



L-Università
ta' Malta

MATSEC
Examinations Board



Marking Scheme
SEC Home Economics

Main Session 2024

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In the case of marking schemes that include model solutions or answers, it should be noted that these are not intended to be exhaustive. Variations and alternatives may also be acceptable. Examiners must consider all answers on their merits, and will have consulted with the MATSEC Examinations Board when in doubt.

PAPER I

Question No		Suggested Answers	Marks Distribution	Marks	
1	a	Digestion is the mechanical and chemical breaking down of food, to a form that can be absorbed by the body.		1	
	b	i	Food is broken down by chewing and it mixes with saliva.		1
		ii	The powerful muscles in the stomach walls churn the food to a pulp.		1
		iii	In the small intestines, food is broken down, nutrients needed for the body are absorbed, and they get rid of the unnecessary components.		1
		iv	All the water used in digestion is returned to your body through the walls of the large intestine, the colon. As water is absorbed, the waste becomes more solid and bacteria ferment undigested food.		1
	c	Amylase, Trypsin, Lipase	Award ½ mark for each correct answer	1½	
	d	Enzymes are special protein substances which your body needs to help chemical changes take place.		2	
	e	Bile		½	
f	<ul style="list-style-type: none"> Eating foods that will supply a substantial amount of dietary fibre. Drinking at least two litres of water every day. 	Award ½ mark for each correct answer	1		
Total: 10 marks					
2	a	<ul style="list-style-type: none"> When buying food ensure that it is bought from places with a good reputation for hygiene. Make sure that people handling food are following good hygiene practices. Check that food is not past its 'use-by' or 'best-before' date. Ensure that foods like fruit and vegetables have a nice bright colour and are not rotten or wilted. Make sure that foods that need to be kept refrigerated or frozen are kept at the proper temperature. 	<p>Award 1 mark for each correct answer</p> <p>Any TWO</p> <p>Accept any other relevant answers</p>	2	

	b	<ul style="list-style-type: none"> • Take chilled or frozen food home as quickly as possible. • Store food properly as soon as you get home. • Keep the fridge and the freezer at the correct temperature. You can get a thermometer. • Store in the proper conditions for the recommended amount of time. • Clean cupboards and refrigerator regularly. 	Award 1 mark for each correct answer Any TWO Accept any other relevant answers	2
	c	Salmonella		½
	d	<ul style="list-style-type: none"> • Tummy ache/cramps. • Vomiting. • Nausea. • Diarrhoea. • Fever. 	Award ½ mark for each correct answer Any THREE	1½
	e	<ul style="list-style-type: none"> • Prepare food hygienically – wash your hands before handling food. • Wash your hands after handling raw food to reduce the chance of cross-contamination. • Keep a separate pair of tongs for handling cooked and raw food to avoid cross-contamination. • Make sure that high risk foods like chicken are cooked right through. 	Award 1 mark for each correct answer Any TWO Accept any other relevant answers	2
	f	<ul style="list-style-type: none"> • Defrost in the fridge. • Thaw meat and poultry well away from other foods, to avoid contamination. • Once food has been thawed, treat it as fresh. • Once food is defrosted do not re-freeze it. 	Award 1 mark for each correct answer Any TWO Accept any other relevant answers	2
Total: 10 marks				
3	a	<ul style="list-style-type: none"> • No time to dedicate to making home-made food. • Lack of skill. • Convenient as they are ready-made. • Some can be rather cheap. • Tend to like the taste of these foods. • Can be bought and eaten while they are out. 	Award 1 mark for each correct answer Any THREE Accept other relevant answers	3
	b	<ul style="list-style-type: none"> • Overweight / Obesity • High levels of cholesterol • High blood pressure • Diabetes • Heart disease 	Award ½ mark for each correct answer Any TWO	1

		<ul style="list-style-type: none"> • Pre-cut and Pre-packaged Produce - Examples: Pre-cut fruits and vegetables; Salad mixes; Vegetable trays with dip; Fruit cups and fruit salads. • Bakery Items: Examples: Pre-packaged bread and rolls; Pre-made cookie dough; Ready-to-bake pastries and croissants; pre-sliced cakes and pies. • Beverages – Examples: Bottled water and flavoured water; Canned or bottled juices; Ready-to-drink coffee and tea; Energy drinks and sports drinks. 		
c	i	<ul style="list-style-type: none"> • Saves time - Convenience foods are pre-prepared or pre-packaged, which significantly reduces the time required for meal preparation and cooking. • Quick, convenient and are easy to store, handle, and prepare, making them convenient options for quick meals or snacks. • Little skills needed - They often come in ready-to-eat or easy-to-prepare formats, requiring minimal effort and culinary skills. • Accessibility - They are readily available in supermarkets, grocery stores, and online platforms, making them easily accessible to consumers. 	<p>Award 1 mark for each correct answer</p> <p>Any TWO</p> <p>Accept other relevant answers</p>	2
	ii	<ul style="list-style-type: none"> • Nutritional Concerns - Many convenience foods are high in calories, unhealthy fats, sodium, and added sugars. They often lack essential nutrients like vitamins, minerals, and fibre found in fresh, whole foods. • Consuming convenience foods regularly can contribute to poor dietary habits, obesity, and chronic health conditions like heart disease, diabetes, and hypertension. • High Processing - Convenience foods undergo extensive processing, which may involve additives, preservatives, and artificial flavors or colours to enhance taste, texture, and shelf life. These additives can have adverse effects on health and may be linked to allergies, intolerances, and other health issues. • Limited Variety and Flavour - While convenience foods offer convenience, they often lack the freshness, variety, and flavour of homemade or freshly prepared meals. Pre-packaged and processed foods may taste artificial or bland compared to meals made from scratch using fresh ingredients. 	<p>Award 1 mark for each correct answer</p> <p>Any TWO</p> <p>Accept other relevant answers</p>	2

