



SUBJECT:	Home Economics and Human Ecology
PAPER NUMBER:	I
DATE:	25 th April 2025
TIME:	9:00 a.m. to 12:05 p.m.

ANSWER ANY FIVE QUESTIONS (20 marks each)

1. A number of 6,378 households were made up of single parents, with one or more dependent children. This denoted an increase of over 900 such households recorded in the 2011 Census.
(Consensus 2021, NSO)

- Outline the concept of a family unit. (1)
- Single-parent households represent one of the changes in modern family structures. List **FOUR** other changes in family structures. (2)
- Give **TWO** reasons why single-parent families are more prevalent in Malta today. (2)
- Briefly explain, by providing **FOUR** examples, the impact on the family's lifestyles, in single parents' families. (4)
- State **FOUR** ways how grandparents can help single parents to cope with their daily struggles. (4)

The total fertility rate in Malta increased by 0.02 children per woman (+1.77%) in 2022 in comparison to the previous year. In total, the fertility rate amounted to 1.15 children per woman in 2022.

(Statista, September 2024)

- Justify, giving **TWO** reasons, why many Maltese families are choosing to have only one child. (2)
- Explain **THREE** ways how the decline in the number of children per family will affect Malta's economy. (3)
- Identify **TWO** incentives that the government gives to parents to opt for more than one child. (2)

(Total: 20 marks)

2. John is a 40-year-old accountant, who is married with two children, aged 5 and 7. His wife Nicole works full-time as a shop keeper.
- Outline **TWO** responsibilities that John has towards:
 - his children; (2)
 - his partner Nicole; (2)
 - his elderly parents. (2)
 - Identify **FOUR** family-friendly measures that John and Nicole can make use of. (2)
 - Explain **TWO** of the family-friendly measures identified in part (b). (2)
 - Justify, providing **TWO** reasons, why these family-friendly measures are important for Maltese families. (4)

Question continues on the next page.

John and Nicole are currently considering fostering a child. The couple contacted Foster Care Association Malta to express their interest.

- e. Outline the term fostering and how it differs from adoption. (2)
- f. Justify **TWO** positive implications of fostering on the child being fostered. (2)
- g. Explain, providing **TWO** positive implications, fostering can have on the foster family. (2)

(Total: 20 marks)

3. Young Maltese people prefer to save up to buy a property rather than rent.

(TVM news, 2021)

- a. Explain, providing **TWO** reasons, why Maltese people still prefer to invest in properties rather than rent. (2)
- b. List **FOUR** costs incurred when acquiring a home. (2)
- c. State **FOUR** ways how to raise money for acquiring and finishing a home. (2)
- d. Explain in detail:
 - i. promise of sale; (2)
 - ii. deed of sale. (2)
- e. Justify, providing **TWO** reasons, why it is important to sign a lease in front of a notary when renting a home. (2)

Young single people on an average income are unable to afford 95% of properties on the market, according to a new study. The analysis found that a single buyer in their late 20s earning a wage of €21,000, roughly Malta's average income, can only afford to buy a property worth a maximum of €171,000. Only 5.2% of finished apartments on the market fall under this bracket.

(Times of Malta, 2023)

- f. Explain, providing **FOUR** reasons, why property prices have risen so much during the last few years. (4)

Government incentives and regulatory developments are expected to further drive property ownership amongst young people.

(<https://financemalta.org>)

- g. Mention and explain **TWO** government schemes which buyers can make use of to ease the initial financial burden when acquiring a home. (4)

(Total: 20 marks)

- 4. a. Identify **FOUR** global environmental concerns. (2)
- b. Outline the cause of **each** global concern mentioned in part (a). (4)
- c. Describe **THREE** implications of global environmental concerns in Malta. (3)
- d. Identify **THREE** national strategies to minimise the global environmental concerns. (3)
- e. Being sustainable helps to reduce global environmental concerns. Give **THREE** examples how a consumer can be more sustainable when buying food. (3)
- f. Suggest **TWO** examples how a consumer can be sustainable when using water in the home. (2)
- g. Identify **SIX** items that were originally produced using plastic only but are now also being produced using more sustainable material such as wood or paper. (3)

(Total: 20 marks)

5. A consumer is a person or a group who intends to order, or use purchased goods, products, or services primarily for personal, social, family, household and similar needs, who is not directly related to entrepreneurial or business activities.

