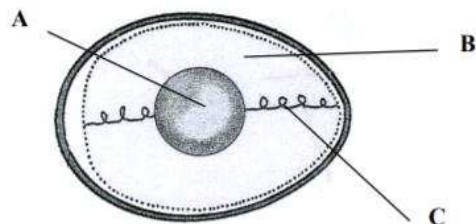
5. Eggs are easy to cook and make a very versatile ingredient for both savoury and sweet dishes.

a. Outline the nutritional value of eggs.



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

b. Name the parts of the egg labelled as A, B and C.

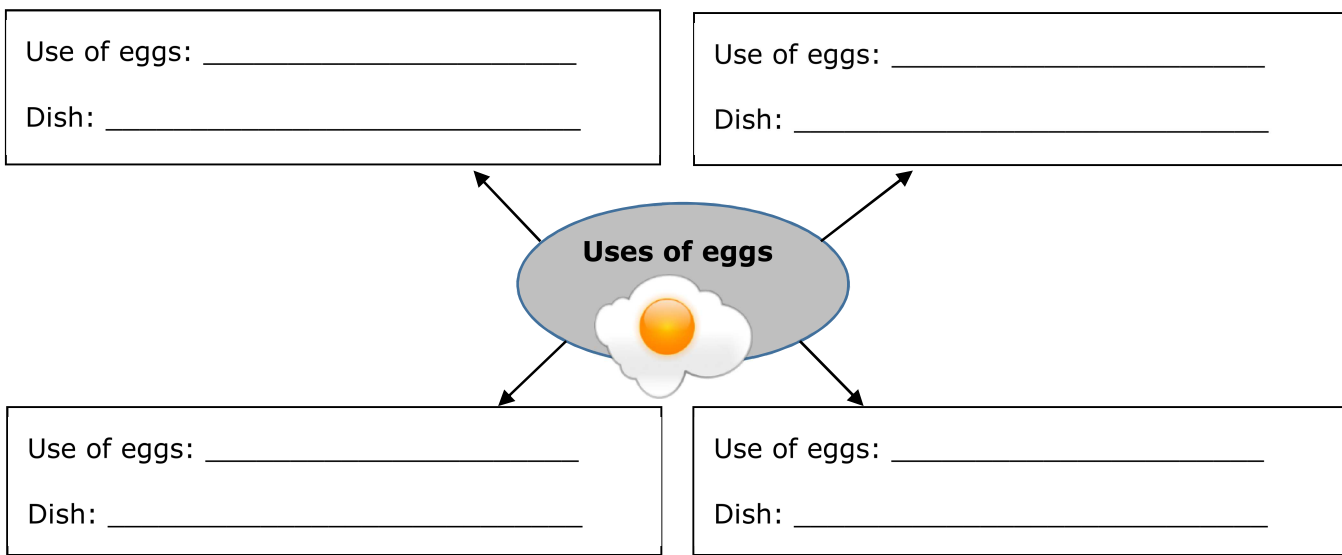


A \_\_\_\_\_  
B \_\_\_\_\_  
C \_\_\_\_\_ (1½)

c. Outline the role of the shell membrane in an egg.

\_\_\_\_\_ (½)

d. In the diagram below, list the culinary uses of eggs and suggest **ONE** dish for each use.



(4)

e. Eggs could contain salmonella bacteria. Give **ONE** way how to store and **ONE** way how to prepare eggs safely.

Safe storage: \_\_\_\_\_ (1)

Safe preparation: \_\_\_\_\_ (1)

**(Total: 10 marks)**

6. A large percentage of the human body is made up of minerals. Calcium is one of these important minerals.

a. Identify **TWO** functions of calcium in the body.

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

b. Name the vitamin which helps the body to absorb calcium.

Name of vitamin: \_\_\_\_\_ (1)

c. List **THREE** food sources of calcium and of the vitamin named in part (b).

Sources of Calcium	Sources of Vitamin

(3)

d. Name a non-food source of this vitamin. \_\_\_\_\_ (1)

e. Lack of calcium in the diet can result in a deficiency disease in childhood and adulthood. Identify the deficiency disease in both childhood and adulthood.

Deficiency in childhood: \_\_\_\_\_ (½)

Deficiency in adulthood: \_\_\_\_\_ (½)

f. Explain **TWO** factors that increase the risk of developing the adulthood deficiency disease.

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

**(Total: 10 marks)**

7. Food intolerance is common among both adults and children.

a. Identify **FOUR** common foods which cause food intolerance.

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

b. People with coeliac disease are unable to eat certain cereals. Identify them.

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

c. Explain **THREE** symptoms that persons suffering from coeliac disease would suffer from if the above mentioned foods continue to be consumed.

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

d. Name the protein which people with coeliac disease lack.

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

e. Plan a main meal and a dessert suitable for someone with coeliac disease.

