

EXAMINERS' REPORT

AM HOME ECONOMICS AND HUMAN ECOLOGY

FIRST SESSION 2018



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General Statistics

The distribution of grades awarded in the first session 2018 is given in the table below.

Table 1: The distribution of grades in Home Economics and Human Ecology at Advanced level

GRADE	A	B	C	D	E	F	abs	TOTAL
NUMBER	6	15	52	23	17	9	2	124
% OF TOTAL	4.8	12.1	41.9	18.5	13.7	7.3	1.6	100

School-based Assessment – Coursework

Food task and Investigation

The food tasks and investigations presented by the candidates of the different institutions reflected the assessment criteria stipulated in the Advanced Level Home Economics and Human Ecology syllabus. The work presented by the candidates was of a very high standard and showed commitment in presenting a generally good level of coursework. The marking process conducted by the teachers was very thorough and their evaluation tallied with that made by the moderators.

The topics presented for the food tasks were varied and included the following: the effects of heat on the cellulose of organically and conventionally farmed carrots; substituting chia seeds for eggs; comparing the texture and sensory and aesthetic qualities of canned and fresh mushrooms; exploring how cuts of meat can be tenderised using different methods; investigating how different quantities of sugar affect the making of pomegranate jam, and experimenting with different nuts to produce a healthy sandwich spread.

Most of the investigations presented were of a very high standard and this was reflected in the marks that were awarded by the teachers and moderated by the board. The research techniques were appropriate. Some interesting topics included: fibromyalgia: side effects on the daily lifestyle; exploring the environmentally friendly practices at two hotels in Malta; how music and dance can help 5 to 6 and 9 to 10 year olds; investigating how the media is effecting child development and how the situation can be improved, and investigating how football can help children to develop physically, emotionally and mentally.

Private candidates' Coursework

Food task and Investigation

The work presented by private candidates was generally of good standard and this reflected the guidance given by their supervisors (tutors). The food study tasks were of a better level than those of the previous year. The criteria were followed and the work presented was generally better designed and executed. Some of the investigations lacked detail in the parts related to the 'presentation and discussion of results' and 'evaluation'. Candidates need to allocate more time to reflect on the whole process of the investigation so that a deeper analysis of what was carried out is made.

Comments on the written examination

Paper 1

Question 1

Number of candidates who answered this question: 114

Minimum mark attained: 9

Maximum mark attained: 20

Mean: 16

- a) *Benefits for a young family with children of moving into a large dwelling at this stage in life.*

Overall, many candidates did well in this question, with the most popular responses being: the family having more space, the couple are still young so they have more years to settle the mortgage, the family will have more storage space and the couple may decide to buy a house that is more child and eco-friendly.

- b) *Factors the couple should consider when choosing the new residence.*

Many candidates listed generic factors the couple should consider when choosing a new residence, such as the budget, the size of the property, the neighbourhood (being safe and secure), the location preferably being close to amenities like school and work. Few candidates were more original and listed that the property should be environmentally friendly, child-friendly and have easy parking facilities.

- c) *Advantages and disadvantages of looking for a residence with the assistance of an estate agent.*

Candidates performed well in this question and gave different advantages and disadvantages of being assisted by an estate agent.

- d) *i) Other methods the couple can use to look for a house.*

The candidates outlined various methods including: online magazines (received free through the post), family and friends, as well as television programmes. These responses show that candidates are hardly ever exposed to newspaper advertisements of property for sale. A handful of candidates did mention the 'property for sale' signs put up by homeowners wanting to sell their own property.

- ii) Advantages and disadvantages for each method outlined.*

Many candidates outlined correct advantages and disadvantages for each method outlined. Most common features mentioned were: accessibility to the information (example: the 24/7 accessibility for online information); the energy and time involved; the level of information and possibility of answering queries; and expenses involved including

the commission paid.