	d	<ul style="list-style-type: none"> • Reading Labels - They should carefully read the labels of convenience foods to understand the nutritional content, including calories, fats, sugars, and sodium. Choosing options with lower levels of unhealthy ingredients can help maintain a balanced diet. • Portion Control - Practicing portion control with convenience foods is essential to prevent overeating and maintain a balanced diet. Using smaller plates, dividing portions, and being mindful of serving sizes can help regulate calorie intake. • Incorporating Fresh Ingredients: While relying on convenience foods, the couple can complement their meals with fresh ingredients such as salads, fruits, and vegetables. Adding fresh produce increases nutrient density and enhances the overall nutritional value of their diet. • Cooking at Home: Cooking meals at home using convenience foods as ingredients gives the couple more control over the nutritional content of their food. They can customize recipes to include healthier options and reduce the reliance on heavily processed foods. 	Award 1 mark for each correct answer	2	
Total: 10 marks					
5	a	<ul style="list-style-type: none"> • Fish should have a fresh sea smell. • Eyes should be bright, clear and shiny. • Whole fish should have firm flesh and red gills with no odour. • Fish fillets should display no discoloration, darkening, or drying around the edges. 	Award 1 mark for a correct answer Accept any other relevant answers Any ONE	1	
	b	i	<ul style="list-style-type: none"> • It is easily available. • It is plentiful. • It is at its lowest price. • It can be bought in abundance and frozen for later use. 	Award 2 marks for correct answers Accept any other relevant answer Any TWO	2
		ii	<ol style="list-style-type: none"> a. Rinse in salty water. b. Clean the fish well. Remove gills and intestines. c. Pack in portions to be used. d. Place in the fast freeze compartment. 	Award ½ mark for a correct answer	2

		iii	Fish soup, Lampuki pie, Fish risotto, Fish patties	Award ½ mark for a correct answer Accept any other relevant answer Any TWO	1
	c		<p>Canning – Any ONE – Heating to high temperature destroys micro-organisms. Sealing prevents the entry of micro-organisms. Oxygen is unavailable. Effect- Any ONE – Colour, flavour, texture are changed. Loss of B vitamins. Fish bones are softened. Calorie and fat content increased if canned in oil or sauce. Salt content increased in canned in brine.</p> <p>Vacuum packing – Any ONE – Oxygen is removed preventing microbial growth. Sealing prevents re-entry of microbes. Sealing prevents enzyme activity. Effect – Any ONE – No change in colour, flavour, texture. No loss of nutrients. If fish is vacuumed in a sauce, it will have a change in flavour and may have an increased salt/ fat content.</p>	<p>Any ONE Award 1 mark for a correct answer</p> <p>Any ONE Award 1 mark for a correct answer</p> <p>Accept any other relevant answer</p>	1 1 1
Total: 10 marks					
6	a	i	<p>Constipation Description: stools become hard and difficult to pass Cause: Any ONE –</p> <ul style="list-style-type: none"> • Lack of fibre. • Lack of water. 	<p>Award 1 mark for each correct answer Accept other relevant answers</p>	1 1
		ii	<p>Haemorrhoids: Description: Swollen blood vessels are found inside and around the rectum and anus Cause: Any ONE –</p> <ul style="list-style-type: none"> • Lack of fibre. • Insufficient water. 	<p>Award 1 mark for each correct answer Accept other relevant answers</p>	1 1

