



L-Università  
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE  
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL  
2023 MAIN SESSION**

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SUBJECT: **Home Economics**  
 PAPER NUMBER: I  
 DATE: 23<sup>rd</sup> May 2023  
 TIME: 4:00 p.m. to 6:05 p.m.

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Answer **ALL** questions.

1. The number of people living with diabetes has doubled in the past 20 years making it one of the most important public health challenges facing health systems today.

*Source: <https://www.who.int/news-room/fact-sheets/detail/diabetes>*

- a. What is diabetes?

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

- b. Describe the difference between the following types of diabetes:

i. Type 1 Diabetes: \_\_\_\_\_ (1)

ii. Type 2 Diabetes: \_\_\_\_\_ (1)

- c. Identify **FOUR** symptoms that may indicate that a person could be suffering from diabetes.

• \_\_\_\_\_ • \_\_\_\_\_ (2)

- d. Explain **TWO** dietary measures and **TWO** non-dietary measures that a diabetic person can follow to control the condition.

Dietary measures:

• \_\_\_\_\_ (1)

• \_\_\_\_\_ (1)

Non-dietary measures:

• \_\_\_\_\_ (1)

• \_\_\_\_\_ (1)

e. Being overweight or obese is a risk factor for diabetes. Identify **TWO** other risk factors that can lead a person to develop diabetes.

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

**(Total: 10 marks)**

2. Maria, a woman in her mid-forties, is trying to lose weight. The table below shows the nutritional value of local wholewheat bread and white bread.

<b>Nutrition information of wholewheat bread and white bread per 100g</b>		
	Wholewheat bread	White bread
Energy (kcal)	252	263
Total carbohydrates (g)	42.7	49.1
Protein (g)	12.4	7
Dietary fibre (g)	6	1.8
Sodium (mg)	455	474

*Source: Adapted from USDA FOODDATA Central*

a. i. Identify the bread which is most suitable for Maria’s needs.

\_\_\_\_\_ (½)

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

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

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

b. Before buying the bread, Maria went through the nutritional value of both breads. She noticed that the wholewheat bread has a higher protein content.

Explain why wholewheat bread has a higher protein content when compared to white bread.

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

c. Maria is attending a weight loss programme and has been advised to eat unrefined cereals rather than refined ones.

Fill in the table to compare and contrast refined cereals with unrefined ones based on the given characteristics.

Characteristic	Refined Cereals	Unrefined Cereals
Nutritional Value		
Texture		
Lifespan		

(3)

d. i. Apart from wheat, identify **THREE** other cereals that Maria can include in her diet.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_ (1½)

ii. Suggest **FOUR** recipes using cereals as a main ingredient that are in line with national dietary guidelines.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(2)

**(Total: 10 marks)**

3. a. Eggs have many uses in the preparation and cooking of food.

Suggest **THREE** uses of eggs and give **ONE** example of each. *(An example has been provided for you.)*

**Use:** emulsifying

**Example:** Mayonnaise

i. Use 1: \_\_\_\_\_ (½)

Example: \_\_\_\_\_ (½)

ii. Use 2: \_\_\_\_\_ (½)

Example: \_\_\_\_\_ (½)

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

iii. Use 3: \_\_\_\_\_ (1/2)

Example: \_\_\_\_\_ (1/2)

b. Eggs are very versatile and can be prepared in many ways on their own. Suggest **THREE** ways how eggs can be prepared for breakfast.

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

c. Eggs are a rich source of many nutrients.

i. Identify the macro-nutrient which is found in large amounts in the egg white.

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

ii. Identify the macro-nutrient which is found in large amounts in the egg yolk.

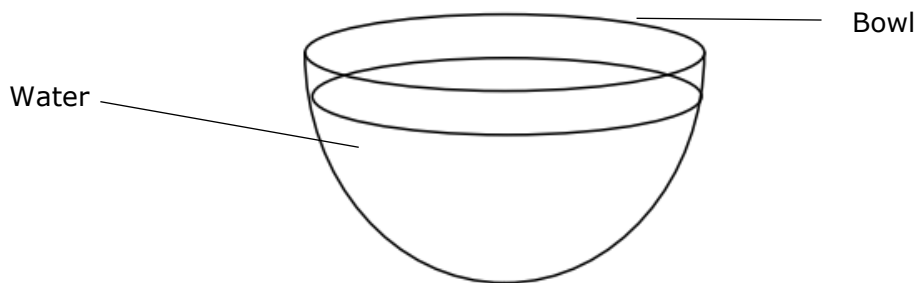
\_\_\_\_\_ (1/2)

iii. List **TWO** other nutrients that are present in eggs.