- e) *Explanation of the importance of the following documents when obtaining a mortgage from a bank:*

i) a life insurance policy: A good number of candidates mentioned the correct reason why such a policy is required when obtaining a mortgage. However, several candidates confused this life insurance policy with either a house policy or a health policy. Another small group of candidates outlined that this policy is important if something goes wrong, but did not specify what the mishap could be.

ii) a promise of sale: A number of candidates simply translated the term in Maltese, without giving an explanation of the importance of this document.

ii) a surveyor/architect report: Many candidates simply outlined that it is good or important to have such a report without identifying the reason/s why this is essential. Only a few candidates outlined that this report is important as it includes all the positive and negative features of the house, highlighting any defects that could affect the property, as well as repairs and on-going maintenance advice, such as damp and subsidence.

iv) a house insurance policy: Many candidates answered this part of the question correctly.

- f) *Benefit for the couple of conducting an energy efficiency assessment of the building:*

Candidates performed poorly in this question. Many simply outlined that this assessment will lead to paying a lower electricity bill. Some mentioned correctly that recommendations will be made as to how the house can be made more energy efficient, for example by installing PV panels and double-glazed windows and doors.

Question 2

Number of candidates who answered this question: 78

Minimum mark attained: 5

Maximum mark attained: 20

Mean: 12

- a) *Definition of financial planning*

Many candidates gave a definition of budgeting and not financial planning. Financial planning differs from budgeting as it is investing money to obtain the maximum benefit from it, with the aim of creating wealth and financial security. On the other hand, budgeting is managing the income to settle all the expenses, and hopefully saving a small percentage for the future.

Factors to be considered when planning a financial portfolio

Very few candidates outlined correct factors when planning a financial portfolio. Many

candidates outlined factors which are important when planning a budget, including: income, expenses, saving and bills.

- b) *Compare and contrast bank accounts available locally, outlining benefits for the couple*

Most candidates answered this part of the question correctly. Very few candidates stated erroneously that a current account has a fixed period and interest is paid on maturity.

- c) *Different methods of financial planning (with advantage and disadvantage) for the following situations:*

- i) a young couple with a pre-school child who are building a new home*
ii) a young, single female working full-time

Most candidates mentioned investing in different bank accounts, which was incorrect. Some candidates also mentioned investing in cars and different loans. These are not investment methods. Appropriate methods of financial planning outlined by a small number of candidates were shares, bonds, funds, property and antiques. Very few candidates gave correct advantages and disadvantages for each investment method outlined.

- d) *The importance of investing for retirement and what happens if this is not done.*

Candidates who attempted this question did well in this part of the question. Most candidates identified at least two reasons for the importance of investing for retirement. The most common reasons outlined were to have additional money when investing in a pension scheme, retain a good quality of life, not have financial burdens and to be stress-free.

Question 3

Number of candidates who answered this question: 113

Minimum mark attained: 2

Maximum mark attained: 20

Mean: 15

- a) *Shopping methods the enthusiast can utilise to buy a model aeroplane*

Many candidates mentioned three main methods of shopping, namely teleshopping, shopping via the internet (online) and mail ordering via a catalogue or magazine. Few candidates also outlined phoning different retail outlets and checking if the retail outlets have the particular model the enthusiast wants to buy. However, these candidates then mentioned checking the outlets' websites.

Advantages and disadvantages of each shopping method.

Candidates gave different advantages for the shopping methods outlined, but many

mentioned: the advantage of shopping 24/7, not having to leave home and the possibility of comparing prices.

- b) *Factors that this enthusiast should ask or check about when shopping from home.*

The factors that were mentioned by many candidates were: reliability and security of the website; the delivery facility and measures to return the model if necessary; and the features of the model, for example the size, colour, specific features, etc.

- c) *Describe the rights related to time and expenses that apply to this distance shopper.*

Many candidates had difficulty in answering this part of the question. Some outlined the right to redress and the right to be informed without giving any explanation of how this is applied in the legislation on distance selling.

- d) *i) Difference between a debit and credit card*

Many candidates still have problems distinguishing between debit and credit card facilities.