Main meal: \_\_\_\_\_ (1)

Dessert: \_\_\_\_\_ (1)

**(Total: 10 marks)**

***Please turn the page.***

8. The following information is displayed on the food label of a cake mix.

**Super Moist Cake Mix**

**Cake Ingredients:**

sugar, water, wheat flour, fat reduced cocoa powder, pasteurized egg, glucose, hydrogenated vegetable fat, emulsifiers (E322, E471, E470, 435), skimmed milk powder, whey powder, maize starch, anti-caking agent (propylene glycol), sorbitol, stabilizer (guar gum E 412), antioxidant (citric acid), vanillin.



*Adapted from www.bettycrocker.com*

a. Name the food additives listed above and outline the function of each.

Food additives	Function
i. _____	_____
ii. _____	_____
iii. _____	_____
iv. _____	_____

(6)

b. Identify **TWO** reasons why additives are used in food products.

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

c. On the food label above, there is an E-number. What is an E-number?

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

d. Why is it important that manufacturers list all the additives used in food products?

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

**(Total: 10 marks)**



9. The Vella family enjoys preparing home-made foods. They plan to invite friends over for Sunday lunch and will be baking home-made bread.

a. Identify the raising agent used in bread making.

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



source: maangchi.com

b. What does the above raising agent produce during fermentation?

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

c. Suggest a suitable type of flour the Vella family should use. Give a reason for your choice of flour.

Type of flour: \_\_\_\_\_ (1/2)

Reason for choice: \_\_\_\_\_

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

d. Name **THREE** conditions necessary for the bread dough to rise.

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

e. Suggest **TWO** savoury and **TWO** sweet dishes that they can make using the bread dough.

**Savoury dishes**

**Sweet dishes**

- |         |             |
|---------|-------------|
| • _____ | • _____     |
| • _____ | • _____ (2) |

f. Suggest **FIVE** ingredients which could be added to the bread dough to make it healthier.

- |         |               |
|---------|---------------|
| • _____ | • _____       |
| • _____ | • _____       |
| • _____ | _____ (2 1/2) |

**(Total: 10 marks)**

***Please turn the page.***

10. Food packaging serves various functions and manufacturers spend a lot of money on the packaging of food.

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

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

b. A local company that produces tomato sauces is launching a new sauce on the market. The manufacturers are undecided about whether to pack this new sauce in a glass jar or in a metal can.

i. Identify **THREE** advantages of using glass for the packaging of food.

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

ii. Identify **THREE** disadvantages of using glass for the packaging of food.

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

c. State another **TWO** food products that are commonly sold in a glass jar.

- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)

d. Suggest **TWO** simple measures that consumers can put into practice in order to reduce the negative impact of food packaging on the environment.

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

**(Total: 12 marks)**

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SUBJECT: **Home Economics**  
 PAPER NUMBER: IIA  
 DATE: 29<sup>th</sup> April 2019  
 TIME: 9:00 a.m. to 11:05 a.m.

**Section ONE: Answer ALL questions.**

1. Using organic farming methods over traditional ones is another way how we can safeguard the environment.

a. Explain briefly the term organic farming.

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

b. State **TWO** advantages of using organic vegetables when cooking, when compared to traditionally farmed ones.

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

Advantage 2: \_\_\_\_\_  
 \_\_\_\_\_ (1)

c. Identify **TWO** disadvantages of organic farming from the farmer's point of view.

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

Disadvantage 2: \_\_\_\_\_  
 \_\_\_\_\_ (1)

d. The following symbol may sometimes be seen on pre-packaged foods.



i. What is the name of this symbol?

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

ii. What information would this symbol be passing on to the consumer?

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

e. Sometimes we may also purchase products carrying the special claim below.



i. What does the abbreviation GMO stand for?

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

ii. State **ONE** of the benefits of choosing products claiming that they do not contain GMO ingredients.

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

**(Total: 10 marks)**

2. Katya works full time and she is expecting her first child. She is still at the very early stages of her pregnancy and so is still learning about the dos and don'ts of this special time.

a. i. Explain the reason why folic acid is essential before and during the first twelve weeks of pregnancy.

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

ii. Suggest **TWO** foods that contain a high amount of folic acid.

- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)

b. Give a reason why Katya is advised **not** to eat liver and liver products while she is pregnant.

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

c. One of the dietary guidelines suggests that babies should possibly be breastfed at least for the first 6 months of their life.

i. Identify **TWO** advantages of breastfeeding.

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

ii. Identify **TWO** disadvantages of breastfeeding.

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

d. Mention **TWO** social benefits that Katya will be entitled to after having her baby.

- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)

e. Outline **TWO** ways how her partner can involve himself in caring for their new born baby.