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

d. Maria decides to carry out an experiment to determine whether the eggs are fresh or not.

i. Complete the diagram below to show the position of a fresh egg in the bowl of water during the egg float experiment.



Source: file:///C:/Users/taboa014/Downloads/Activity-1-Looking-at-Eggs.pdf (1/2)

ii. Explain your diagram.

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

e. List **TWO** things to keep in mind when handling and storing eggs.

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

**(Total: 10 marks)**

4. Vitamin C is classified as a water-soluble vitamin. A characteristic of this vitamin is that it can be lost in cooking and during processing.

a. Identify another **TWO** characteristics of water-soluble vitamins.

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

b. Suggest **THREE** ways how vitamin C losses can be reduced during food preparation and cooking.

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

c. Outline **TWO** functions of Vitamin C.

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

d. Outline the advice given to pregnant women regarding:

i. Retinol (Vitamin A)

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

Give **ONE** reason to support your answer.

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

ii. Folic Acid

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

Give **ONE** reason to support your answer.

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

**(Total: 10 marks)**

5. Planning and providing healthy meals for toddlers and children should be a priority for all parents/caregivers.

a. Explain **TWO** reasons why children need to have a balanced diet.

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

b. Suggest **THREE** factors that may be leading young children to consume junk food.

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

c. Sarah is a five-year-old child who is a fussy eater. Outline **THREE** tips that her parents may put into practice to encourage her to eat a healthy and varied diet.

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

d. Suggest a healthy school lunch and drink that Sarah’s parents could prepare for her. Give **ONE** valid reason for **each** choice given.

i. Suggestion of school lunch:

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

Reason for choice of school lunch:

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

ii. Suggestion of drink:

\_\_\_\_\_ (½)

Reason for choice of drink:

\_\_\_\_\_ (½)

**(Total: 10 marks)**

6. Ana will be baking a Swiss roll and rock buns to be served to her family members as dessert for Sunday’s lunch.

a. Identify **TWO** benefits of homemade cakes rather than buying commercially prepared ones.

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


b. Suggest a method of cake-making for the:

- i. Swiss roll: \_\_\_\_\_ (½)
- ii. Rock buns: \_\_\_\_\_ (½)

c. Ana’s 70-year-old grandmother, will be joining her for Sunday lunch.

- i. Identify the method of cake-making which is the most suitable for a 70-year-old.  
\_\_\_\_\_ (½)
- ii. Give **ONE** reason for your choice of cake-making.  
\_\_\_\_\_ (1)

d. Help Ana complete the ingredients list of the recipe for the Swiss Roll by filling in the quantities in the table below:

<b>Swiss Roll Recipe</b>	
<p>4 eggs</p> <p>_____ self-raising flour</p> <p>_____ sugar</p>	 <p><a href="https://www.sbakels.co.za/">https://www.sbakels.co.za/</a></p>

(1)

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

- e. Sponges are prone to collapsing.  
 i. Give a reason why this happens.

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

- ii. Suggest **ONE** action that Ana could take to prevent her sponge from collapsing.

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

- f. Ana will be preparing the Swiss roll a day before as it will not keep fresh for long. Why does the dessert keep fresh for only a day or two?

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

- g. Suggest **FOUR** different healthy ingredients which Ana could use as filling for the Swiss roll.

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

**(Total: 10 marks)**

7. The following is a basic recipe for spaghetti Bolognese. Read the recipe carefully and answer the questions that follow.