- ii) Advantages and disadvantages of paying with a credit card.*

Candidates who got the first part of this question correct, also performed well in this question. The main advantages that were outlined by the candidates were the possibility of buying the item even though the customer does not have enough money (he will have the possibility to settle full or part payment 30 days later); if full payment is settled within the 30-day period, no interest is paid on the credit loan; it is a secure means of payment. As for the disadvantages, the most popular response given was that interest will be charged. No candidate mentioned the annual payment of the credit card, nor the restriction on the credit limit.

- e) *Credit facilities that this customer could avail himself of, if he does not have enough cash to settle his payment with advantages and disadvantages.*

Most candidates had a basic knowledge of loans and hire purchase. Many candidates mentioned 'standing orders' and 'paying by cheque'. These are not credit facilities and so the answers were incorrect. Consequently, many candidates lost marks when they answered the second part (advantages and disadvantages) of the question.

Question 4

Number of candidates who answered this question: 108

Minimum mark attained: 4

Maximum mark attained: 20

Mean: 12

- a) *Justify the ecological importance of recycling at source.*

Most candidates answered this question correctly. The most common justifications were that the recycled waste can be made into new products, less air/land/sea pollution is

generated and landfills take longer to be filled.

b) *Possible ways how children in schools could recycle and reuse waste.*

The majority of candidates mentioned good measures that the Ekoskola committee could take to recycle and reuse waste, such as, crafts (birthday cards, Easter and Christmas decorations); making stationery items (pencil and pen holders, notebooks, mouse pads, paper holders); collect waste and pass it on to other entities (green entities that recycle/reuse, animal shelters which use clothing for animal bedding, and bottle caps to particular local councils that make murals in gardens and playing fields).

Possible ways how teenagers in youth centres could recycle and reuse

Many candidates had similar responses to those given in the first part of the question. Other responses given were making items, like soft toys and oven-gloves, to be sold during fairs and bazaars, making preserves and storing them in reused jars; collect used school books and resell them; collect used stamps and top-up cards and give them to philanthropic groups.

c) *Measures owners of large retail outlets and restaurant/cafes could take to encourage consumers to become more environmentally friendly and reduce waste.*

Most candidates did well in this. The most popular measures outlined by candidates were:

Large retail outlets:

- producing e-receipts,
- organising ecological campaigns via poster, pamphlets,
- reusing hangers, boxes, packaging or passing them to consumers to use at home,
- sell recycled or recyclable goods, e.g.: recyclable paper, recycled plastic items,
- sell goods in reusable packaging, e.g.: glass containers rather than plastic ones.

Restaurant/Cafes:

- Serve drinks in glass bottles,
- Use cloth napkins not paper,
- Use metal cutlery instead of plastic,
- Dress tables with cloth tablecloths and not paper,
- Sponsor eco-campaigns.

d) *Ways how individuals and families can be environmentally friendly when:*

i. giving gifts to family members;

Candidates did very well in this question, with the most popular measures outlined by candidates being:

- Use magazine pages to wrap up presents,
- Reuse wrapping paper,
- Make or buy a gift using waste or recycled material,
- The gift bought can be reused or recycled,
- Buy a gift that has multiple uses.

ii. when going on holiday.

The majority of candidates did very well in this part of the question. The most popular measures outlined were:

- Take minimum clothing,
- Use refill water bottles when abroad,
- Travel as light as possible,
- Eat local cuisine prepared with local produce,
- Engage in eco-friendly ventures, e.g. hikes and walks.

e) *Governmental and non-governmental initiatives that encourage consumers to act sustainably when disposing of clothing after use.*

The candidates' performance in this question was average. Many candidates outlined only one or two initiatives. Most candidates made reference to the blue bins found in different localities in Malta where the public can dispose of clothes, bags and shoes that are no longer needed. Many candidates had the impression that these bins were placed by the Green Skips company or local councils.

Question 5

Number of candidates who answered this question: 68

Minimum mark attained: 2

Maximum mark attained: 18.5

Mean: 12

a) *Advantages of advertising for:*

- *the consumer;*

The majority of the candidates' answers were correct. The most common answers were that advertisements are able to keep customers informed about what is new on the market and that they reach a wide variety of consumers.