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

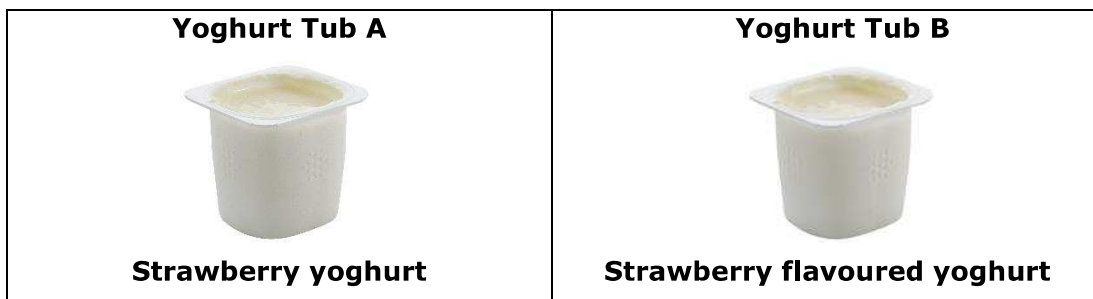
**(Total: 10 marks)**

3. Before purchasing food products, people are encouraged to read food labels.

a. Identify **THREE** pieces of information that manufacturers must include on food labels.

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

b. While shopping in a local supermarket, you see the following two different yoghurt tubs.



i. Would you expect these two products to be the same? Tick  the correct answer.

Yes  No  (½)

ii. Give a detailed reason for your answer.

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

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

iii. Would it be wiser to choose yoghurt tub A or yoghurt tub B?

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

c. Sometimes people opt to do their food shopping online.

i. Identify **TWO** advantages of using this practice.

• \_\_\_\_\_ (1)

• \_\_\_\_\_ (1)

ii. Identify **TWO** disadvantages of using this practice.

• \_\_\_\_\_ (1)

• \_\_\_\_\_ (1)

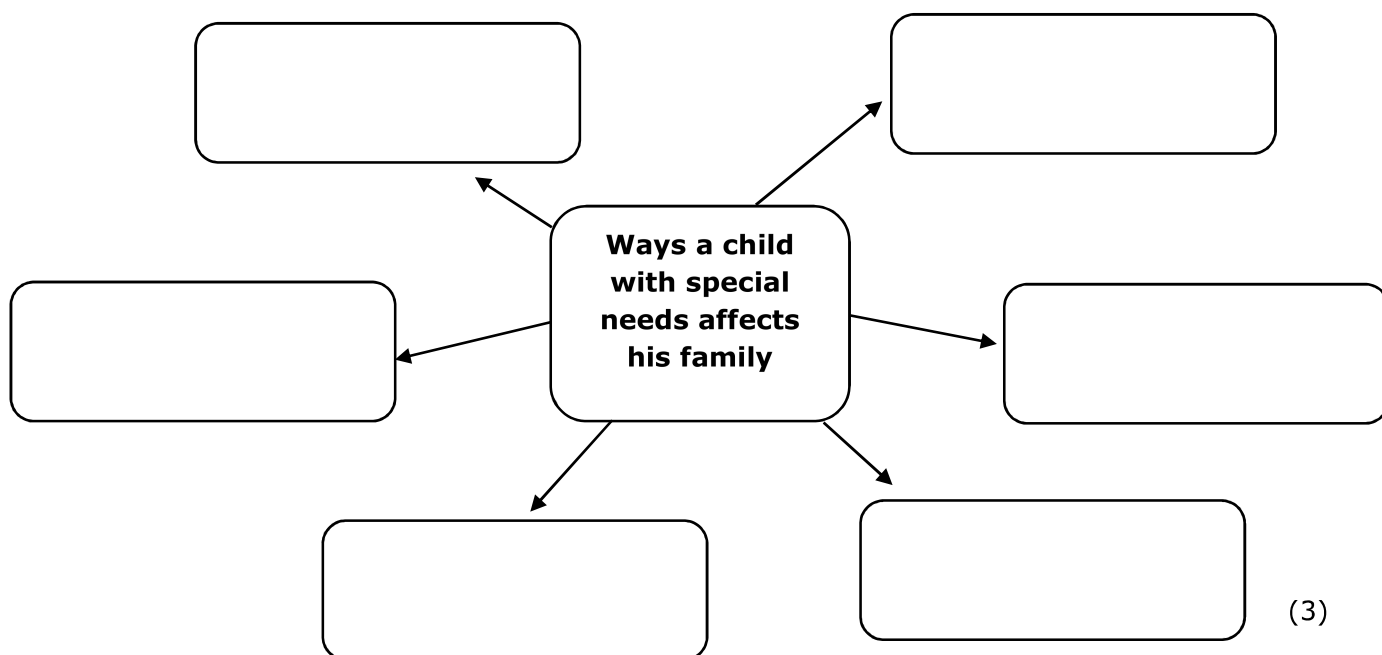
**(Total: 10 marks)**

4. A couple with two children, Maria aged seven and Samuel aged thirteen, have moved into a new larger house. Their next door neighbour Tania, has an eight-year-old son with a physical disability.

a. Explain what physical disability is.

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

b. In the web chart below, identify **SIX** ways how the eight-year-old child with special needs affects his family.



(3)



c. Every Saturday morning, Samuel goes to help his neighbour and her son. Identify **TWO** ways Samuel can help:

i. his neighbour;

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

ii. the child with a physical disability.