	iii	<p>Diverticular disease</p> <p>Description: Small pouches develop in the wall of the intestines. These pouches fill with food, waste and bacteria. These produce acids and gases that inflame diverticula.</p> <p>Cause: Any ONE –</p> <ul style="list-style-type: none"> • Lack of fibre. • Insufficient water. 	<p>Award 1 mark for each correct answer</p> <p>Accept other relevant answers</p>	<p>1</p> <p>1</p>	
	b	i	<p>Rockbuns:</p> <p>Use wholemeal flour to your biscuit, cakes, pastry recipes.</p> <p>Add dried fruit.</p> <p>Add chopped apples with their skin.</p> <p>Add oats/ chia seeds to the mixture.</p>	<p>Any TWO</p> <p>Award 1 mark for each correct answer</p> <p>Accept other relevant answers</p>	2
		ii	<p>A packed lunch:</p> <p>Use wholegrain rice/ pasta or wholemeal bread.</p> <p>Include a fresh fruit with the packed lunch.</p> <p>Prepare salads by including a variety of fresh vegetables, peas, beans and lentils.</p>	<p>Any TWO</p> <p>Award 1 mark for each correct answer</p> <p>Accept other relevant answers</p>	2
Total: 10 marks					
7	a		Strong plain/ wholemeal flour		½
	b		Strong flour has a high gluten content.		1
	c		<ul style="list-style-type: none"> • Keep the room warm and place the yeast dough in a warm place. • Give the yeast enough time to ferment. • Knead the dough thoroughly to strengthen gluten strands. • Make sure the water is lukewarm. 	<p>Any TWO</p> <p>Award 1 mark for each correct answer</p> <p>Accept other relevant answers</p>	
	d		<p>Kneading</p> <p>Description: Kneading is the process of working the dough, usually by hand. The dough is pulled and stretched on a floured surface to develop the gluten which is what gives baked goods their structure and texture.</p> <p>Scientific principle: When kneading, gluten becomes elastic giving the flour mixture the ability to stretch during fermentation and releases excess gas. Kneading also helps the distribution of yeast in the dough so that it is in contact with the natural sugars in the flour.</p>	<p>Award 1 mark for each correct answer</p> <p>Award 1 mark for each correct answer</p> <p>Accept other relevant answers</p>	<p>1</p> <p>1</p>

		<p>Knocking Back</p> <p>Description: This includes punching or pressing down on the dough after the dough rises. When the dough is kneaded back to its original size is known as knocking back the dough.</p> <p>Scientific principle: Knocking back the dough removes large air bubbles produced by the yeast and prevents films of gluten from becoming over stretched. Knocking back also helps the dough to have an even texture.</p>	<p>Award 1 mark for each correct answer</p> <p>Award 1 mark for each correct answer</p> <p>Accept other relevant answers</p>	<p>1</p> <p>1</p>
	e	The liquid added was too hot and the yeast was killed.		1
	f	<ul style="list-style-type: none"> • Ready-made pizza base, • Wrap, • Aubergine sliced, • Sliced marrows. 	<p>Any THREE</p> <p>Award ½ mark for each correct answer</p> <p>Accept other relevant answers</p>	1½
Total: 10 marks				
8	a	<ul style="list-style-type: none"> • It is high in nutritional content – protein, vitamins A, B and D, calcium. • It is a refreshing drink that fills you up. • Can be taken as a healthy snack replacing a high sugary or salty snack. • Milk strengthens the immune system. 	<p>Any THREE</p> <p>Award 1 mark for each correct answer</p> <p>Accept any other relevant answers</p>	3
	b	Milk is pasteurised to make it safe to drink. Pasteurisation kills harmful bacteria.		1
	c	<ul style="list-style-type: none"> • Do not buy milk past its 'Use By' date. • Milk carton should be free from dents. • Milk carton should be clean and the seal intact. • Buy fresh milk only from clean stores which have the refrigerator operating at the right temperature. 	<p>Any THREE.</p> <p>Award 1 mark for each correct answer</p>	3
	d	<ul style="list-style-type: none"> i Skimmed milk ii Any one: UHT / dried milk/ evaporated milk iii Any one: Soya milk/ Oat milk/ Coconut milk/ Almond milk iv Full fat fresh milk v Any one: Lactose free milk/ Oat milk/ Coconut milk/ Almond milk vi Skimmed milk 	<p>Award ½ mark for each correct answer</p> <p>Accept any other relevant answers</p> <p>Any THREE</p>	3
Total: 10 marks				

9	a	Coeliac is a disease whereby the body cannot tolerate the protein gluten found in many cereal and cereal products.	Accept any other relevant answer	1
	b	<ul style="list-style-type: none"> • Weight loss – the person is not absorbing food properly. • Lack of energy. • Diarrhoea due to damage of the intestines. • Anaemia as not enough iron and vitamin C are absorbed. • Poor growth in children. • General malnutrition as not enough nutrients are absorbed. 	Award 1 mark for each correct answer Accept any other relevant answer Any THREE	3
	c	Wheat, barley, oats, rye, spelt, bread, pasta, crackers.	Award ½ mark for each correct answer Any FOUR	2
	d	The gluten damages the lining of the intestines which prevents other nutrients from being absorbed by the body.		1
	e	<ul style="list-style-type: none"> • Choose gluten free meals that can be enjoyed by all family members. • Batch bake gluten free breads/ pastries/ pasta dishes and freeze for later use. • Incorporate naturally gluten-free foods like fruits, vegetables, lean proteins, and rice into family meals to ensure inclusivity of all members. • Experiment with gluten-free substitutes for commonly used ingredients, such as gluten-free flour or pasta, to create family-friendly meals 	Award 1 mark for a correct answer Accept any other relevant answer Any TWO	2
	f	<ul style="list-style-type: none"> • Inform event organiser that a person with coeliac disease is attending the event so that food suitable for a coeliac is prepared in advanced. • The person can offer to bring along a gluten-free dish to share. 	Award 1 mark for each correct answer Accept any other relevant answer Any ONE	1
Total: 10 marks				