<b>Spaghetti Bolognese (Serves 4)</b>	
<p><b>Ingredients:</b>                      300 g spaghetti                      1 onion                      2 garlic cloves                      6 mushrooms                      250 g lean minced beef                      1 tsp. olive oil                      can of chopped tomatoes                      1 tbsp tomato puree                      Some mixed herbs                      50g cheese, grated</p>	<p><b>Method:</b></p> <ul style="list-style-type: none"> <li>• Chop the onion and stir-fry with the garlic until cooked.</li> <li>• Add the minced beef and stir until cooked.</li> <li>• Add sliced mushrooms and stir continuously.</li> <li>• Stir in the tomatoes and the tomato puree, and the herbs. Simmer for 20 minutes.</li> <li>• Boil water, add the spaghetti and cook according to the suggested time.</li> <li>• Drain the pasta.</li> <li>• Serve with grated cheese.</li> </ul>

*Adapted from: <https://supervalu.ie/recipes/ohhh-so-easy-spaghetti-bolognese>*

- a. From the recipe:
- i. Identify **ONE** wooden, **ONE** metal and **ONE** plastic piece of equipment that needs to be used for this recipe.
  - ii. Outline the correct use of **each** piece of equipment.
  - iii. Explain how **each** piece of equipment should be cared for after use.



		<b>Wooden equipment</b>	<b>Metal Equipment</b>	<b>Plastic equipment</b>
i.	<b>Name of equipment</b>			
ii.	<b>Use of equipment</b>			
iii.	<b>How to clean after use</b>			

(1½, 3, 3)

b. Identify the weighing and measuring equipment used to measure the following:

- i. 450 ml fresh milk \_\_\_\_\_ (½)
- ii. 250 g banana \_\_\_\_\_ (½)
- iii. 30 ml honey \_\_\_\_\_ (½)
- iv. ½ cup frozen berries \_\_\_\_\_ (½)

c. Outline **ONE** way how to care for worktops to maximise their lifespan.

\_\_\_\_\_ (½)

**(Total: 10 marks)**

8. Some foods can be easily eaten raw whilst others have to be cooked.

a. Identify **THREE** reasons for cooking food.

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

b. Mention **THREE** ways by which heat energy is passed on to food to cook it.

- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)

c. Marina bought a rump steak. The butcher explained that the cut she chose might not be so tender. She is undecided about whether she should bake or stew the meat.

i. Which method would you suggest she uses?

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

ii. Support your answer with **ONE** valid reason.

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

d. Suggest a healthy method of cooking the following foods. You may mention the same cooking method only once.

	<b>Foods</b>	<b>Method suggested</b>
i.	vegetables	
ii.	meat patties	
iii.	potatoes	
iv	fish	

(2)

e. Identify **TWO** changes that occur in cooked food.

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

**(Total: 10 marks)**

9. This is a question about genetically modified foods.

a. What do you understand by genetically modified organisms or GMOs?

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

b. Outline **TWO** benefits of genetically modified foods for:

i. the food producers;

• \_\_\_\_\_ (1)

• \_\_\_\_\_ (1)

ii. the general population.

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

c. A good alternative to genetically modified foods is to purchase organically produced products.

What do you understand by organically grown fruit and vegetables?

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

d. State **ONE** benefit of organic produce for:

i. the consumer; \_\_\_\_\_  
\_\_\_\_\_ (1)

ii. the farmer; \_\_\_\_\_  
\_\_\_\_\_ (1)

iii. the environment. \_\_\_\_\_  
\_\_\_\_\_ (1)

e. Some people argue that organic farming does have some disadvantages. Outline **ONE** disadvantage of organic farming.

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

**(Total: 10 marks)**

10. Most processed and convenience foods available on the market contain a number of food additives.

a. Outline **TWO** functions of additives.

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

b. Mention **TWO** possible harmful effects of additives.

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

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

c. Explain the function that the following additives have in the production of food.

i. preservatives: \_\_\_\_\_  
\_\_\_\_\_ (1)

ii. emulsifiers: \_\_\_\_\_  
\_\_\_\_\_ (1)

iii. anti-caking agents: \_\_\_\_\_  
\_\_\_\_\_ (1)

iv. flavour enhancers: \_\_\_\_\_  
\_\_\_\_\_ (1)

d. According to EU legislation, food additives must be shown clearly in the list of ingredients on food labels. These can be listed either by their name or more commonly by their E number.

i. What does the E number on food products indicate?  
\_\_\_\_\_  
\_\_\_\_\_ (1)

ii. Explain why it is important for these E numbers to be on the list of ingredients.  
\_\_\_\_\_  
\_\_\_\_\_ (1)

**(Total: 10 marks)**



SUBJECT: **Home Economics**  
 PAPER NUMBER: IIA  
 DATE: 24<sup>th</sup> May 2023  
 TIME: 4:00 p.m. to 6:05 p.m.