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

d. Tania is concerned that eventually when her child grows up, he goes to live on his own. List **ONE** advantage and **ONE** disadvantage a person with disability may encounter if living on his own.

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

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

**(Total: 10 marks)**

**Section TWO: Answer all questions**

5. A young couple are purchasing their washing machine and need some help in deciding whether to purchase a top loader or a front loader automatic washing machine.

a. Outline **ONE** advantage and **ONE** disadvantage for each type of washing machine.

i. **Top loader**

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

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

ii. **Front loader**

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

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

b. Identify **TWO** possible safety features the couple should look for when buying their automatic washing machine.

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

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

• \_\_\_\_\_  
\_\_\_\_\_ (1)

c. Describe how washing powder or liquid cleans clothes.  
\_\_\_\_\_  
\_\_\_\_\_ (1)

d. Identify **ONE** important detergent this couple could use when laundering their clothes.  
\_\_\_\_\_ (½)

e. Give **TWO** ingredients present in washing powders.  
\_\_\_\_\_ (1)

f. Explain how the ingredients identified in part (e) work during the laundering of clothes.  
Ingredient 1: \_\_\_\_\_  
\_\_\_\_\_ (1)

Ingredient 2: \_\_\_\_\_  
\_\_\_\_\_ (1)

g. Describe **TWO** environmentally friendly features the couple should look for when purchasing their detergents.  
Feature 1: \_\_\_\_\_ (1)

Feature 2: \_\_\_\_\_ (1)

h. Give **ONE** reason for each of the following:  
i. close all zip fasteners;  
Reason: \_\_\_\_\_  
\_\_\_\_\_ (1)

ii. check all pockets;  
Reason: \_\_\_\_\_  
\_\_\_\_\_ (1)

iii. test a new garment for colour fastness;

Reason: \_\_\_\_\_  
\_\_\_\_\_ (1)

iv. add a water softener with laundry and washing machine.

Reason: \_\_\_\_\_  
\_\_\_\_\_ (1)

i. The couple both have full-time jobs and were thinking of buying a tumble drier. Identify **ONE** benefit and **ONE** weakness of owning a tumble drier.

Benefit: \_\_\_\_\_ (1)

Weakness: \_\_\_\_\_ (1)

j. Identify an environmentally friendly alternative the couple could use to dry up their laundry. Give **ONE** reason why this method is more beneficial to the couple and to the environment.

Alternative method to dry laundry: \_\_\_\_\_ (½)

Reason: \_\_\_\_\_ (1)

**(Total: 20 marks)**

6. a. State **TWO** reasons why playing is considered as an essential part of a child’s education and development.

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

b. It is essential that when buying toys for young children we check that they are safe. Mention **FOUR** safety features that should be considered when choosing toys.

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

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

c. Look at the diagram below.



Source: wowtutorial.org

State **THREE** things that a child can learn whilst playing with this toy.

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

d. Look carefully at the toys below. Next to each toy, write **ONE** of the following age groups to suggest for who you think each toy is recommended. The age groups are the following: **0 to 1 year; 1 to 3 years; 3 to 5 years.**

Toy	Recommended age group
 <p>Activity learning table</p> <p>Source: vtechkids.ca</p>	<p>_____</p>
 <p>Cot mobile</p> <p>Source: finditforless.co.uk</p>	<p>_____</p>
 <p>Baby walker</p> <p>Source: petersofkensington.com.au</p>	<p>_____</p>
 <p>Papers and scissors</p>	<p>_____</p>

( $\frac{1}{2} \times 4 = 2$ )

e. Every year, several children are involved in accidents in the home. Describe the type of accident which each of the following gadgets may prevent:

Safety gadget	Accident being prevented
Safety gates near stairs	<hr/>
Rubber corner covers	<hr/>
Electric plug socket covers	<hr/>

(3)

f. Describe the first aid that should be given in the following situations.

i. A child who has a nosebleed.

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(2)

ii. A child who seems to have fractured his arm.

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(2)

g. Parents are responsible for their children’s health. An important part of this is to ensure that they properly look after their children’s teeth.

Identify **TWO** ways how parents can help their young kids to look after their teeth properly.

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

**(Total: 20 marks)**

7. The Borg family will be buying some new labour saving devices.

a. What are labour saving devices?

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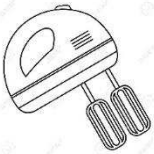



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(1)

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

- b. The following new labour saving devices will be chosen for their kitchen. For each of the following labour saving devices:
- identify the name;
  - describe **ONE** correct purpose; and
  - identify **ONE** dish or beverage which could be prepared using the device.

