



SUBJECT: **Home Economics**
 PAPER NUMBER: I – Level 1-2-3
 DATE: 25th April 2025
 DURATION: 2 hours 5 minutes

Answer All questions

1. While at the supermarket, Jake picked up number of food items.

As he checked the labels, he noticed different information on each label.

a. Identify **TWO** additional pieces of information that, by law, should appear on each label apart from the ingredients, datemark and weight.

_____ (1)

b. Describe **THREE** voluntary pieces on information that can be found on different food labels.

_____ (3)

c. Look at the ingredients list found on a can of olives.

***OLIVES: 25 CALORIES AND 2g FAT PER SERVING. POTATO CHIPS: 155 CALORIES AND 10.6g FAT PER SERVING. OLIVES ARE A SATURATED FAT FREE FOOD.**

INGREDIENTS: OLIVES, WATER, SEA SALT, AND FERROUS GLUCONATE (AN IRON DERIVATIVE). CONTAINS NO MAJOR FOOD ALLERGEN INGREDIENTS. GLUTEN-FREE.

Source: <https://shorturl.at/7iMbn>



Source: <https://shorturl.at/udCMc>

Explain the importance of the order in which the ingredients are listed and what these indicate about the product.

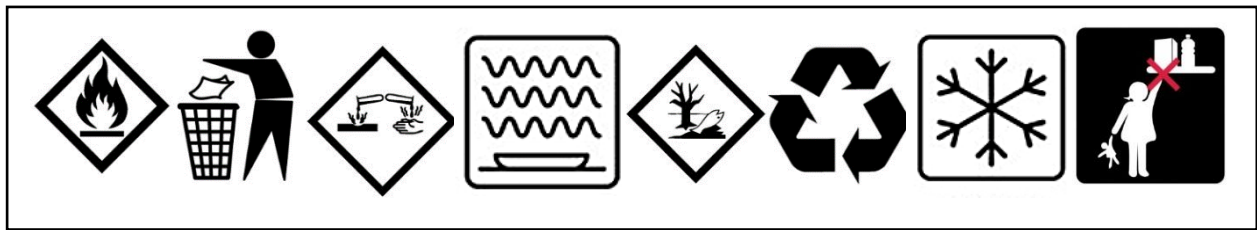
_____ (2)

d. Explain the following terms which are often found on different food products:

i. Use-by: _____
_____ (1)

ii. Best before: _____
_____ (1)

e. Underline **FOUR** symbols that are found on food labels:



(2)

f. Explain the difference between the following terms commonly found on food labels with reference to their nutritional value.

i. Whole meal vs wheat meal: _____

_____ (1)

ii. Strawberry yoghurt vs Strawberry-flavoured yoghurt: _____

_____ (1)

iii. Fruit juice vs fruit drink: _____

_____ (1)

(Total: 13 marks)

2. Maria is a full-time working mother. She has a four-month-old daughter, Emily, and needs reliable childcare options.

a. State **THREE** different childcare options Maria can consider for her daughter, Emily.

_____ (3)

b. Outline **ONE** advantage and **ONE** disadvantage of each childcare option mentioned in part (a).

Childcare option 1: _____

Advantage: _____

_____ (1)

Disadvantage: _____

_____ (1)

Childcare option 2: _____

Advantage: _____

_____ (1)

Disadvantage: _____

_____ (1)

Childcare option 3: _____

Advantage: _____

_____ (1)

Disadvantage: _____

_____ (1)

c. Justify which childcare option would be most suitable for Maria’s situation and explain why.

_____ (2)

This question continues on next page.

d. Maria wants to ensure that Emily receives the necessary immunisations and stays protected from infectious diseases.

i. List **FOUR** infectious diseases against which children are immunised during their first years of life.

_____ (2)

ii. Discuss **TWO** reasons why vaccines are safe and important for children.

_____ (2)

e. A rattle was given to Emily by Maria’s friend. Evaluate this toy in terms of age-appropriateness, and safety to promote child development of the child.



Source: <https://www.etsy.com/>

• Age-appropriateness: _____

_____ (1)

• Safety: _____

_____ (1)

(Total: 17 marks)

3. Matthias, a young professional, is looking to buy some furniture for his apartment. He wants to make smart, sustainable purchases within his budget and ensures he is aware of his rights and responsibilities as a consumer.

a. Define the term consumer.

(1)

b. Identify **THREE** consumer rights and **TWO** consumer responsibilities Matthias should be aware of.