**Section ONE: Answer ALL questions.**

1. In recent years, Malta took part in the JANPA project that focused on addressing the increasing numbers of overweight and obese children in Europe.

*Source: <https://janpa-toolbox.eu>*

a. Give **THREE** reasons for the high rates of childhood obesity in Malta.

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

b. Identify **THREE** short-term and **THREE** long-term effects that obesity can have on children.

Short-term effects	Long-term effects

(3)

c. Describe **TWO** life-long approaches parents can adopt to prevent obesity in their children.

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

d. What roles do schools play in addressing obesity in children?

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

**(Total: 10 marks)**

2. Changes in family patterns are produced by many factors. These changes are shaped by various factors including social, economic and cultural influences.

a. Identify **TWO** social, **TWO** economic and **TWO** cultural changes that are presently influencing the family unit.

Social:

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

Economic:

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

Cultural:

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

b. Poverty and social exclusion within society are a source of stress on families.

i. Identify **FOUR** groups of people who are at risk of poverty or social exclusion.

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

ii. 'Aġenzija Żgħażaġħ' is a national state agency that supports young individuals to discover and develop their talents.

Identify **TWO** other state agencies which give support services to persons who are at risk of poverty or social exclusion.

- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)

iii. Mention **ONE** welfare benefit available to people who are experiencing poverty or social exclusion.

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

**(Total: 10 marks)**

3. This question is about money management.

a. Ken has been advised to deposit the money in different bank accounts.

i. Identify **TWO** different bank accounts that Ken can deposit money in.

• \_\_\_\_\_ • \_\_\_\_\_ (1/2, 1/2)

ii. Choose **ONE** bank account, identified in part (a)(i) above and state **ONE** advantage and **ONE** disadvantage of the chosen bank account.

Name of bank account: \_\_\_\_\_

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

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

b. Ken's daughter has advised him to invest money in a life insurance policy.

i. Explain what a life insurance policy is.

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

ii. Outline **ONE** benefit of investing in a life insurance policy.

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

c. Ken would like to seek professional advice for his savings.

i. State **TWO** sources where Ken can obtain accurate advice for his savings.

• \_\_\_\_\_ • \_\_\_\_\_ (1/2, 1/2)

ii. After seeking professional assistance, Ken was advised to have a mixed portfolio including shares, bonds and possibly a retirement plan. Explain the following terms:

Mixed portfolio: \_\_\_\_\_  
\_\_\_\_\_ (1)

Shares: \_\_\_\_\_  
\_\_\_\_\_ (1)

Bonds: \_\_\_\_\_  
\_\_\_\_\_ (1)

Retirement plan: \_\_\_\_\_  
\_\_\_\_\_ (1)

**(Total: 10 marks)**

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4. Maria is a single mother. Her son Robert is 14 years old, and he was born with a severe mobility impairment.

a. Explain the term mobility impairment.

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

b. Describe **THREE** difficulties that might be faced by people with a mobility impairment.

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

c. Suggest **TWO** emotions that Robert’s mother Maria may experience because of her son’s disability.

- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)

d. State **THREE** ways how the extended family can be of help and support to Maria and her son Robert.

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



e. Explain **TWO** ways how people with a mobility impairment can be helped to live as normal a life as possible.

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

**(Total: 10 marks)**

**Section TWO: Answer ALL questions.**

5. Nicholas and Darlene are preparing for the birth of their baby. They have been learning more about children’s development through play.

a. State how play can help in the physical development of children.

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

b. Explain how the couple can help their child develop:

i. intellectually; \_\_\_\_\_  
\_\_\_\_\_ (1)

ii. emotionally. \_\_\_\_\_  
\_\_\_\_\_ (1)

c. Apart from play, state **FOUR** physical requirements of the child.

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

d. Name **TWO** activities that can help a child develop socially.

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

e. Identify **TWO** social skills that a child needs to have to be accepted in a group.



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

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



f. The couple has received the following toys from their families. They intend to use the toys when the child gets older.