Device and Name	Correct purpose	One dish or beverage
<p>Name of equipment: _____ (1/2)</p>  <p>Source: <a href="http://www.123rf.com/">www.123rf.com/</a></p>	<p>Purpose: _____ _____ _____ (1)</p>	<p>Dish or beverage: _____ (1/2)</p>
<p>Name of equipment: _____ (1/2)</p>  <p>Source: <a href="http://www.clipartpanda.com">www.clipartpanda.com</a></p>	<p>Purpose: _____ _____ _____ (1)</p>	<p>Dish or beverage: _____ (1/2)</p>
<p>Name of equipment: _____ (1/2)</p>  <p>Source: <a href="http://www.123rf.com">www.123rf.com</a></p>	<p>Purpose: _____ _____ _____ (1)</p>	<p>Dish or beverage: _____ (1/2)</p>
<p>Name of equipment: _____ (1/2)</p>  <p>Source: <a href="http://pngtree.com">pngtree.com</a></p>	<p>Purpose: _____ _____ _____ (1)</p>	<p>Dish or beverage: _____ (1/2)</p>

c. The Borg family will also be using their food mixer which they got as a present on their 25<sup>th</sup> anniversary.

i. Identify **ONE** advantage and **ONE** disadvantage of owning a food mixer.




Advantage:

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

Disadvantage:

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

ii. The food mixer has a number of attachments. Give the name and state **ONE** use for each attachment below.

 <p><i>Source: picclick.com</i></p>	<p>Name: _____ (½)</p> <p>Use: _____ (1)</p>
 <p><i>Source: www.kitchenaid.com.au</i></p>	<p>Name: _____ (½)</p> <p>Use: _____ (1)</p>
 <p><i>Source: www.buzzfeed.com</i></p>	<p>Name: _____ (½)</p> <p>Use: _____ (1)</p>

iii. Point out **TWO** safety rules to follow when using a food mixer.

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

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

d. Mrs Borg needs to replace her office kettle jug with a new one as it is no longer working. The below electric kettle jug with the design features outlined is chosen.



Explain why this electric kettle is suitable for:

i. use in an office;

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

ii. someone who has hearing difficulties.

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

e. Some labour saving devices carry the following safety mark. Identify the name of the following safety mark.



Name of safety mark: \_\_\_\_\_ (1/2)

**(Total: 20 marks)**





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SUBJECT:	<b>Home Economics</b>
PAPER NUMBER:	IIB
DATE:	29 <sup>th</sup> April 2019
TIME:	9:00 a.m. to 11:05 a.m.

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**Section ONE: Answer ALL questions.**

1. Using organic farming methods over traditional ones is another way how we can safeguard the environment.

a. Underline the correct definition for organic farming. (1)

i. Organic farming uses traditional non-intensive methods, without artificial fertilisers, pesticides or growth hormones.

ii. Organic farming uses artificial fertilisers, pesticides and growth hormones.

iii. Organic farming uses a combination of artificial and natural fertilisers, pesticides and growth hormones.

b. Both organic farming and traditional farming methods have their own advantages.

i. State **TWO** advantages of using organic farming methods.

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

Advantage 2: \_\_\_\_\_  
\_\_\_\_\_ (1)

ii. State **TWO** advantages of using traditional farming methods.

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

Advantage 2: \_\_\_\_\_  
\_\_\_\_\_ (1)

***Please turn the page.***

c. The following symbol may sometimes be seen on pre-packaged foods.



i. What is the name of this symbol?

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

ii. What does this symbol mean for the consumer?

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

iii. Food products with this label tend to be more expensive. Is this statement true or false? \_\_\_\_\_ (1)

d. Sometimes we may also purchase products carrying the special claim below, where GMO stands for genetically modified organisms.



Underline the correct explanation for genetic modification. (1)

- i. Scientists add special chemicals to the genes of the crops.
- ii. Scientists alter genes and change certain features of a plant.
- iii. Scientists create a new plant in a laboratory.

e. State **ONE** of the benefits of choosing products claiming that they do not contain GMO ingredients.

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

**(Total: 10 marks)**

2. Katya works full time and she is expecting her first child. She is still at the very early stages of her pregnancy and so is still learning about the dos and don'ts of this special time.

a. Identify **THREE** important dietary and lifestyle changes that a pregnant mother needs to make.

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

b. One of the dietary guidelines suggests that babies should possibly be breastfed at least for the first six months of their life.

i. Identify **TWO** advantages of breastfeeding.

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

ii. Identify **TWO** disadvantages of breastfeeding.

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

c. After having her baby, Katya will avail herself of maternity leave. After this time, she might decide not to return to work to spend more time with her baby. What is the name given to this social benefit?

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

d. What is weaning?

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

e. At what age should a baby be weaned?

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

f. Outline **TWO** ways how her partner can involve himself in caring for their new born baby.

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

**(Total: 10 marks)**

3. Before purchasing food products, people are encouraged to read food labels.

a. Identify **TWO** pieces of information that manufacturers must include on food labels.





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

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

b. List **TWO** reasons why it is important for consumers to check food labels while shopping.

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

c. Sometimes food labels carry symbols that pass on information to consumers. What is the name of each of these symbols?

Symbol	Name of symbol
	<hr/>
	<hr/>
	<hr/>
	<hr/>

(½ x 4 = 2)

d. Maria and Joseph have two young children. They both have full time jobs and often do their supermarket shopping online.

i. Identify **TWO** ways how this can be advantageous to them.