10	a	<ul style="list-style-type: none"> • It is a quick method of cooking. • Fat gives a good flavour to the food that many people often enjoy. • Plenty of foods can be successfully fried. 	Award 1 mark for each correct answer Any TWO Accept other relevant answers	2	
	b	<ul style="list-style-type: none"> • Potatoes – boiled • Eggs – poached • Tuna patties – baked • Thin slices of beef – grilled 	Award ½ mark for each correct answer Accept other relevant answers as long as each cooking method is mentioned only once.	2	
	c	i	<ul style="list-style-type: none"> • Cooks food fast • Easy to use • Quite cheap to buy • Easy to clean • Can be used for a variety of foods • The teenage children can easily use it for things like wraps and sandwiches that they might have prepared themselves. 	Award 1 mark for each correct answer Any THREE Accept other relevant answers	3
		ii	<ul style="list-style-type: none"> • Burgers • Sandwiches • Wraps • Chicken breast fillets • Fish pieces • Vegetables • Steak 	Award ½ mark for each correct answer Any THREE Accept other relevant answers.	1½
	d	i	<ul style="list-style-type: none"> • Stew on low heat • Slow cooking 	Award ½ mark for correct answer Accept any one	½
		ii	Reason: The long slow cooking and the moisture will help to tenderise the meat.		1
	Total: 10 marks				





PAPER IIA

Section ONE

Question No		Suggested Answers	Marks Distribution	Marks
1	a	<ul style="list-style-type: none"> • Stress. • Certain medicines and pills. • Accidents. • Unhealthy food. • Drug abuse. • Alcohol abuse. • Smoking. 	Award 1 mark for each correct answer Any THREE Accept any other relevant answers	3
	b	To monitor the health and development of the baby from 8 weeks until 18 months.		1
	c	Babies and children are immunised as immunisation builds up their resistance to diseases which can be harmful and can cause death.		1
	d	<ul style="list-style-type: none"> • They can ask for help to any relatives/friends/neighbours who are willing to lend a hand. • They can take leave in turns to care for the child • If it is possible for them, they can work from home. 	Award 1 mark for each correct answer Any TWO Accept any other relevant answers	2
	e	<ul style="list-style-type: none"> • Make their food tasty and fun. • Get them to be creative with food such as by designing a funny face pizza. • Allow them to help in the cooking. • Try to get children to eat healthy snacks instead of sugary sweets, cakes, crisps and biscuits. • Do not give them sweets between meals. • Encourage them to enjoy a variety of foods. 	Award 1 mark for each correct answer Any THREE Accept any other relevant answers	3
Total: 10 marks				
2	a	Budgeting is managing one's income or pocket money in a sensible way so that the necessities are provided for first and any remaining income is used for spending.		1
	b	<ul style="list-style-type: none"> • Pocket money / stipend • Money earned from part-time employment. • Interest earned from any savings/investments that family might have set up for them. 	Any ONE	½

	c		Savings Account.		½
	d		<ul style="list-style-type: none"> Account is easy to open. You can have immediate access to your funds. You can deposit money through any bank's branch. You can withdraw money from any bank's branch. You can make use of an ATM card. You can use the ATM card to purchase goods and pay bills. Bills can be paid directly from this account. 	<p>Award 1 mark for each correct answer</p> <p>Any TWO</p> <p>Accept other relevant answers</p>	2
	e		<ul style="list-style-type: none"> Saving will help this student to feel more independent. It will help him/her to get into the culture of having some money saved up for a rainy day. It helps to learn to save up especially when saving for something quite expensive such as a mobile phone or a computer. Money saved can be invested and yield interest. Some saved up money gives a sense of security. 	<p>Award 1 mark for each correct answer</p> <p>Any THREE</p> <p>Accept other relevant answers</p>	3
	f		<ul style="list-style-type: none"> He needs to check the price of items. Needs to ensure that what is bought is worth the value for money. Ensure that what is bought is really needed. Ensure that what is bought does not go out of budget. Ask whether he/she can wait to buy the item and instead save for it each month. 	<p>Award 1 mark for each correct answer</p> <p>Any THREE</p> <p>Accept other relevant answers</p>	3
Total: 10 marks					
3	a		<ul style="list-style-type: none"> It can be a time for the family to meet up and share some of what they have been through during their day. They can share some quality time together. Can be a time for bonding between family members/friends. Mealtimes become more relaxing after a long hard day. Children learn about food and table manners. Mealtimes become more sociable. A way of relieving stress. 	<p>Award 1 mark for each correct answer.</p> <p>Any TWO</p> <p>Accept other relevant answers</p>	2
	b		<ul style="list-style-type: none"> Helps us to maintain a healthy body weight. Reduces the chance of certain diseases. Sports reduces stress. Improved mental health. Increased level of fitness. Helps to develop stronger bones. 	<p>Award 1 mark for each correct answer</p> <p>Any THREE</p> <p>Accept other relevant answers</p>	3