For each gift:

- i. Identify the age which is most suitable for the child to play with. (1)
- ii. Describe **TWO** things that the child may learn from each toy. (4)

Toy	i. Suitable Age	ii. What the child may learn
<p style="text-align: center;">Blocks</p>  <p><i>Source: <a href="https://www.dragonmart.ae/">https://www.dragonmart.ae/</a></i></p>	<hr/>	<ul style="list-style-type: none"> <li>• _____</li> <li>_____</li> <li>_____</li> <li>_____</li> <li>_____</li> <li>_____</li> </ul>
<p style="text-align: center;">Cash register</p>  <p><i>Source: <a href="https://www.amazon.com/">https://www.amazon.com/</a></i></p>	<hr/>	<ul style="list-style-type: none"> <li>• _____</li> <li>_____</li> <li>_____</li> <li>_____</li> <li>_____</li> <li>_____</li> </ul>

- g. Nicholas noticed that the toys have safety symbols.
- i. Identify the name of each safety symbol. (1)
  - ii. Give the meaning of each safety symbol. (2)

Symbol	Name and Meaning of Safety Symbols
 <p style="text-align: center; font-size: small;"><i>Source: <a href="https://en.wikipedia.org/">https://en.wikipedia.org/</a></i></p>	<p>i. Name: _____</p> <p>ii. Meaning: _____</p> <p>_____</p> <p>_____</p>
 <p style="text-align: center; font-size: small;"><i>Source: <a href="https://commons.wikimedia.org/">https://commons.wikimedia.org/</a></i></p>	<p>i. Name: _____</p> <p>ii. Meaning: _____</p> <p>_____</p> <p>_____</p>

h. Apart from being age-appropriate and safe, suggest **THREE** points that the couple needs to consider when choosing a toy for their child.

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

**(Total: 20 marks)**

***Please turn the page.***

6. John and Therese are setting up their new kitchen.

a. Complete the table by writing:

- i. **ONE** example of how each piece of equipment can be used to prepare food. (2)
- ii. **ONE** way how each piece of equipment can be used correctly. (4)



Equipment	i. Example of use in food preparation	ii. Correct use of equipment
Hand-held blender	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Liquidiser	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Electric Steamer	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Food Processor	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

iii. List **SIX** factors that this couple should keep in mind when choosing such devices.


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

b. Apart from kitchen equipment, they also need to purchase a washing machine. Below are the three models of washing machines that they came across. For each model, write:

- i. The name of the type of washing machine. (1½)
- ii. A characteristic of the type of washing machine. (3)

Washing machine model	i. Type of washing machine	ii. Characteristic
 <p>Source: <a href="https://applianceswarehouse.com">https://applianceswarehouse.com</a></p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
 <p>Source: <a href="https://www.lg.com/za/">https://www.lg.com/za/</a></p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

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

 <p>Source: <a href="https://future-mq.com/en/eEEKey">https://future-mq.com/en/eEEKey</a></p>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
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c. Apart from the price, list **SIX** other factors that they should consider before choosing the one that best suits their needs.

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

d. The salesperson offers them the facility to pay for the washing machine with a hire purchase. Explain what is meant by the term hire purchase.

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

e. Suggest **ONE** advantage and **TWO** disadvantages of using hire purchase.

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

• Disadvantages:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (2)

**(Total: 20 marks)**

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7. Every year, several people especially children and the elderly are involved in accidents that occur inside their home.

a. Identify **THREE** ways how to minimise dangers when planning your kitchen.

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

b. What should you do if you are caught in the following emergencies:

i. A frying pan catches fire.

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

ii. There is a smell of gas in the kitchen.

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

iii. There is water on the kitchen floor and an elderly person slips and breaks her leg.

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

iv. A two-year-old boy opens the cabinet with cleaning items and drinks some liquid from one of these bottles.

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

v. A young girl puts her hand close to the hob flame and her clothes catch fire.

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

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

c. The following items are found in a first aid box. Write the correct use of each item:

Item	Use
Roller bandage	
Scissors	
Disposable gloves	
Sterile dressings	
Safety pins and clips	
Plasters	

(3)

d. Identify another **THREE** items that should be included in the first aid box.

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

e. What number should be dialled in case of emergency?

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

f. In case of an accident, it is important to manage the accident in the correct way. Identify **THREE** points that should be kept in mind.