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

ii. Identify **TWO** disadvantages of shopping in this way.

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

**(Total: 10 marks)**

4. A couple with two children, Maria aged seven and Samuel aged thirteen, have moved into a new larger house. Their next door neighbour Tania, has an eight-year-old son with a physical disability.

a. Complete the following sentence by using the words provided.

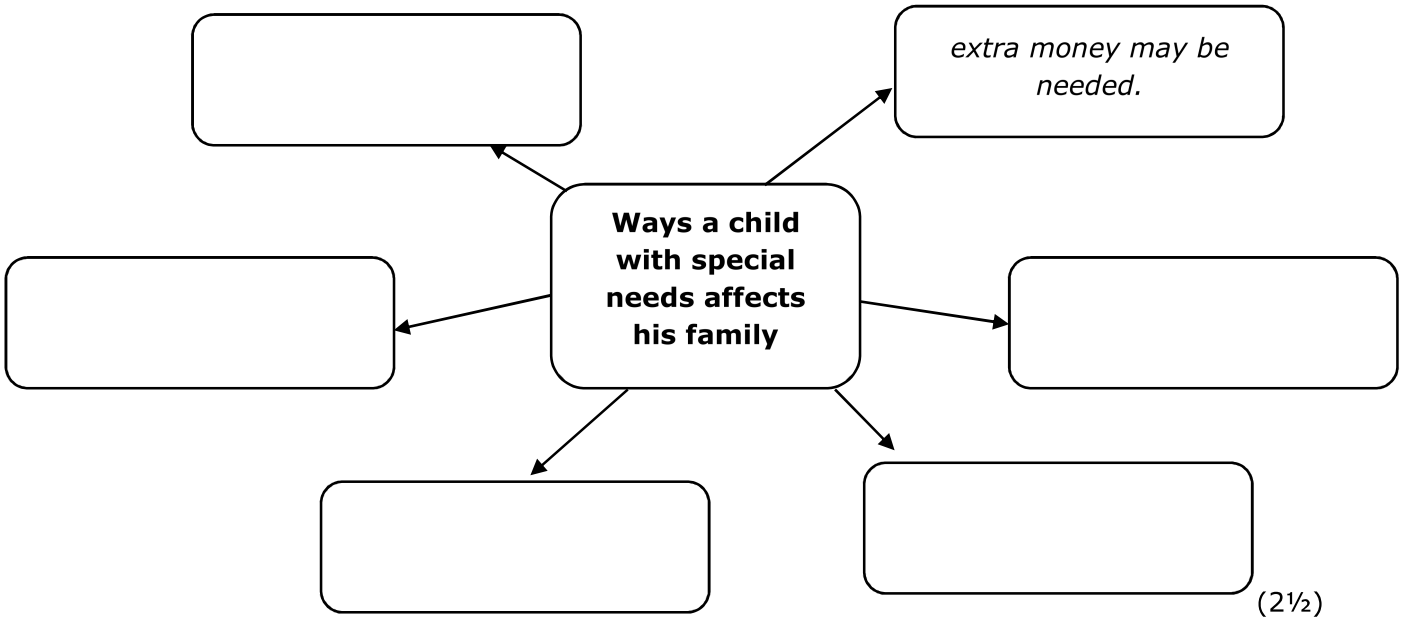
**mobility**

**limitation**

**physical**

A physical disability is a \_\_\_\_\_ on a person's \_\_\_\_\_ functioning, \_\_\_\_\_, dexterity or stamina. (1½)

b. In the web chart below, identify **FIVE** ways the eight-year-old son with special needs affects his family. *An example has been given.*



c. Every Saturday morning, Samuel goes to help his neighbour and her son.

i. How can Samuel help his neighbour?

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

ii. How can Samuel help the child with a physical disability?

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

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

d. Many people with disability go to live on their own.

List **ONE** advantage and **ONE** disadvantage a person with disability may face if living on their own.

Advantage: \_\_\_\_\_

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

Disadvantage: \_\_\_\_\_

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

**(Total: 10 marks)**

**Section TWO: Answer ALL questions.**

5. A young couple, Mark and Alexia, are purchasing their washing machine and need some help in deciding whether to purchase a top loader or a front loader automatic washing machine.



a. Outline **ONE** advantage and **ONE** disadvantage of a top loader and a front loader automatic washing machine.

**i. Top loader**

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

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

**ii. Front loader**

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

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

b. Identify **ONE** possible safety feature the couple should look for when buying their automatic washing machine. *An example has been given.*  
*Example: Overheating protection for the water heater filament.*

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

c. Fill in the missing words using the words provided to describe how washing powder or liquid cleans clothes.

**breaks                      soaks**

A washing powder or liquid helps to make the water 'wetter' so that it \_\_\_\_\_ into fabric immediately, \_\_\_\_\_ up grease, dirt and particles. (1)

d. Identify **ONE** important detergent this couple could use when laundering their clothes.