	c	i	<ul style="list-style-type: none"> • Difficulties with their studies. • Difficulties in making study related decisions. • Making good career choices. • Bullying. • Cyberbullying. • No friends with whom to talk. • Problems arising from broken families. 	Award 1 mark for each correct answer Any TWO Accept other relevant answers	2
		ii	<ul style="list-style-type: none"> • Self-discipline e.g. being punctual. • Planning ahead and prioritising their work. • Using good time management skills e.g. preparing for exams throughout the year. • Sharing problems with close family and friends. • Carry out a sport. • Attend a social group for teenagers. 	Award 1 mark for each correct answer Any THREE Accept other relevant answers	3
Total: 10 marks					
4	a	i	Biological detergents contain enzymes that are effective in breaking down protein-based stains such as blood.		1
		ii	Bleach is effective in disinfecting and removing tough stains, such as those caused by mildew or certain food spills. It helps maintain the cleanliness and hygiene of laundry, especially important for items like kitchen towels or bed linens.		1
		iii	Fabric conditioner helps to soften fabrics, reduces static and gives a pleasant fragrance to laundry. It can enhance the feel and comfort of clothes, making them more enjoyable to wear, and also helps in reducing wrinkles, making ironing easier.		1
	b		<ul style="list-style-type: none"> • They are phosphate free minimizing water pollution and potential harm to aquatic ecosystems. • Detergents are biodegradable and therefore break down naturally, reducing environmental impact. • Detergents may use plant-derived ingredients, reducing reliance on fossil fuels and promoting sustainability. • They are in concentrated form and therefore a smaller amount should be used. • Contains least amount of packaging and often come in packaging made from recycled materials or are designed to be easily recyclable. • Environmentally friendly detergent are formulated to work efficiently in cold water minimising energy usage associated with heating water for laundry. 	Award 1 mark for each correct answer Any TWO Accept any other relevant answers	2

	c	i	 	Award ½ mark for each correct answer	1
		ii	 	Award ½ mark for each correct answer	1
	d	<ul style="list-style-type: none"> • Type of Tumble Dryer: Decide between vented, condenser, or heat pump tumble dryers. Vented dryers expel moist air through a hose, condenser dryers collect moisture in a container, and heat pump dryers use a heat exchange process for drying. Choose the type that suits the space and ventilation requirements. • Capacity: Consider the size of the drum and its capacity in relation to the couple’s laundry needs. • Energy Efficiency: Look for tumble dryers with high energy efficiency ratings. Heat pump dryers are typically the most energy-efficient option, followed by condenser dryers and then vented dryers. • Programs and Settings: Evaluate the range of drying programs and settings offered by the tumble dryer. Look for options such as sensor drying, timed drying, delicate cycles, and anti-crease functions to suit different types of laundry. • Noise Level: Consider the noise level of the tumble dryer, especially if it will be located near living spaces. Choose models with quiet operation to minimize disturbance. • Installation Requirements: Ensure that there is adequate space and proper ventilation for the tumble dryer. Vented dryers require a vent hose to expel moist air outside, while condenser and heat pump dryers need space for airflow and water drainage. • Budget: Determine the budget and compare prices across different models. Consider the long-term energy savings and efficiency of the tumble dryer to justify higher initial costs for more energy-efficient models. 	<p>Award 1 mark for each correct answer</p> <p>Any THREE</p>	3	
Total: 10 marks					

Section Two: Answer ALL questions.

5	a	<ul style="list-style-type: none"> • Initial / running cost, • brand name, • size / colour, • energy efficiency, • space available, • ease of use / cleaning, • length of guarantee, • after sales services. 	<p>Award ½ mark for each correct answer</p> <p>Any FOUR</p>	2	
	b	i	<p>Chest freezer: Advantage:</p> <ul style="list-style-type: none"> • Ideal or freezing foods for long periods. • A little cheaper to buy and run. • Ideal for families who buy in bulk. <p>Disadvantage:</p> <ul style="list-style-type: none"> • Takes up a lot of floor space. • May be difficult to pack and unpack. • Has no refrigerator function. 	<p>Any ONE</p> <p>Any ONE</p>	1 1
		ii	<p>Upright freezer: Advantage:</p> <ul style="list-style-type: none"> • Easy to pack and unpack foods. • Easier to check food stocks. • Foods can be organised on shelves or in drawers. • Uses less floor space than the chest freezer. <p>Disadvantage:</p> <ul style="list-style-type: none"> • Large bulky foods might be difficult to store. • Can sometimes be harder to organise since there are fewer compartments and shelves for items. • Upright freezers seem to store more than chest freezers. • Has no refrigerator function. 	<p>Award 1 mark for the correct answer</p> <p>Any ONE</p> <p>Award 1 mark for the correct answer</p> <p>Any ONE</p>	1 1
	c	<ul style="list-style-type: none"> • Prepare larger quantities of meals in advance and store them in portioned containers for busy days. • Preserve the freshness of fruits and vegetables by freezing them to enjoy seasonal foods all year round. • A wide variety of ready frozen foods can be bought and stored for emergencies. • Provide a valuable source of healthy foods in the freezer. • Freeze herbs, sauces, or leftover liquids in ice cube trays and add them to flavour dishes. 	<p>Award 1 mark for each correct answer</p> <p>Any THREE</p> <p>Accept any other relevant answer</p>	3	