Consumer rights:

(3)

Consumer responsibilities:

(2)

c. Explain why being an informed consumer is important.

(1)

d. Create **ONE** guideline for wise purchases of basic goods or services.

(1)

e. Suggest **TWO** measures families on a low-income can adopt to make sustainable consumer choices within their budget.

(2)

(Total: 10 marks)

Please turn the page.

4. Krista is designing a new kitchen for her family, which includes small children. She is considering the best options for ventilation, wall and floor coverings, and work surfaces that will be both practical and safe for her family's needs.

a. Identify **TWO** types of ventilation, **TWO** types of wall coverings and **TWO** types of floor coverings that can be used in a kitchen.

Ventilation	Wall coverings	Floor coverings

(3)

b. Give **THREE** examples of lighting and **THREE** examples of work surfaces that can be used in a kitchen.

Lighting	Work surfaces

(3)

c. Justify the choice of a suitable wall covering and work surface for Krista's family with small children.

Type of wall covering: _____

Justification: _____

(2)

Type of work surface: _____

Justification: _____

(2)

(Total: 10 marks)

5. John is a 70-year-old retired man.

a. List **FOUR** factors that contribute to a healthy lifestyle for this elderly man.

(4)

b. John has recently been diagnosed with high levels of cholesterol. Suggest **THREE** dietary changes that John should make.

(3)

c. Apart from health, outline **THREE** factors that could affect John when making his food choices.

(3)

(Total: 10 marks)

6. a. State what NSP stand for.

(1)

b. Give **TWO** sources of soluble fibre and **TWO** sources of insoluble fibre.

Sources of Soluble Fibre	Sources of Insoluble Fibre
<hr/> <hr/>	<hr/> <hr/>

(2)

This question continues on next page.

c. Outline the function of dietary fibre in the diet.

(2)

d. Diverticulitis can occur when a person consumes a low intake of fibre. Explain diverticulitis.

(2)

e. Other than diverticulitis, list **THREE** conditions or diseases associated with a low intake of dietary fibre.

(3)

(Total: 10 marks)

7. a. In the space below, draw a labelled diagram of the structure of the wheat grain.

(2)

b. Other than wheat, name another **FOUR** different types of cereals.

(2)

c. Maria is a 14-year-old who has decided to become a vegan. List **FOUR** types of non-dairy milk that Maria can consume.

_____ (2)

d. Explain **TWO** reasons why it is beneficial for Maria to consume these types of milk.

_____ (2)

e. Suggest a type of milk suitable for each of the following, ensuring a different type of milk is recommended for each. Justify your choice.

		Suitable milk	Justification
i.	Susan who is lactose intolerant	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>
ii.	James who suffers from high blood cholesterol levels	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>

(3)

f. List **FOUR** different types of pulses.

_____ (2)

This question continues on next page.

g. Explain why it is important to cook red kidney beans thoroughly prior to eating them.

_____ (2)

(Total: 15 marks)

8. Sarah is a four-year-old who is a picky eater and primarily enjoys eating junk food.

a. List **THREE** basic tips that her parents could follow to encourage her to develop healthy eating habits.

_____ (3)

b. Ella has decided to do some rock buns using the rubbing-in method of cake making. The steps of her recipe got mixed up and she needs help to get them in order. Write number 1 to number 6 next to each step, to show the proper sequence of the recipe.

Sift the flour in a mixing bowl. Cut the margarine into cubes and add to the flour.	
Stir in the sugar and dried fruit.	
Light the oven gas mark 5, 180°C. Place the shelf just above the centre. Place paper cases in bun tin.	
Using a metal spoon, divide the mixture into the paper cases. Bake for 12-15 minutes until firm and golden brown. Cool on a wire tray.	
Rub the margarine into the flour using your fingertips until the mixture looks like fine breadcrumbs.	
Beat the egg lightly. Make a well in the centre of your dry ingredients and add the egg to this mixture. If necessary, add the water or milk. The mixture must be firm enough to stand in heaps.	

(3)

c. For her rock buns, Ella uses self-raising flour, margarine, sugar, dried fruit and eggs. Describe the major role played by each of these ingredients in this particular recipe.