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

e. The following are the ingredients present in washing powders. Match the function to each ingredient. *The first one has been done as an example.*

	<b>Ingredients</b>		<b>Function</b>
i.	Perfume		to break up proteins stains.
ii.	Optical brighteners		to makes the washing process more efficient.
iii.	Enzymes		to remove stains on white laundry.
iv.	Suds stabilisers		to protect the corrosion of metals.
v.	Phosphates	i	to make clothes smell nice.
vi.	Bleaches		to keep lather down.
vii.	Metal protectors		to make whites look brighter.

(3)

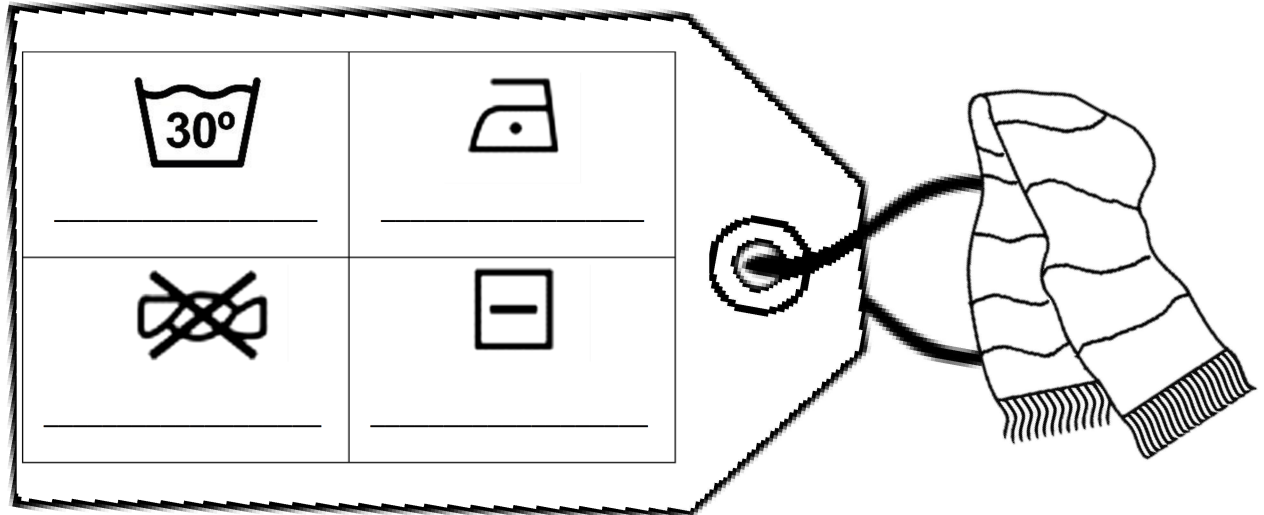
***This question continues on next page.***

f. Describe **TWO** environmentally friendly features that Mark and Alexia should look for when purchasing their detergents.

Feature 1: \_\_\_\_\_ (1)

Feature 2: \_\_\_\_\_ (1)

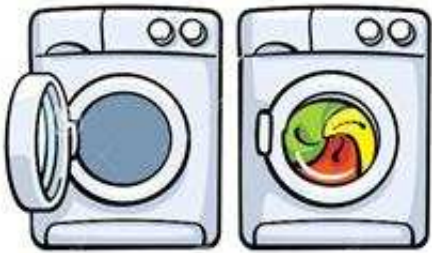

g. A scarf Alexia bought carries the following care label. What do the following symbols mean?



Source: www.worldartsme.com

(4)

h. Identify **ONE** benefit and **ONE** weakness of drying clothes using a tumble drier and drying clothes outside on a line.

<p><b>Drying clothes in a tumble drier</b></p>  <p>Source: dumielauxepices.net</p>	<p><b>Drying clothes outside</b></p>  <p>Source: www.123rf.com</p>
<p>Benefit:</p> <p>_____</p>	<p>Benefit:</p> <p>_____</p>
<p>Weakness:</p> <p>_____</p>	<p>Weakness:</p> <p>_____</p>

(4)

**(Total: 20 marks)**



6. a. State **TWO** reasons why playing is considered as an essential part of a child’s education and development.

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

b. Tick  **TWO** symbols that you expect to find on toys.

(i)



(ii)



(iii)



(1/2 x 2 = 1)

c. Name **ONE** other piece of information that is usually found on toy packaging or toy labels.

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

d. Give the name and the meaning of **ONE** of the symbols in part (b).