	d	<ul style="list-style-type: none"> • Best quality foods should be used for freezing. • Never refreeze foods which have been thawed. • Store foods in the freezer for the recommended time. • Open the freezer as little as possible. • Pack and label all food carefully. • Use stocks of foods in rotation, the oldest foods first • Use fast freeze switch when necessary. 	Award 1 mark for each correct answer Any THREE Accept any other relevant answer	3
	e	<ul style="list-style-type: none"> • Baked macaroni, • Lasagne, • Cannelloni, • A variety of pies, • A variety of soups, • Bolognese Sauce, • Stews. 	Award ½ mark for each correct answer Any THREE Accept any other relevant answer	1½
	f	<ul style="list-style-type: none"> • Deseed peppers and wash carefully. • Cut the peppers as required for different dishes. • Blanch in boiling water for about 2 minutes. • Cool rapidly in ice-cold water for another minute. • Drain well and open freeze. Pack and label. 	Award ½ mark for each correct answer Accept any other relevant answer	2½
	g	<ul style="list-style-type: none"> • Use frozen green peppers directly to stir-fries, casseroles, or one-pan dishes. • Add frozen green peppers into stews during the cooking process. • Use sliced or diced frozen green peppers as pizza toppings. • Include frozen green peppers in fajitas or tacos with other vegetables. • Incorporate frozen green peppers into omelette. • Mix frozen green peppers into pasta dishes or rice recipes. 	Award 1 mark for each correct answer Any THREE Accept any other relevant answer	3
	h	Blanching retards the activity of enzymes in the vegetables which would discolour them and spoil their flavour.		1
Total: 20 marks				
6	a	<ul style="list-style-type: none"> • Limited accessibility to public spaces, buildings etc. • Obstacles such as uneven surfaces, and narrow doorways. • Transportation issues with limited wheelchair-accessible public transportation. • Daily tasks may require assistance. • Difficulty accessing social events, gatherings etc. • Lack of public wheelchair-accessible toilet. • Wheelchairs and other mobility aids can be very expensive. 	Any ONE Accept any other relevant answer	1

b	Social well-being:	<ul style="list-style-type: none"> • Plan activities that are both inclusive and accessible. • Ensure the person feels fully involved in all activities organised by the family. • Encourage participation in social events within community level. • Create an open environment for discussion. 	Any ONE	1
	Mental well-being:	<ul style="list-style-type: none"> • Offer emotional support through active listening. • Understanding the challenges that people with mobility impairment face. • Be aware of mental health needs. • Provide access to professional support if necessary. 	Any ONE Accept any other relevant answer	1
c		<ul style="list-style-type: none"> • Install a ramp at the entrance to provide wheelchair access. • Enlarge doorways to accommodate a wheelchair comfortably, allowing smooth entry and exit from different rooms. • Modify the bathroom with grab bars, raised toilet seat, accessible shower, and lowered fixtures to enhance accessibility and convenience. • Adapt the kitchen with lowered countertops, accessible storage, and open spaces for easy navigation with a wheelchair. • Opt for smooth, non-slip flooring throughout the maisonette to facilitate easy movement for wheelchair users. 	Award 1 mark for each correct answer Any THREE Accept any other relevant answer	3
d		Make use of subsidy from the National Commission Persons with Disability/ Kummissjoni Nazzjonali Persuni b'Dizabilità (KNPD) or the National Housing Department.		1
e		<ul style="list-style-type: none"> • Home help • Exempt car registration • Blue badge sticker / Parking permit • Vat refund on equipment being bought • Therapeutic services • Social Security benefit • Resource or independent living centres 	Award ½ mark for each correct answer Any FOUR Accept any other relevant answer	2
f		<ul style="list-style-type: none"> • Attend activities organised by the Local Council. • Go to religious functions/events organised by the Parish Church. • Attend activities organised by Local Band Clubs. • Attend activities organised by Day Care Centres. • Enroll in art or craft classes held in the community for creativity and social interaction. 	Award 1 mark for each correct answer Any TWO	2

