L-Università ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD

ADVANCED MATRICULATION LEVEL
2025 SECOND SESSION

SUBJECT:	**Home Economics and Human Ecology**
PAPER NUMBER:	I
DATE:	29th August 2025
TIME:	9:00 a.m. to 12:05 p.m.

ANSWER ANY FIVE QUESTIONS (20 marks each)

1. a. Briefly explain, including **FOUR** indicators, what constitutes a good quality of life. (4)

   b. Outline **TWO** strategies that a family could implement to enhance their quality of life. (2)

   The Maltese are the fourth biggest worriers in the world, according to recently released polling data. Almost two-thirds (63%) of the Maltese reported feelings of worry, while more than half (55%) reported feeling stressed, according to the Global Emotions 2024 report from polling company Gallup. *(Times of Malta, 2024)*

   c. Explain **TWO** main causes of high stress levels in Malta. (2)

   d. Give **TWO** examples of how an individual can manage stress to maintain good physical and mental health. (2, 2)

   In 2023, the number of at-risk-of-poverty persons living in private households was estimated at 16.6 % of the target population, a decrease of 0.1 percentage points when compared with 2022. *(NSO, 2024)*

   e. Define poverty. (1)

   f. Identify **TWO** ways how a family can make efficient use of energy and money to avoid poverty. (2, 2)

   g. Define social exclusion. (1)

   h. Discuss, providing **TWO** examples, how poverty can eventually lead to social exclusion. (2)

(Total: 20 marks)

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2. Demand to rent property has dropped when compared to the last edition of the Survey, from 31% to 11%. Such decline is particularly evident in the younger demographic, suggesting that this cohort in the population is more interested in purchasing a permanent residency rather than renting property. *(https://financemalta.org)*

   a. State **FOUR** economic factors that influence the choice of a home. (4)

   b. Many people are acquiring a home with long-term loans. Outline **FOUR** implications of borrowing money. (4)

   c. Describe in **FIVE** basic steps the legal and formal process of buying a home. (5)

   d. Identify **TWO** ways in which home seekers can find information about properties available for purchase. (1)

   e. Outline **THREE** advantages and **THREE** disadvantages for the different sources of information mentioned in part d. (6)

(Total: 20 marks)

3. a. Identify **SIX** basic needs of children. (3)

   Sarah and Charlot, both work full-time and have three children, aged five and their youngest twin daughters aged one and a half years. They make use of a childcare centre for their youngest twin daughters daily.

   b. Outline **TWO** ways how child carers help to meet children's basic needs. (2)

   c. Identify **TWO** advantages and **TWO** disadvantages of a childcare centre. (2, 2)

   The couple are constantly worried about their children's safety in the home. They are currently researching how they can make their terraced house safer for their children.

   d. State **FIVE** ways how the parents can maximise safety in the home. (5)

   e. Give **TWO** examples how Sarah and Charlot can avoid accidents when they are:
      i. in the car; (2)
      ii. at the playground. (2)

   f. Justify, providing **TWO** reasons, why it is important to maximise safety in environments where children frequent. (2)

(Total: 20 marks)

4. a. Outline **ONE** advantage and **ONE** disadvantage of **each** of the following:
      i. solar water heaters; (1, 1)
      ii. photovoltaic panels. (1, 1)

   b. Justify why solar water heaters and photovoltaic panels are viable locally. (2)

   The combined effects of ambient air pollution and household air pollution are associated with 6.7 million premature deaths annually worldwide. Household air pollution exposure leads to noncommunicable diseases. *(https://www.who.int/)*

   c. List **SIX** chemicals which contribute to global warming and outdoor pollution. (3)

   d. Mention **SIX** sources of global warming and outdoor pollution. (3)

e. Describe **FOUR** ways how global warming and outdoor pollution can be reduced. (4)

f. Name **TWO** indoor pollutants. (1)

g. Suggest **TWO** ways how a family can reduce the indoor pollutants mentioned in part f. (2)

h. Outline the effects of indoor pollutants on the individuals living in the home. (1)

(Total: 20 marks)

5. a. Name and outline **TWO** off-premises purchasing methods. (1, 2)

b. Give **ONE** advantage and **ONE** disadvantage for the **TWO** purchasing methods given in part a. (2, 2)

Cash remains the most frequently used means of payment in stores, but electronic payments grow further, ECB study shows. *(European Central Bank, 2022)*

c. State another **FOUR** methods of payment that can be used by the consumer. (2)

d. Justify, providing **TWO** examples, why cash remains the preferred method of payment. (2)

e. Outline **THREE** security measures a consumer must ensure when effecting electronic transactions. (3)

f. Identify and outline **TWO** consumers rights when buying off-premises. (1, 2)

g. Explain the function of:
   i. EPOS; (1)
   ii. Quick response (QR) code; (1)
   iii. Barcodes. (1)

(Total: 20 marks)

6. a. Describe active ageing. (2)

b. Explain, by providing **TWO** examples, how active ageing benefits:
   i. the elderly individual; (2)
   ii. the family; (2)
   iii. the country. (2)

c. Describe, by providing **THREE** examples, how an elderly person can remain active within the community. (3)

d. Justify, providing **TWO** examples, how the elderly can guide their grandchildren to become responsible adults. (2)

A key prevailing concern as people age is the ability to maintain an independent lifestyle. This requires an 'everyday competence' to solve problems associated with daily life which may be both complex and multidimensional. *(National strategic policy for active ageing 2023 – 2030)*

e. List **SIX** services offered by the government to promote independent living. (3)

f. Name **TWO** advantages and **TWO** disadvantages of living independently. (4)

(Total: 20 marks)

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ADVANCED MATRICULATION LEVEL
2025 SECOND SESSION

SUBJECT:	**Home Economics and Human Ecology**
PAPER NUMBER:	II
DATE:	1st September 2025
TIME:	9:00 a.m. to 12:05 p.m.