Ingredients	Major role
Self-raising flour	<hr/> <hr/>
Margarine	<hr/> <hr/>
Sugar	<hr/> <hr/>
Dried fruit	<hr/> <hr/>
Egg	<hr/> <hr/>

(5)

This question continues on next page.

d. Jeremy decides to prepare a sponge cake using the whisking method. While reading the recipe, he comes across the terms 'ribbon texture' and 'folding-in', which leave him feeling confused. Define these terms.

i. Ribbon texture - _____

_____ (1)

ii. Folding-in - _____

_____ (1)

e. Different cakes have a varying shelf life. Between Ella's rock buns and Jeremy's sponge cake, which would you expect to remain fresh for longer?
_____ (1)

Explain your answer.

_____ (1)

(Total: 15 marks)



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**SECONDARY EDUCATION CERTIFICATE LEVEL
2025 MAIN SESSION**

SUBJECT:	Home Economics
PAPER NUMBER:	II – Level 1-2
DATE:	25 th April 2025
DURATION:	2 hours 5 minutes

Answer ALL questions

1. Anne is a busy working mother of three children. Recently, she discovered the option of preparing some dishes in advance and freezing them for those particularly busy days.

a. Name **FOUR** dishes that are suitable for freezing.

_____ (2)

b. Outline **THREE** advantages of freezing dishes.

_____ (3)

c. List **FOUR** environmentally friendly packaging materials that Anne can use to store food safely in the freezer.

_____ (2)

d. Outline **THREE** basic rules that Anne should follow when storing her home-made dishes in the freezer.

_____ (3)

(Total: 10 marks)

2. Accidents can occur in various areas of the home and outside the home, especially to children and senior citizens who are more prone to accidents.

a. Explain, giving **ONE** reason, why children and senior citizens are more prone to accidents inside and outside the home.

_____ (1)

b. Complete the table below.

i. List **TWO** possible accidents that can happen:

- in the kitchen;
- in the bathroom;
- at the playing field.

ii. Describe **TWO** safety precautions that could be taken to prevent **each** possible accident listed in part(b)(i). question (2b i).

	i. Possible accidents	ii. Safety precautions
In the kitchen:	<ul style="list-style-type: none"> • _____ • _____ 	<ul style="list-style-type: none"> • _____ • _____
In the bathroom:	<ul style="list-style-type: none"> • _____ • _____ 	<ul style="list-style-type: none"> • _____ • _____
At the playing field:	<ul style="list-style-type: none"> • _____ • _____ 	<ul style="list-style-type: none"> • _____ • _____

(3,6)

(Total: 10 marks)

3. A first aid box is an essential item that should be available in any home, workplace or school, stocked with basic medical supplies to treat minor injuries.

a. List **SIX** items found in a first aid box.

_____	_____
_____	_____
_____	_____ (3)

b. Other safety equipment like fire extinguishers, fire blankets, and smoke detectors are important to keep ready for emergencies. Describe the purpose of a:

i. Fire extinguisher: _____ (1)

ii. Fire blanket: _____ (1)

iii. Smoke detector: _____ (1)

c. Describe, in **FOUR** simple steps, the correct procedure to seek help in an emergency if a person faints and injures himself.

_____ (4)

(Total: 10 marks)

Please turn the page.

4. Emma has recently started attending a post-secondary institution and is interested in learning how to budget her money.

a. State the difference between a personal budget and a family budget.

(2)

b. List **THREE** sources of income and **THREE** sources of expenditure that Emma may have.

Income	Expenditure
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

(3)

c. List **TWO** methods of savings Emma can use.

(1)

d. List **FOUR** banking services that Emma can make use of.

(2)

e. As a student living with her family, Emma helps her family with grocery shopping and has noticed that using a shopping list could be useful.

Identify **TWO** advantages of using a shopping list.

(2)

(Total: 10 marks)

5. Aiden is a garment maker who often works with cotton and polyester.

a. List **THREE** natural and **THREE** synthetic fabrics, apart from cotton and polyester.

	Natural fabrics	Synthetic fabrics
i.		
ii.		
iii.		

(3)

b. Describe **ONE** property of cotton and **ONE** property of polyester.

i. Cotton

Property: _____ (1)

ii. Polyester

Property: _____ (1)

c. Outline **THREE** basic steps involved in the preparation of clothes for laundry.

_____ (3)

d. Apart from detergents and fabric conditioner, list **ONE** washing aid/product that will help Aiden improve his washing results.

_____ (1)

In his studio apartment, Aiden lacks space to hang his laundry and is looking for a convenient alternative to dry his laundry efficiently.

e. List **ONE** laundry device Aiden can purchase to dry his laundry quickly.

_____ (1)

(Total: 10 marks)

Please turn the page.

6. a. State the **THREE** main functions of food.

(3)

b. Describe the term malnutrition.