(<https://en.wikipedia.org>)

- a. Identify **FOUR** factors that influence the consumers' buying choices. (2)
- b. List **TWO** examples for **each** influence mentioned in part (a). (4)
- c. Describe **ONE** example for **each** influence mentioned in part (b). (4)

A guarantee is a written promise from a company or a person to repair or replace a product that you buy from them if it develops a fault within a fixed period of time.

(Cambridge Dictionary, 2024)

- d. Differentiate between legal and commercial guarantees. (2)
- e. Explain, providing **TWO** reasons, the benefits for a retailer in offering a guarantee. (2)
- f. Justin, a post-secondary school student, bought a laptop from a local retailer. The laptop developed battery issues one month after purchase. Identify **TWO** different methods of redress. (2)
- g. State which method of redress should Justin use. Justify your answer. (2)
- h. Describe **TWO** important factors one must keep in mind when redressing using the method stated in part (g). (2)

(Total: 20 marks)

6. In order to promote and increase sales, many businesses allow consumers to buy using different credit options. Some of the slogans used by local retailers are Buy Now and Pay Later, Easy Pay and Pay Smart.

- a. Identify **THREE** types of credit options available locally. (3)
- b. Outline **TWO** uses and **FOUR** limitations of the credit option mentioned in part (a). (2,4)
- c. Explain **TWO** causes why individuals or families run into debt. (2)
- d. Describe **TWO** implications of running into debt. (2)

Insurance is a means of protection from financial loss in which, in exchange for a fee, a party agrees to compensate another party in the event of a certain loss, damage, or injury. It is a form of risk management, primarily used to protect against the risk of a contingent or uncertain loss.

(<https://en.wikipedia.org>)

- e. State the difference between life and health insurance. (2)
- f. Justify, giving **THREE** reasons, why it is important to have a home insurance when owning a home. (3)
- g. Differentiate between life insurance and life assurance. (2)

(Total: 20 marks)



SUBJECT:	Home Economics and Human Ecology
PAPER NUMBER:	II
DATE:	28 th April 2025
TIME:	9:00 a.m. to 12:05 p.m.

ANSWER ANY FIVE QUESTIONS (20 marks each)

1. Modern food biotechnologies, such as genetic modification, irradiation and artificial fertilisers are among the rising trends in food production.
 - a. Outline the **THREE** modern food biotechnologies mentioned above. (3)
 - b. State how consumers can identify genetically modified and irradiated foods. (2)
 - c. Outline **ONE** positive impact of genetic engineering of crops, **ONE** positive impact of food irradiation and **ONE** positive impact of using artificial fertilisers for:
 - i. The food producers. (3)
 - ii. The world population. (3)
 - d. Justify **THREE** current consumer concerns related to genetically modified products in the diet. (3)
 - e. Highlight **THREE** negative impacts of using artificial fertilisers to the natural environment. (3)
 - f. Describe **THREE** alternative and sustainable practices that farmers can adopt to avoid using genetically modified plants. (3)

(Total: 20 marks)

2. After a recent medical check-up, James, a 20-year-old university student, was advised to increase his daily intake of water and dietary fibre.
 - a. State the recommended daily intake of water and dietary fibre for James. (1)
 - b. Compare soluble and insoluble fibre and give **TWO** food sources for **each**. (2, 2)
 - c. Outline **TWO** functions of dietary fibre in the human body. (2)
 - d. Analyse the role of water in the body for:
 - i. Maintaining blood volume and blood pressure. (2)
 - ii. Regulating the body temperature and cooling it where necessary. (2)
 - iii. Cleansing the body. (2)
 - e. Justify why **each** of the following groups requires a higher intake of water:
 - i. Athletes following a high-protein diet. (1)
 - ii. People on a high-fibre diet. (1)
 - iii. People with diabetes. (1)
 - f. Name **TWO** health impacts resulting from insufficient water in the diet, highlighting **TWO** main symptoms that the body may experience. (1,1)
 - g. Suggest **TWO** strategies James can use to increase his water intake and **TWO** strategies to boost his fibre intake while on the university campus. (1,1)

(Total: 20 marks)

Please turn the page.