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

g. List **FOUR** important pieces of information that should be given on the phone when making an emergency call.

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

**(Total: 20 marks)**





SUBJECT: **Home Economics**  
 PAPER NUMBER: IIB  
 DATE: 24<sup>th</sup> May 2023  
 TIME: 4:00 p.m. to 6:05 p.m.

**Section ONE: Answer ALL questions.**

1. Recently Malta took part in a study about child obesity. *Source: <https://janpa-toolbox.eu>*

a. Why do you think childhood obesity in Malta is very high?

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

b. Obesity can affect our health. Name **TWO** short-term effects and **TWO** long-term effects that obesity can have on children.

Short term effects	Long term effects

(2)

c. Describe **ONE** way how parents can help prevent childhood obesity when:

i. preparing breakfast: \_\_\_\_\_  
 \_\_\_\_\_ (1)

ii. preparing family meals: \_\_\_\_\_  
 \_\_\_\_\_ (1)

iii. preparing desserts: \_\_\_\_\_  
 \_\_\_\_\_ (1)

iv. preparing school lunches: \_\_\_\_\_  
 \_\_\_\_\_ (1)

v. eating in restaurants: \_\_\_\_\_  
 \_\_\_\_\_ (1)

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

d. Identify **TWO** lifestyle changes that children need to adopt to avoid childhood obesity.

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

**(Total: 10 marks)**

2. Lifestyles have been changing constantly. The following changes have been taking place over recent years.

Both partners work – more income	Recreational activities for families
Same-sex marriages and adoption	Higher expectations in life
Values and beliefs in families	Changing roles of women

a. Classify the above changes under the proper heading.

Social Changes	Economic Changes	Cultural Changes

(6)

b. Locally, every effort is made to reduce poverty within our society.

i. Drug or alcohol addicts and persons with disability may all be at risk of poverty. State another **TWO** groups of people who are at risk of poverty.

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

- ii. A number of local state agencies give support to persons who are at risk of poverty. Match the following local state agencies with their main function.

	Local State Agencies		Function
1.	Aġenzija Żgħażaġħ		protects and promotes the well-being of persons through the development and provision of psycho-social welfare services.
2.	Aġenzija Appoġġ		enhances the quality of life of persons with disability through personalised support and expertise.
3.	Aġenzija Sedqa		supports young individuals to discover and develop their talents.
4.	Aġenzija Sapport		provides service in health promotion, prevention, treatment and rehabilitation to persons with drug and/or alcohol problems and to their families, so as to help them live a stable life and to integrate better into society.

(2)

**(Total: 10 marks)**

3. This question is about money management.

a. Ken was interested in depositing money into different bank accounts.

- i. From the list below, choose **THREE** suitable bank accounts that Ken can use to deposit money in.

fixed term deposit account	current account	savings account
loan account	overdraft account	credit card account

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

- ii. Identify **ONE** advantage and **ONE** disadvantage of **two** of the bank accounts identified in part (a)(i).

Name of bank account 1: \_\_\_\_\_

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

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

Name of bank account 2: \_\_\_\_\_

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

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

b. Ken would like to get professional advice on his savings.

i. Identify **TWO** sources where Ken can obtain accurate professional advice.

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

ii. Ken was advised to invest in a life insurance policy or a retirement plan. He could also consider having a mixed portfolio including shares and bonds.

Fill in the blanks using the following terms:

life insurance policy	mixed portfolio
shares	bonds
retirement plan	

A \_\_\_\_\_ includes a collection of stocks and bonds, buildings or cryptocurrency owned by Ken or an investor.

Investing in \_\_\_\_\_ means buying a percentage of the ownership of a company.

\_\_\_\_\_ are a written promise of a company, corporation, or government to repay borrowed money on a specific date and at a fixed rate of interest.

A \_\_\_\_\_ usually covers Ken for his entire life including himself in case of death.

A \_\_\_\_\_ is a savings plan in which part of the money that Ken earns is invested for future use at the end of the working period. (2½)

**(Total: 10 marks)**

4. Maria is a single mother. Her son Robert is 14 years old and he was born with a severe mobility impairment.

a. Underline the correct answer.

A mobility impairment is a physical/mental disability. (½)

b. People with mobility impairment will need to rely on other people to be able to do daily things. Identify another **THREE** difficulties that they may face.