(1)

c. Give **TWO** eating disorders.

(1)

d. Describe the **TWO** eating disorders mentioned in part c above.

(2)

e. Define the term balanced diet.

(1)

f. Suggest **THREE** measures or initiatives that the local council in collaboration with the government can take to promote a good level of health amongst its citizens.

(3)

g. Identify **FOUR** sustainable practices that can be carried out in the home.

_____ (4)

(Total: 15 marks)

7. Calcium and iron are very important minerals needed by the body.

a. Outline their main function.

Mineral	Main Function
Calcium	<p>_____</p> <p>_____</p>
Iron	<p>_____</p> <p>_____</p>

(2)

b. Give **TWO** examples of the main sources of these two minerals.

Mineral	Source 1	Source 2
Calcium		
Iron		

(2)

c. i. Describe a symptom associated with osteoporosis.

_____ (1)

ii. Describe a symptom associated with anaemia.

_____ (1)

This question continues on next page.

d. Sodium is another essential mineral.

i. Outline the main consequence of taking too much sodium in the diet.

_____ (1)

ii. Give **TWO** examples of sources of sodium.

_____ (1)

iii. Recommend **TWO** ways of reducing sodium intake in the diet.

_____ (2)

(Total: 10 marks)

8. a. From the list of words in the table below, identify the **FOUR** parts of the egg.
Underline the chosen words.

Shell	White	Chicken	Air space
Fresh	Stale	Yolk	Protein

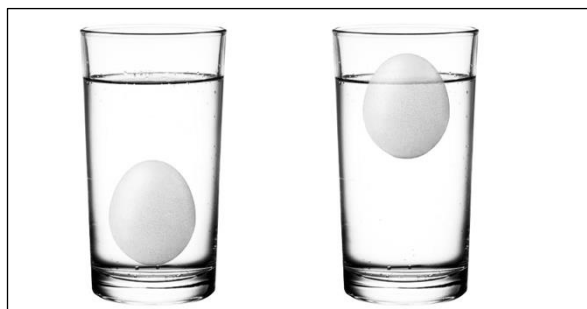
(2)

b. Identify **FOUR** healthy recipes in which eggs are used as a main ingredient.

_____ (2)

c. Susan has some eggs and needs to find out whether they are fresh or stale.

Identify which is the fresh egg and which is the stale one in the following diagram.



A **B**

Source: <https://science4fun>

A _____ (0.5)

B _____ (0.5)

d. Explain why eggs should **not** be washed before storage.

(2)

e. List **TWO** different types of milk available on the market.

(1)

f. Name **FOUR** products that are made from milk.

(2)

g. Identify **FOUR** healthy recipes that use milk or milk products as one of their main ingredients.

(2)

This question continues on next page.

.....
h. Herbs and spices are often used in recipes to add more flavour to food. Identify **FOUR** different herbs and spices.

_____ (2)

i. Give examples of **TWO** different seeds that can be used while baking.

_____ (1)

(Total: 15 marks)

9. a. Suggest **THREE** factors that should be considered when planning a meal.

_____ (3)

b. An elderly, who is 70 years old, will be staying with a friend for some time. Suggest a suitable main meal and a dessert that she could prepare for him.

Main meal: _____
_____ (0.5)

Dessert: _____
_____ (0.5)

c. Suggest **TWO** reasons why the chosen meal is suitable for him.

Reason 1: _____
_____ (1)

Reason 2: _____
_____ (1)

d. List **TWO** rules for maintaining personal hygiene when preparing meals.

(2)

e. List **TWO** safety practices that one should follow when preparing meals in food labs.

(2)

(Total: 10 marks)

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**SECONDARY EDUCATION CERTIFICATE LEVEL
2025 MAIN SESSION**

SUBJECT:	Home Economics
PAPER NUMBER:	II – Level 2-3
DATE:	25 th April 2025
DURATION:	2 hours 5 minutes

Answer ALL questions

1. Anne is a busy working mother of three children. Between her job and caring for them, she prepares and freezes several dishes to reheat as needed.

a. Outline **THREE** advantages of freezing home-made dishes.

(3)

b. List **FOUR** environmentally friendly packaging materials that Anne can use to store food safely in the freezer.

(2)

c. Discuss how home freezing can be a cost-effective method of food preservation for a busy working mother like Anne.

(3)

d. Compare the home-frozen meals that Anne prepares with commercially frozen ready meals in terms of nutritional value.