		Home Care Help – • Offers a personal and light domestic help to elderly persons.		1
	i	The Senior Citizen Grant is a one-time payment of €300 paid every year to those persons who are 75 years or older still living in their own home or with relatives or who are living in a private residential home. Elderly persons who are 80 years and older will receive a grant of €400.	Accept any other relevant answer	2
Total: 20 marks				
7	a	<ul style="list-style-type: none"> • Reduces the amount of waste being thrown in landfills. • Facilitates recycling which reduces pollution. • Minimizes greenhouse gas emissions associated with waste disposal. • Improved level of health. • Organic waste can go for composting straight away. • Can be used to produce energy. 	Award 1 mark for each correct answer Any TWO Accept other relevant answers	2
	b	<ul style="list-style-type: none"> • It is everyone’s responsibility to take care of the environment. • Helps us to have a better and healthier environment to live in. • Every little bit counts and people need to understand that their contribution matters. • Everyone benefits from a healthier environment 	Any TWO Award 1 mark for each correct answer Accept other relevant answers	2
	c	<ul style="list-style-type: none"> • Make use of re-usable bags for their shopping. • Choose products with the minimum amount of packaging. • Choose products with recyclable packaging. • Choose environment friendly detergents. • If the shop is close and they do not need to buy plenty of things, they can avoid using their car and go on foot. 	Any THREE Award 1 mark for each correct answer Accept other relevant answers	3
	d	<ul style="list-style-type: none"> • Laundry detergent. • Fabric softener. • Dishwashing liquid. • Disinfectant. • Floor wash. • Shower gel. 	Any TWO Award ½ mark each for correct answer Accept other relevant answers	1
	e	<ul style="list-style-type: none"> • Donate them to any family members or friends. • Donate to a family in need. • Donate to charity shops. 	Any THREE Award 1 mark for each correct answer	3





		<ul style="list-style-type: none"> • Donate them when collections are being made especially when particular crises occur. E.g. in case of war. • Sell them cheaply. • Place them in the blue boxes for recycling clothes and shoes so that they are then re-sold cheaply to people in need. 	Accept other relevant answers	
f	i	They should call the local council so that it is collected free of charge from behind their door and taken to one of the Civic Amenity Sites.		1
	ii	<ul style="list-style-type: none"> • Pieces of furniture. • Appliances. • Large electronic items. • Garden furniture. • Car tyres. 	Award ½ mark for each correct answer Any TWO Accept other relevant answers	1
g		<ul style="list-style-type: none"> • Place their food in re-usable containers. • Avoid plastic bags and foil dishes. • Make use of re-usable plates, cutlery and glasses. • Make sure to take an empty garbage bag to collect any garbage. • Make sure all waste is separated. • Ensure that no charcoal or other waste is left near the seaside. 	Any THREE Award 1 mark for each correct answer Accept other relevant answers	3
h		<ul style="list-style-type: none"> • Make sure that they avoid overbuying food items. • Be careful when buying food on special offer. • Check the dates on food items and do not buy them if it is too close and you will not manage to use that food. • They should plan their meals. • They should plan their shopping. 	Any THREE Award 1 mark for each correct answer Accept other relevant answers	3
i		<ul style="list-style-type: none"> • In the white / organic bag 		½
j		<ul style="list-style-type: none"> • Eggshells. • Rotten fruit or vegetables. • Vegetable and fruit skin. • Apple core. • Vegetable stalks. 	Any ONE Accept other relevant answers	½
Total: 20 marks				

PAPER IIB

Question No		Suggested Answers	Marks Distribution	Marks	
1	a	<ul style="list-style-type: none"> • Stress. • Certain medicines and pills. • Accidents. • Unhealthy food. • Drug abuse. • Smoking. • Lack of love and care. • Certain infections and diseases. 	Award 1 mark for each correct answer Any TWO Accept any other relevant answers	2	
	b	To monitor the health and development of the baby from 8 weeks until 18 months.		1	
	c	i	Babies and children are immunised as immunisation builds up their resistance to diseases which can be harmful and can cause death.		1
		ii	<ul style="list-style-type: none"> • M – Mumps • M - Measles • R – Rubella 	Award ½ mark for each correct answer	1½
	d	<ul style="list-style-type: none"> • Make their food tasty and fun. • Allow them to help in the cooking. • Do not give them sweets between meals. • Encourage them to enjoy a variety of foods. • Do not encourage them to want a lot of sugar. There is no need to add sugar to drinks, breakfast cereals etc. 	Award 1 mark for each correct answer Any TWO Accept any other relevant answers	2	
	e	Suggested foods and drink should be: <ul style="list-style-type: none"> • Healthy. • Suitable for the age of the child. • Not messy. • Easy to pack. • Easy to eat. • Varied. • Including a selection of nutrients. Accept suggestions of 2 foods and a drink that are suitable for a 2-year-old child to take to pre-school.	Award ½ mark for each correct suggestion	1½	
f	<ul style="list-style-type: none"> • Healthy. • Not messy. • Easy to pack. • Easy to eat. • Varied. • Including a selection of nutrients. 	Any ONE Accept any other relevant answers	1		
Total: 10 marks					