- i. \_\_\_\_\_
- \_\_\_\_\_ (1)

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ii. \_\_\_\_\_  
\_\_\_\_\_ (1)

iii. \_\_\_\_\_  
\_\_\_\_\_ (1)

c. Suggest **FOUR** problems that Maria may face in this situation.

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

d. Maria’s parents offer to take out Robert with them from time to time. Suggest another **THREE** ways how they can be of help.

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

e. Which of the following can be useful for a person with a mobility impairment who is wheelchair-bound? Underline **THREE**.

- Wide doors.
- Having low worktops.
- Special help with reading and writing skills.
- Special toilet facilities.
- An escalator in a shopping complex.
- Stairs at school.

(1½)

**(Total: 10 marks)**

**Section TWO: Answer ALL questions.**

5. Nicholas and Darlene are preparing for the birth of their baby. They have been preparing themselves by learning about children’s development through play.

a. State how play can help in the physical development of children.

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

b. Describe how can the couple help their child develop:

i. intellectually; \_\_\_\_\_  
\_\_\_\_\_ (1)

ii. emotionally. \_\_\_\_\_  
\_\_\_\_\_ (1)

c. Apart from play, state **FOUR** physical requirements of the child.

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

d. The couple is thinking of enrolling the child into a childcare centre.

- i. Name **TWO** activities that are organised in a childcare centre. (1)
- ii. List **ONE** benefit for **each** activity to the children. (1)

<b>i. Activities organised</b>	<b>ii. Benefits to the children</b>

e. The couple is in full-time employment. State **TWO** benefits for the couple if their child attends a childcare centre.

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



f. Identify **TWO** social skills that a child acquires when he/she attends the childcare centre.

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

g. The couple is planning to use these toys when the child gets older.



For each toy:

- i. Identify the suitable age for the child to play with. (1)
- ii. Describe **THREE** things that the child may learn from each toy. (3)

Toy	i. Suitable Age	ii. What may be learnt
<p style="text-align: center;">Blocks</p>  <p style="text-align: center;">Source: <a href="https://www.dragonmart.ae/">https://www.dragonmart.ae/</a></p>	<p>_____</p>	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>
<p style="text-align: center;">Cash register</p>  <p style="text-align: center;">Source: <a href="https://www.amazon.com/">https://www.amazon.com/</a></p>	<p>_____</p>	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>

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

- h. The couple noticed that the toys have safety symbols.
- i. Identify the name of each safety symbol. (1)
  - ii. Give the meaning of each safety symbol. (2)

Symbol	Name and Meaning of Safety Symbols
 <p><i>Source: <a href="https://en.wikipedia.org/">https://en.wikipedia.org/</a></i></p>	<p>i. Name: _____</p> <p>ii. Meaning: _____</p> <p>_____</p> <p>_____</p>
 <p><i>Source: <a href="https://commons.wikimedia.org/">https://commons.wikimedia.org/</a></i></p>	<p>i. Name: _____</p> <p>ii. Meaning: _____</p> <p>_____</p> <p>_____</p>

iii. Other than safety, suggest **TWO** points that the couple needs to consider when choosing a toy for their child. *An example has been provided.*

*Example: Ensure that the toy is appropriate for the child's age.*

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

**(Total: 20 marks)**



6. John and Therese are setting up their new kitchen. They choose the equipment in the table below.

a. Complete the table by writing:

- i. **ONE** example of how each piece of equipment can be used to prepare food. (2)
- ii. **ONE** way how each piece of equipment can be used correctly. (4)

Equipment	i. Example of use in food preparation	ii. Correct use of equipment
Hand-held blender	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Liquidiser	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Electric Steamer	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Food mixer	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

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

b. The couple also decides to buy the piece of equipment shown in the picture below.



Source: <https://depositphotos.com/stock-photos/>

i. State the name of the equipment in the picture above.

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

ii. List **ONE** way how this piece of equipment can be used in their daily cooking.

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

iii. Identify **ONE** safety rule that they should keep in mind when using this piece of equipment.

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

c. Complete the following sentence by filling in the **TWO** missing words.

Labour-saving devices are important in the kitchen because they save us a lot of

\_\_\_\_\_ and \_\_\_\_\_. (1)

d. Apart from the price, mention another **THREE** factors the couple should keep in mind before making their final choice.