Name of chosen symbol: \_\_\_\_\_ (1/2)

Meaning: \_\_\_\_\_

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

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

e. Look carefully at the toys below. Next to each toy, write **ONE** of the following age groups to suggest for who you think each toy is recommended. The age groups are the following: **0 to 1 year; 1 to 3 years; 3 to 5 years.**

Toy	Recommended age group
<p data-bbox="331 409 632 443">Activity learning table</p>  <p data-bbox="539 725 769 752">Source: vtechkids.ca</p>	<hr data-bbox="798 560 1396 564"/>
<p data-bbox="408 757 555 790">Cot mobile</p>  <p data-bbox="483 1050 769 1077">Source: finditforless.co.uk</p>	<hr data-bbox="798 913 1396 918"/>
<p data-bbox="397 1081 566 1115">Baby walker</p>  <p data-bbox="379 1384 769 1413">Source: petersofkensington.com.au</p>	<hr data-bbox="798 1234 1396 1238"/>
<p data-bbox="368 1417 635 1451">Papers and scissors</p> 	<hr data-bbox="798 1570 1396 1574"/>

(1/2 x 4 = 2)

f. A parent intends to buy a tricycle for her son.



Source: ebay.co.uk


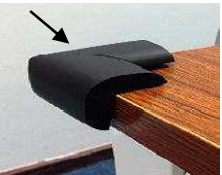

i. She visits a toy shop and sees that there is a vast choice of tricycles to choose from. List **TWO** things that this parent needs to look for when choosing which tricycle to buy.

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

ii. Identify **TWO** ways how this child can benefit from using a tricycle.

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

g. Every year, several children are involved in accidents in the home. Look at the safety gadgets below. For each safety gadget, write the name of the gadget as well as the type of accident that it prevents.

Safety gadget	Name of safety gadget	Accident being prevented
	_____ _____	_____ _____
	_____ _____	_____ _____
	_____ _____	_____ _____

( $\frac{1}{2} \times 3 = 1\frac{1}{2}$ )  
 (1 x 3 = 3)

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

h. Describe the first aid that should be given in the following situations.

i. A child who has a nosebleed.

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

ii. A child who seems to have fractured his arm.

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

**(Total: 20 marks)**

7. The Borg family will be buying some new labour saving devices.

a. Complete the following sentence by filling in the missing words using the words provided.

**short**

**prepare**



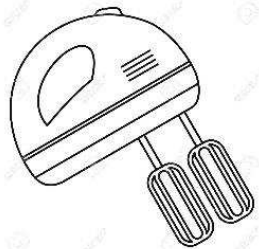




**energy**

**facilitate**

Labour saving devices are pieces of equipment used to \_\_\_\_\_ or  
cook food in a \_\_\_\_\_ time or to  
\_\_\_\_\_ other household chores. This means that labour saving  
devices help us in the kitchen as they save us a lot of time and  
\_\_\_\_\_.

(2)



b. Give the correct name of the following equipment which the Borg family will choose for their kitchen.

<p>Name of equipment:</p> <hr/>  <p>Source: <a href="http://www.123rf.com">www.123rf.com</a></p>	<p>Name of equipment:</p> <hr/>  <p>Source: <a href="http://www.clipartpanda.com">www.clipartpanda.com</a></p>	<p>Name of equipment:</p> <hr/>  <p>Source: <a href="http://www.123rf.com">www.123rf.com</a></p>
<p>Name of equipment:</p> <hr/>  <p>Source: <a href="http://pngtree.com">pngtree.com</a></p>	<p>Name of equipment:</p> <hr/>  <p>Source: <a href="http://www.mayer.sg/product">www.mayer.sg/product</a></p>	<p>Name of equipment:</p> <hr/>  <p>Source: <a href="http://www.elsalvadorla.org">www.elsalvadorla.org</a></p>
<p>Name of equipment:</p> <hr/>  <p>Source: <a href="http://www.pinterest.com">www.pinterest.com</a></p>	<p>Name of equipment:</p> <hr/>  <p>Source: <a href="http://www.360knobs.com">www.360knobs.com</a></p>	<p>(4)</p>

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

c. The Borg family will also be using the following equipment as they still work efficiently.

i. Identify the equipment below and list **THREE** correct uses for each.

<p>Name of equipment:</p> <ul style="list-style-type: none"><li>• _____</li></ul> <p>Correct uses:</p> <ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>  <p>Source: <a href="http://www.clker.com">www.clker.com</a></p>	<p>Name of equipment:</p> <ul style="list-style-type: none"><li>• _____</li></ul> <p>Correct uses:</p> <ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>  <p>Source: <a href="http://worldartsme.com">http://worldartsme.com</a></p>
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(1/2 x 2 = 1)

(1 x 6 = 6)




ii. Identify **ONE** advantage and **ONE** disadvantage of owning a food mixer.

Food mixer

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

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

iii. The food mixer has a number of attachments. State **ONE** use for each attachment.

 <p style="text-align: center;"><i>Source: picclick.com</i></p>	<p>Name: K beater</p> <p>Use: _____ (1)</p>
 <p style="text-align: center;"><i>Source: www.kitchenaid.com.au</i></p>	<p>Name: Hook</p> <p>Use: _____ (1)</p>
 <p style="text-align: center;"><i>Source: www.buzzfeed.com</i></p>	<p>Name: Balloon whisk</p> <p>Use: _____ (1)</p>

iv. Point out **TWO** safety rules to follow when using a food processor and a food mixer.

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

**(Total: 20 marks)**

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