3. Iron is an essential mineral which can sometimes be lacking in a vegetarian diet.
- Describe the **FOUR** types of vegetarian diets, highlighting the unique features of **each**. (4)
 - Give **FOUR** reasons why following a vegetarian diet is beneficial for one's health. (2)
 - Suggest **TWO** reasons, other than health, why people choose to follow a vegetarian diet. (2)
 - Differentiate between haem iron and non-haem iron and identify **ONE** food source for **each**. (2, 1)
 - Determine the main diet-related condition that may develop from insufficient iron intake. Analyse how this condition occurs and give **TWO** common symptoms. -(1, 2, 1)
 - Plan a day's menu, including a snack and a drink, suitable for a young vegetarian woman who needs to increase her iron intake, justifying how the nutritive value of the different foods meets her dietary needs. (5)

(Total: 20 marks)

4. Dieting is one of the strongest predictors for the development of an eating disorder. Weight loss and fad diets often ignore individuals' specific nutritional needs, which can consequently lead to a range of health issues.
- Define fad diets. (1)
 - Justify why these trends are normally more popular with adolescents and young adults. (1)
 - Outline **FOUR** characteristics of fad diets. (2)
 - Highlight **THREE** health consequences a person may experience from following a fad diet over an extended period. (3)
 - Give **TWO** examples of eating disorders and differentiate between the two. (1, 2)
 - Evaluate **TWO** physical effects and **TWO** psychological effects of eating disorders on the individual's well-being. (2, 2)
 - Suggest **THREE** strategies that adolescents and young adults can use to lose weight without resorting to dieting. (3)
 - Protein-rich diets and the consumption of protein shakes seem to be an emerging trend. Outline **THREE** physiological effects of an excessive protein intake. (3)

(Total: 20 marks)

5. Rabbit meat is a popular dish in Malta that can be prepared in a variety of ways.
- Give **TWO** reasons why rabbit meat is one of the healthiest meats available for human consumption. (2)
 - A young couple is inviting family and friends over for a *fenkata*. Outline **SIX** ways how rabbit meat can be prepared in various finger foods for this occasion. (3)
 - Describe **THREE** steps to follow when freezing left over rabbit. (3)
 - Rabbit meat is a high protein rich food.
 - State **FOUR** chemical elements present in all proteins and explain the different chemical structures of proteins. (2, 2)
 - Outline why proteins are considered as macronutrients. (1)
 - Identify **TWO** main roles of protein in the human diet. (2)
 - Analyse the physical and chemical digestion and the absorption of protein in the body. (5)

(Total: 20 marks)

6. Maltese traditional cuisine consists of typical Mediterranean and rustic recipes which are based on the seasonal, fresh produce and cooked in a way that preserve all the flavours.
- Suggest **TWO** reasons why Maltese traditional food should be regarded as part of our heritage and therefore we should make every effort to preserve it. (2)
 - One of Malta's most popular pasta dishes is *Baked Timpuna*. Provide **FIVE** modifications to the traditional recipe to make it suitable for individuals on a weight-reducing diet, with **each** modification supported by a nutritional justification. (5)

Recipe for Baked Timpuna	
400 g white pasta	2 eggs
200 g minced beef	Evaporated milk
20 g butter	A canned tin of peas
A tin of tomatoes	1 small onion and some garlic
A stock cube	100 g grated Parmesan cheese
50 g tomato paste	Salt and pepper
100 g bacon	500 g Puff Pastry

- The Maltese cuisine promotes the reduction of food miles. Define the term food miles. (1)
- Suggest **THREE** ways to reduce food miles when planning traditional meals. (3)
- The micronutrient content of food can easily be lost. Outline **ONE** strategy to ensure the maximum content and retention of micronutrients whilst buying, storing, cooking and serving a home-made Minestra soup using fresh produce. (4)
- Many traditional meals are now available in the frozen section of local supermarkets.
 - Suggest **TWO** arguments in favour of having these traditional dishes available as convenience meals. (2)
 - Compare **THREE** ways in which the nutritional value of convenient frozen may differ from the traditionally cooked meal. (3)

(Total: 20 marks)