• \_\_\_\_\_ (1/2)

• \_\_\_\_\_ (1/2)

• \_\_\_\_\_ (1/2)




e. The couple also needs to purchase a washing machine. Below are the three models of washing machines that they are considering.

i. Complete the table by writing the name of each type of washing machine. (1½)

ii. Read the following statements about washing machines. Match each statement with the right model of the washing machine by writing it in the correct section in the table.

Statements:

- A low-lather detergent must always be used.
- The same hot soapy water can wash more than one load.
- Clothes can easily be added after the wash has started. (1½)

Washing machine model	Type of washing machine	Statement
 <p>Source: <a href="https://applianceswarehouse.com">https://applianceswarehouse.com</a></p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
 <p>Source: <a href="https://www.lg.com/za/">https://www.lg.com/za/</a></p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
 <p>Source: <a href="https://future-mq.com/en/eEEKey">https://future-mq.com/en/eEEKey</a></p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

f. Choose one of the above models you would suggest that they buy and support your choice with a valid reason.

Model: \_\_\_\_\_

Reason: \_\_\_\_\_

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

g. Apart from the price, list **FOUR** other factors that they should consider before choosing the model that best suits their needs.

• \_\_\_\_\_ (1/2)

• \_\_\_\_\_ (1/2)

• \_\_\_\_\_ (1/2)

• \_\_\_\_\_ (1/2)

h. One way of paying for these appliances is to pay using cash money. Mention another **THREE** ways how they might decide to pay for their appliances.

• \_\_\_\_\_ (1/2)

• \_\_\_\_\_ (1/2)

• \_\_\_\_\_ (1/2)

i. The salesperson tells them that they can pay for the goods bought using monthly payments. What is this system of payment called?

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

j. Suggest **ONE** advantage and **ONE** disadvantage of using this system.

• Advantage:

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

• Disadvantage:

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

**(Total: 20 marks)**

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7. Every year, several people are involved in accidents that occur inside their homes.

a. Identify **THREE** ways how to make the kitchen safer when planning the layout and services.

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

b. What should you do to prevent the following accidents from happening?

i. A chef is stirring custard with a metal tablespoon and he burns his hand.

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

ii. A two-year-old girl bangs her head against the corner of a glass coffee table.

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

iii. A saucepan drops on an elderly person's head whilst trying to reach for it from a top cupboard.

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

iv. An adult lady burns her hand badly whilst taking food out of the oven.

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

v. A cat swallows pills that were left on the cupboard.

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

vi. A young boy gets scalded when he enters the bath.

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

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

- c. The following are all uses of equipment found in a first aid box.  
 Read carefully and then place each use next to the proper first aid item.
- i. Used when dressing wounds.
  - ii. Secures dressings and gives support to joints.
  - iii. Used to adjust gauze and bandages to size.
  - iv. Used to cover minor wounds.
  - v. Secures bandages or dressings.
  - vi. Covers wounds.
  - vii. To assess for fever.

First Aid Item	Use
Roller bandage	
Scissors	
Disposable gloves	
Sterile dressings	
Safety pins and clips	
Plasters	
Thermometer	

(3½)

d. Identify another **THREE** items that should be found in the first aid box.

- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)

e. Suggest **TWO** places where you would expect to find a first aid box.

- \_\_\_\_\_ (½)
- \_\_\_\_\_ (½)

f. What number should be dialled in case of emergency?

\_\_\_\_\_ (½)

g. Read the following situations and put a tick next to the ones that would require emergency action. Tick only **FOUR**.

	<b>Situations</b>	
i.	Your mother fell down the stairs and she cannot move.	
ii.	Your brother touched the hot pan and burned his finger slightly.	
iii.	Your father was fixing a plug and he fell on the floor. He is not responding.	
iv.	Your sister has a nosebleed.	
v.	You cut your finger slightly while chopping vegetables.	
vi.	Your grandma slipped in the kitchen and hit her head against the floor. She is unconscious.	
vii.	Your friend is frying chips and spills a chip pan full of oil on her.	
viii.	You spill a little hot water on your fingers when draining vegetables.	

(2)

h. List **FOUR** important pieces of information that should be given on the phone when making an emergency call.

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

**(Total: 20 marks)**

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