- *the retailer or service provider.*

Most candidates found this part of the question difficult. The most common answer was that advertisements increase demand for products, increase profit and inform consumers about the business itself, making it well-known on the market.

b) *Describe TWO ways how an advertisement can be misleading.*

The majority of candidates answered this question. Some candidates misinterpreted the question and wrote incorrect answers. The most popular answers were that the written information provided may not be clear, it may deceive consumers due to incorrect information it contains, and it may contain false information and claims. Other answers also included that pictures can be Photoshopped and the advertisement can claim that it is the best in the market without offering a comparison.

- c) *Outline how the Malta Competition and Consumer Affairs Authority (MCCAA) assists consumers who suffer from misleading advertising.*

Very few candidates answered this question correctly. A considerable number of candidates wrote how the MCCAA assists consumers with general queries on a day to day basis. Moreover, very few candidates wrote detailed answers.

- d) *Identify and describe TWO different eco-labels that are commonly found on packaging of toiletries and detergents.*

The majority of candidates answered this question correctly. Few candidates were not aware of such labels and instead wrote about environmentally-friendly labels more commonly found on packaging materials used for food and beverages. Nonetheless the most common eco-label mentioned were the Mobius Loop, and the Green Dot which most candidates knew both in name and in function.

- e) i. *Name and describe the label that is usually found on clothes and other textile products that shows that the items have been tested against harmful substances.*

Very few candidates gave a correct answer for this question. Many others left this part unanswered.

ii. *Outline and explain TWO provisions of the local legislation regarding the labelling of textiles:*

Most candidates answered this question correctly, outlining what the legislation entails.

- f) *Alternative methods of obtaining information on tumble dryers, other than advertisements on TV, and the advantages and disadvantages of each method.*

Most candidates gave correct answers for this part of the question. Very good advantages and disadvantages were mentioned for the answers given as alternative methods of obtaining information about tumble dryers.

Question 6

Number of candidates who answered this question: 113

Minimum mark attained: 10

Maximum mark attained: 20

Mean: 17

- a) *Outline advantages and disadvantages of sending a young child to a childcare centre as opposed to having a private childminder.*

The majority of candidates outlined correct advantages and disadvantages of sending a young child to a childcare centre. Such answers included that the child will be in safe hands as an advantage, whereas candidates wrote that the child can feel homesick and that the child is more prone to bullying as instances of a disadvantage.

- b) *Outline benefits of sending a toddler to a child care centre to improve his/her holistic development in the following key stage: social, physical, emotional and intellectual aspects.*

Overall, many candidates were quite knowledgeable about the benefits of sending a toddler to a childcare centre according to the different stages of development. Some of the less common benefits listed were: (social development) the child will develop soft skills by being surrounded by others; (physical development) it helps to build up the child's immune system, dancing sessions will help them develop muscles and coordination; (emotional development) the child can express emotions through painting.

- c) i. *Identify and describe family-friendly measures offered by the state for which the mother can apply in order to help her balance family life and work.*

Some responses indicated that candidates misunderstood the question and mentioned unsuitable family-friendly measures for the single mother. Nonetheless, the majority gave correct answers with the most common being Flexi-time and Teleworking.

- ii. *Discuss ONE benefit for the mother and ONE benefit for the state of opting for ONE of the family-friendly measure mentioned in part (c)(i) above.*

All candidates who mentioned suitable family-friendly measures in part (c)(i) were able to give correct benefits for the mother and the state when opting for one of the family friendly measures mentioned in the previous question. However, those candidates who answered incorrectly part (c)(i), also failed to answer this part of the question correctly.

- iii. *Outline TWO advantages and TWO disadvantages of having the children looked after by grandparents.*

The majority of candidates did well in this part of the question and provided detailed answers.