(2)

(Total: 10 marks)

2. Accidents can occur in various areas both inside and outside the home, particularly among children and elderly citizens, who are more vulnerable to injury.

a. Explain, giving **TWO** reasons, why children and senior citizens are more prone to accidents inside and outside the home.

(2)

b. Thomas is preparing a pasta dish for his family, which involves chopping ingredients, handling boiling water, and using a hot pan.

i. Evaluate **FOUR** potential hazards that Thomas could have.

(4)

ii. Describe **FOUR** ways how the hazards in part (b)(i) can be avoided.

(4)

(Total: 10 marks)

3. A first aid box is an essential item that should be available in any home, workplace, or school, stocked with basic medical supplies to treat minor injuries.

a. List **SIX** items found in a first aid box.

_____ (3)

b. Other safety equipment like fire extinguishers, fire blankets, and smoke detectors are important to keep ready for emergencies. Describe the purpose of a:

i. Fire extinguisher: _____ (1)

ii. Fire blanket: _____ (1)

iii. Smoke detector: _____ (1)

c. Describe, in **FOUR** simple steps, the correct procedure to seek help in an emergency if a person faints and injures himself.

_____ (4)

(Total: 10 marks)

Please turn the page.

4. Emma, a university student has some savings from her part-time job and is considering whether to keep the money in a savings account, invest it in a fixed-term deposit account, or explore other investment options

a. Compare and contrast **TWO** similarities and **TWO** differences between a savings account and a fixed-term deposit account.

(4)

b. Justify **ONE** method of savings or investment suitable for Emma.

(2)

c. Emma uses an ATM regularly.

Discuss **TWO** advantages and **TWO** disadvantages of using an ATM.

(4)

(Total: 10 marks)

5. Aiden was commissioned to design sportswear for a local football team.

a. Evaluate the efficiency of using cotton or polyester for sportswear, keeping in mind the following factors - comfort, durability and care.

Sportswear: Cotton

Comfort: _____ (1)

Durability: _____ (1)

Care: _____ (1)

Sportswear: Polyester

Comfort: _____ (1)

Durability: _____ (1)

Care: _____ (1)

b. Aiden has chosen the fabric for sportswear and now needs to prepare them for laundering to maintain their quality.

Outline **THREE** basic steps involved in the preparation of clothes for laundry.

_____ (3)

c. Aiden has problems with water hardness when doing his laundry. Describe the basic scientific principle underlying water hardness.

_____ (1)

(Total: 10 marks)

Please turn the page.

6. One of the dietary guidelines suggests that we limit our intake of sugar, while another encourages us to increase our intake of dietary fibre.

a. Suggest **TWO** examples of how we can limit our intake of sugar.

(2)

b. Suggest **TWO** examples of how we can increase our intake of dietary fibre.

(2)

c. Discuss **TWO** consequences that obesity may have on the body.

(2)

d. Discuss **TWO** ways of preventing obesity.

(2)

e. Explain **THREE** reasons why it is important for the government to help citizens to have a good level of health.

(3)

f. Suggest **ONE** way how the government aids and encourages households to live in a more sustainable way.

(1)

ii. Describe a symptom associated with anaemia.

(1)

d. Sodium is another essential mineral.

i. Outline the main consequence of taking too much sodium in the diet.

(1)

ii. Give **TWO** examples of sources of sodium.

(1)

iii. Recommend **TWO** ways of reducing sodium intake in the diet.

(2)

(Total: 10 marks)

8. Eggs are one of the food commodities.

a. Outline **TWO** main nutrients found in eggs.

(1)

b. Eggs are highly versatile and serve various functions in food preparation. What is the specific function of eggs in the preparation of the following foods?

i. Mayonnaise - _____

ii. Quiche Lorraine - _____

iii. The mixture for patties - _____ (3)

.....
c. Explain **THREE** characteristics that you would expect to notice in the different parts of the egg to be able to distinguish between a fresh and a stale egg.

The Egg white: _____

_____ (1)

Yolk: _____

_____ (1)

Air space: _____

_____ (1)

d. Compare and contrast the fat content of whole and semi-skimmed milk.

_____ (2)

e. Compare and contrast the heat treatment of pasteurised milk with that of UHT milk.

_____ (2)

f. Compare and contrast the shelf life of fresh pasteurised milk with that of UHT milk.

_____ (1)

This question continues on next page.

d. List **TWO** rules for maintaining personal hygiene when preparing meals.

(2)

e. List **TWO** safety rules one should follow when preparing meals.

(2)

(Total: 10 marks)

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