ANSWER ANY FIVE QUESTIONS (20 marks each)

1. 'Ġbejniet' (Maltese cheeselets) are among the most popular dairy products consumed in the Maltese Islands.

   a. Identify **SIX** nutrients that ġbejniet are rich in, and outline the role of **each** nutrient. (6)

   b. Describe the changes that occur when cheese is cooked. (1)

   c. Justify the importance of including dairy products in the diet of the following individuals:
      i. A four-year-old girl. (2)
      ii. A footballer recovering from a broken ankle. (2)

   d. The use of micro-organisms and enzymes play an important role in the production of ġbejniet.
      i. Define what enzymes are. (1)
      ii. Explain the scientific principles involved when making ġbejniet in **FOUR** main steps. (4)
      iii. Identify the enzyme used in processing ġbejniet and briefly highlight its function. (2)
      iv. Name **FOUR** traditional dishes that include fresh ġbejniet. (2)

(Total: 20 marks)

2. Jane is a forty-year-old single mother who takes care of her four-year old daughter Emily, thirteen-year-old son Jake, and her seventy-five-year-old father. Jane knows how important it is to plan economical, yet healthy meals, despite her busy lifestyle.

   a. Analyse the nutritional needs of **each** member of the family described above. (8)

   b. Apart from nutrition and budget, outline **FOUR** other factors to consider when planning meals. (2)

   c. List **FOUR** suitable labour-saving appliances busy families could make use of when preparing meals. Describe how **each** of the appliance mentioned can help in the preparation of the meal to retain micronutrients. (4)

   d. Suggest **THREE** meals and **THREE** desserts suitable for a family with two young children, providing reasons for your choices. (6)

(Total: 20 marks)

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3. Eggs are a versatile ingredient which can be used for breakfast, lunch, dinner and desserts. Two primary functions of eggs are aeration and emulsifiers.

   a. Explain the principle of aeration and emulsification, giving **ONE** example when this function of eggs is used. (4)

   b. Outline **TWO** other functions of eggs in recipes. (2)

   c. Give a nutritional analysis of an egg, with specific focus on energy content, vitamins, minerals and fats. (4)

   d. Justify why eggs are considered as a complete food. (1)

   e. Suggest **TWO** methods for testing the freshness of eggs. (2)

   f. Suggest **THREE** guidelines which consumers should follow when purchasing fresh eggs. (3)

   g. Discuss the effects of heat on the egg white and the egg yolk whilst a whole egg is boiling, making a direct reference to proteins. (2, 2)

(Total: 20 marks)

4. Food can be cooked using a variety of methods, each of which influences the final taste, texture and appearance of the dish.

   a. Compare and contrast dry and moist methods of cooking, giving **TWO** examples of **each**. (2, 2)

   b. Outline the effects of the dry and moist cooking methods on the appearance, taste, smell and texture of cooked food. (4)

   c. Describe **FOUR** factors that determine the choice of cooking methods used in preparation of meals. (4)

   d. Traditionally, slow-cooking was common in Maltese household kitchens. Recently, slow-cookers have experienced a comeback.
      i. Justify, giving **TWO** reasons, why slow-cooking has regained popularity. (2)
      ii. Explain the process of slow-cooking, giving **TWO** examples of dishes, which can be slow-cooked. (1, 1)
      iii. Outline **TWO** advantages and **TWO** disadvantages of this cooking method. (2, 2)

(Total: 20 marks)

5. Both micronutrients and macronutrients are vital for different body functions.

   a. Differentiate between micronutrients and macronutrients. (2)

   b. Micronutrients are essential for strong bones and teeth.
      i. List **FOUR** micronutrients required for strong bones and teeth. (2)
      ii. For **each** micronutrient mentioned in part bi, list another function of the nutrient and **ONE** rich food source. (4, 2)

   c. Vitamin A is known as a precursor. Define precursor and highlight the **TWO** different forms of vitamin A, giving their chemical name. (1, 2)

d. Explain how the different forms of vitamin A given in part c are converted and activated in the body. (3)

e. Some vitamins have factors that enhance absorption. Support this statement with reference to the following situations:
   i. Vitamin D and calcium in growing children; (2)
   ii. Vitamin C and iron in vegans. (2)

(Total: 20 marks)

6. One of the main ingredients of the traditional Easter sweet 'figolla' filling is almonds. Almonds make part of the food commodity nuts.

a. Give **SIX** main nutrients found in nuts. Describe the general role of **each** nutrient mentioned. (6)

b. Carry out **SIX** modifications to create a healthier version of the following 'figolla' recipe. Justify your choices. (6)

Pastry	**Filling**
400g self-raising white flour	400g ground almonds
400g sugar	200g sugar
1 teaspoon vanilla essence	200ml water
400g margarine	Almond essence
3 eggs	
250ml full-fat milk	
Zest of a lemon	
Juice of 1 lemon	

c. It is recommended to incorporate nuts into meals. Outline **FOUR** ways in which nuts can be added to main meals. (2)

d. Some people can either be intolerant or allergic to nuts. Compare and contrast food intolerance and food allergy. List **ONE** main symptom of **each**. (2, 1)

e. Suggest **THREE** traditional desserts that include nuts. For **each** dessert, propose modifications to create a healthier version. (3)

(Total: 20 marks)