Paper 2

Question 1

Number of candidates who answered this question: 102

Minimum mark attained: 4

Maximum mark attained: 18.5

Mean: 12

- a) *Definition of the term macronutrients and give examples.*

The majority of candidates gave a correct definition for the term macronutrients. Most candidates were also able to give two valid examples other than protein.

- b) *Chemical elements of protein and basic structure of protein.*

Candidates performed well in this question and named the four chemical elements of protein. Most of the candidates also managed to describe the basic structure of the macronutrients, namely that they are protein chains of amino acid molecules connected together with peptide chains.

c) *i. Explanation of proteins of low biological value.*

Candidates performed well in this question and gave proper explanation of proteins of low biological value. Some candidates lost the mark as they only mentioned that proteins of low biological value originate from plant source rather than animal, but failed to give the proper explanation.

ii. Description of how plant protein foods can be combined to obtain adequate supply of high-quality protein, giving examples of food combinations and the amino acids available in these foods.

The majority of candidates explained how plant protein can be combined differently to obtain an adequate supply of high quality protein with most candidates giving valid examples of food combinations. The most common examples given were beans on toast and peanut butter on bread. However, when it came to identifying the amino acids involved, candidates found this challenging and only a few number of candidates were able to identify good amino acids involved.

d) *Functions of protein for the following categories of people:*

Most candidates managed to get most of the marks in this question as they managed to explain the proper function of protein for each category of people.

i. pregnant women: A good number of candidates mentioned the correct reason why pregnant women require protein.

ii. elderly: Most candidates outlined a valid reason why elderly need protein. Few candidates lost marks as they mentioned that elderly people lack energy so proteins will provide them with it.

iii. patients who have undergone surgery: Many candidates gave a proper function why proteins are needed for patients who have undergone surgery. Few candidates mistakenly mixed up the function of protein with the function of iron and simply outlined the function of iron mainly to produce red blood cells.

iv. bodybuilders: Most candidates answered this part of the question correctly, and were able to explain that bodybuilders need protein to build muscle, essential for muscle recovery and growth.

- e) *Physical and chemical processes involved in the digestion of protein found in dairy products.*

This question had varied responses. Some candidates performed very well in this question and managed to get almost all the marks allocated, whilst others lacked details or gave incorrect explanations of the chemical processes. A number of candidates gave detailed information about digestion of other nutrients rather than on the digestion of protein.

Question 2

Number of candidates who answered this question: 118

Minimum mark attained: 6.5

Maximum mark attained: 20

Mean: 14

- a) *Factors affecting food choices and eating patterns of teenagers and young families.*

Many candidates listed generic factors affecting food choices and eating patterns of teenagers and young families such as the budget, availability of food, cooking and preparation time available, cooking skills.

- b) *Popularity of take-away food consumption.*

Candidates performed well in this question and gave valid reasons for the popularity of take-away foods. The most common reasons given by candidates were that buying take-away food may work out to be cheaper for young families rather than buy the ingredients and all the equipment required to prepare and cook at home; teenagers or young children may prefer the taste of take-away foods rather than that of home-made food.

- c) *Healthier alternative to fried burger, chips and soft drink.*

i. Short-term effects and long term effects on teenagers' health.

Most of the candidates were able to identify both short-term and long-term effects on teenagers' health if a fried burger with chips and a soft drink are consumed on a regular basis. There were no candidates who identified dangers such as an increase in uric acid in the blood which result in gout, and the high dose of caffeine in some soft drinks which may in the long term result in addiction or withdrawal symptoms if the drinks are no longer consumed.

ii. Modification that can be made to provide a healthier alternative with justifications.

Many candidates scored well in this question and managed to give four good modifications that the food outlet owner can make to provide a healthier alternative. The most common modifications suggested were grilling the burger instead of frying it, using wholemeal buns instead of white buns, substituting the soft drink with water or natural fruit juices or smoothies, and replacing chips with baked potatoes or jacket potatoes. Most of the candidates also managed to give a valid justification for each modification suggested. Only few candidates gave a modification without giving a valid justification.

iii. Vegan alternative to the burger.

The majority of candidates identified possible choices of ingredients for making a vegan alternative to the meat burger, such as textured vegetable protein or tofu. Most candidates were also able to justify their choice. It is pertinent to note that no candidates identified flax or chia seeds as a binding agent instead of eggs. Also, no candidates mentioned the inclusion of *Spirulina* powder with TVP or tofu to ensure that vitamin B12 is included in the burger.

iv. Definition of HACCP, basic features of this system, HACCP implications for consumer health and food handling practices.

A good number of candidates were able to give a good definition of HACCP with some candidates even outlining the basic features of the HACCP system. However not all candidates were able to explain two HACCP implications for consumer health and food handling practices.

Question 3

Number of candidates who answered this question: 113

Minimum mark attained: 4

Maximum mark attained: 17.5

Mean: 13

- a) *Definition of the term energy balance and explanation of how this energy balance can be attained.*

Most of the candidates defined the term 'energy balance' well and stated that for energy balance, a person needs to have a balance in the calories consumed compared to the calories burned through physical activity. The second part of this question was more challenging to candidates, some of them wrongly explaining positive energy or negative energy rather than explaining how to attain the energy balance.

- b) *The effects of energy imbalance in the body.*

The majority of candidates identified weight gain and weight loss as an imbalance of energy in the body. However, some candidates failed to explain further what severe negative or positive energy would lead to.

- c) *BMI calculation, difference between overweight and obesity, BMI value ranges for each condition and Implication these conditions have on the health of an individual.*

Candidates performed quite well in this question. Some candidates managed to give exact BMI calculation and value ranges for overweight and obesity. The majority of the candidates were also able to explain the difference in overweight and obesity and also managed to list the implications these conditions have on the health of an individual. The most common implications mentioned by candidates were increased risk of cardiovascular

diseases (heart disease and stroke), diabetes and some forms of cancer. There were also some candidates who mentioned mental illnesses such as depression.

d) *i. Measures a student can take to manage his weight problem.*

Many candidates performed well in this question and achieved all their marks as they were able to list different measures a student can take to manage his weight problem. The most common answers given were increase in daily exercise, snack on fresh fruit and vegetables and nuts rather than take-away foods, have a good meal plan and try not to skip meals. Buying a recipe book or going to a nutritionist were not considered acceptable answers.

ii. How family members can help a student consume a healthy diet when supplying him with food.

Most candidates managed to explain various ways how they can help a student consume a healthy diet when supplying him with food. The most common suggestions were using wholemeal flour to make shortcrust pastry, substituting sweet items with fresh fruits and providing the student with meals based on vegetables such as salads.

iii. A healthy and economical breakfast menu for a student with justification.

This part of the question did not pose any problems to candidates as most of them were able to suggest a healthy breakfast which is also economical. The majority of candidates were able to give valid reasons for their choice of breakfast. It is pertinent to note that most of the candidates were able to suggest a healthy drink in the suggested menu. The most common food choices suggested by candidates were wholemeal toast with eggs or breakfast cereal with skimmed milk or yoghurt, fresh fruit smoothie or fruit salad.

Question 4

Number of candidates who answered this question: 96

Minimum mark attained: 2

Maximum mark attained: 16

Mean: 9

a) *Benefits of food preservation.*

Overall, the majority of the students scored well in this part of the question. The most common answers given were to prevent food from getting spoiled by the action of enzymes, to increase safe storage of foodstuffs and therefore decrease food waste, and to make out-of-season food available all year round.

b) *Basic scientific principles underlying natural, chemical and temperature control of preservation.*

The majority of candidates lost marks as they only gave an example of each method of food preservation rather than outlining the scientific principles underlying natural, chemical and temperature control.

- c) *Two methods of preserving olives and the process and related scientific principles involved in one.*

Candidates performed poorly in this question. Many simply outlined two ways of preserving olives and did not explain the process and the scientific principles involved in one of the methods chosen. Preserving olive in brine and extracting olive oil were the answers mostly given by candidates.

- d) *i. Advantages and disadvantages for the farmer of growing and cultivating organic olives.*

This part of the question was answered correctly by most of the candidates.

- ii. The process involved locally for such olive products to be accepted as being organic.*

This part of the question was wrongly answered by almost all the candidates as most of them explained the label that is attached to organic products (such as the green leaf), rather than explaining the local process for acceptance as being organic.

Question 5

Number of candidates who answered this question: 102

Minimum mark attained: 0

Maximum mark attained: 18.5

Mean: 13

- a. *Vitamins A, D, E and K are fat-soluble vitamins. For EACH of these vitamins*

i. state the function in the body;

ii. name ONE deficiency symptom.

Answers provided by the candidates for this question were varied. The majority of candidates were quite knowledgeable about fat-soluble vitamins stating both function and deficiency. Others even wrote the scientific name for each vitamin, which was unnecessary.

- b. *Explain how Vitamin D is synthesised from sunlight.*

Very few candidates gave correct answers for this question and others failed to give a good explanation of the process.

- c. *Rice is a very rich source of Vitamin B group, namely B₁, B₂, B₃ and B₆. For EACH of these vitamins, give the scientific name, ONE function and a rich source other than rice.*

Most candidates were quite knowledgeable about the Vitamin B group, with the majority providing the proper scientific name, albeit with a few spelling mistakes. Not many candidates knew the correct function for each of these vitamins.

- d. *Adequate vitamin intake should ideally be provided through a healthy diet. Identify TWO situations when vitamin supplements may be prescribed, justifying the reasons for such an intake.*

The majority of candidates were able to provide correct answers even though some explanations were not very detailed.

- e. *Outline TWO ways how a person can ensure a safe vitamin supplement intake.*

All candidates were able to write correct answers for this part of the question.

Question 6

Number of candidates who answered this question: 71

Minimum mark attained: 6

Maximum mark attained: 20

Mean: 13

- a. *Distinguish between wholegrain and refined flour by outlining how they are produced and their nutritional value.*

Most candidates provided a good distinction between wholegrain and refined flour, with very few not mentioning the bran and the germ as part of the grain, within their explanation. Some candidates failed to give the nutritional value of flour.

- b. *Identify TWO types of flour, other than wholegrain and plain flour, and describe their specific characteristics, stating TWO uses of each type.*

The majority of candidates answered this question correctly. Corn flour was mentioned by many candidates with its uses being for gluten free products such as pasta, cakes, and muffins suitable for coeliac sufferers. Other types of flour mentioned were chickpea, millet and coconut flour.

- c. *Explain the scientific principles behind the formation of gluten during the production of baked products.*

There were only few candidates who could explain the scientific principles behind the formation of gluten during the production of baked products. Most candidates gave very brief answers to this question.

- d. *Suggest THREE guidelines one should follow when purchasing and storing flour products.*

The majority of candidates were able to answer this question correctly.

- e. *i. Identify specific groups of consumers that require the consumption of such varieties of bread.*

The majority of candidates were able to answer this question correctly by mentioning the different types of bread available that are suitable for various groups of people.

ii. Describe how these varieties of bread can help specific groups of consumers who cannot eat other types of bread.

Most candidates were not very knowledgeable when it came to describing how these bread varieties can help specific groups of consumers.

- f. *'Pastizzi' are a long-time popular treat among Maltese and tourists despite their unhealthy nutritional profile. Suggest THREE ways how these traditional treats can be modified to make them healthier.*

The majority of candidates were able to give good answers, which included other points that were original. Some answers included modifications such as using unsalted ricotta filling and not adding salt to the pastry. Some responses indicated that candidates thought that 'pastizzi' are fried and thus wrote that a healthier method to make these treats is to bake them instead.

- g. *Identify ONE traditional Maltese dish in which flour is one of the main ingredients, and outline its nutritional value.*

The vast majority of candidates were able to give correct and reasoned answers with some of the suggestions given being quite original.

Chairperson
2018 Examination Panel