2	a		<u>Budgeting</u> means managing one's <u>income</u> in a <u>sensible</u> way so that the <u>necessities</u> are provided for first and the remaining income is used for <u>spending</u> .	Award ½ mark for each correct answer	2½
	b		<ul style="list-style-type: none"> • Pocket money. • Money earned from part-time employment. • Interest earned from any savings/investments that family might have set up for them. 	Any ONE	½
	c		<ul style="list-style-type: none"> • Account is easy to open. • You can have immediate access to your funds. • You can deposit money through any bank's branch. • You can withdraw money from any bank's branch. • You can make use of an ATM card. 	Any ONE Accept other relevant answers	1
	d		<ul style="list-style-type: none"> • Saving will help this student to feel more independent. • It will help him/her to get into the culture of having some money saved up for a rainy day. • It enables the individual to have greater freedom when choosing to spend. • Money saved can be invested and yield interest. • Some saved up money gives a sense of security. 	Award 1 mark for each correct answer Any THREE Accept other relevant answers	3
	e		<ul style="list-style-type: none"> • He needs to check the price of items. • Needs to ensure that what is bought is worth the value for money. • Ensure that what is bought is really needed. • Ensure that what is bought does not go out of budget. • Ask whether he/she can wait to buy the item and instead save for it each month. 	Award 1½ mark for each correct answer Any TWO Accept other relevant answers	3
Total: 10 marks					
3	a		<ul style="list-style-type: none"> • It can be a time for the family to meet up and share some of what they have been through during their day. • Can be a time for bonding between family members/friends. • Mealtimes become more relaxing after a long hard day. • Children learn about food and table manners. • Mealtimes become more sociable. • A way of relieving stress. 	Award 1 mark for each correct answer Any TWO Accept other relevant answers	2

	b		<ul style="list-style-type: none"> • Reduces the chance of certain diseases. • Sports reduces stress. • Improved mental health. • Increased level of fitness. • Can be a social event such as when meeting up with team mates. • Helps to develop stronger bones. 	Award 1 mark for each correct answer Any THREE Accept other relevant answers	3
	c	i	<ul style="list-style-type: none"> • Difficulties with their studies. • Difficulties in making study related decisions. • Bullying / Cyberbullying. • No friends with whom to talk. • Problems arising from broken families. • Problems with boyfriend/girlfriend. • Disagreement with family members. 	Award 1 mark for each correct answer Any TWO Accept other relevant answers	2
		ii	<ul style="list-style-type: none"> • Self-discipline e.g. being punctual. • Using good time management skills e.g. preparing for exams throughout the year. • Sharing problems with close family and friends. • Find time for themselves. • Carry out a sport. • Attend a social group for teenagers. 	Award 1 mark for each correct answer Any THREE Accept other relevant answers	3
Total: 10 marks					
4	a	i	Bleach is effective in disinfecting and removing tough stains, such as those caused by mildew or certain food spills. It helps maintain the cleanliness and hygiene of laundry, especially important for items like kitchen towels or bed linens.		1
		ii	Fabric conditioner helps to soften fabrics, reduces static and gives a pleasant fragrance to laundry. It can enhance the feel and comfort of clothes, making them more enjoyable to wear, and also helps in reducing wrinkles, making ironing easier.		1
	b		<ul style="list-style-type: none"> • They are phosphate free minimizing water pollution and potential harm to aquatic ecosystems. • Detergents are biodegradable and therefore break down naturally, reducing environmental impact. • Detergents may use plant-derived ingredients, reducing reliance on fossil fuels and promoting sustainability. • They are in concentrated form and therefore a smaller amount should be used. • Environmentally friendly detergent are formulated to work efficiently in cold water minimising energy usage associated with heating water for laundry. 	Any TWO Award 1 mark for each correct answer Accept any other relevant answers	2

c	i			1
	ii			1
	iii			1
	iv			1
d	<ul style="list-style-type: none"> • Capacity: Determine the size of the washing machine they need based on the volume of laundry they typically do. Consider the number of people (2) in the household and the frequency of washing clothes. • Type of Washing Machine: Decide between top-loading and front-loading models. Front-loading machines are typically more energy-efficient and use less water, while top-loading machines may be more convenient for some users. • Energy Efficiency: They need to look for washing machines with high Energy Star ratings to ensure energy efficiency. Energy-efficient models can help reduce utility bills and minimize environmental impact. • Water Efficiency: Consider the water usage of the washing machine. Models with advanced water-saving features can help conserve water. • Wash Programs and Features: Evaluate the variety of wash programs and features offered by the washing machine. They need to look for options that suit their laundry needs, such as delicate cycles, quick wash, steam cleaning, and stain removal settings. • Budget: Determine the budget and compare prices across different models. Consider the long-term energy savings and efficiency of the tumble dryer to justify higher initial costs for more energy-efficient models. • Brand Reputation and Warranty: Research the reputation of the brand and reliability of the tumble dryer. Read reviews and check warranties to ensure that you are purchasing a durable and reliable product. 		<p>Award 1 mark for each correct answer</p> <p>Any TWO</p>	2
Total: 10 marks				

SECTION B

5	a		<ul style="list-style-type: none"> Initial / running cost, brand name, size / colour, energy efficiency, space available, ease of use / cleaning, length of guarantee, after sales services. 	Award 1 mark for each correct answer	4	
		b	i	Top-mount fridge/freezer		½
			ii	Upright freezer		½
			iii	Chest freezer		½
	c	i	Chest freezer: Advantage: <ul style="list-style-type: none"> Ideal for freezing foods for long periods. A little cheaper to buy and run. Ideal for families who buy in bulk. Disadvantage: <ul style="list-style-type: none"> Takes up a lot of floor space. May be difficult to pack and unpack. Has no refrigerator function. 	Any ONE Any ONE	1 1	
			ii	Upright freezer: Advantage: <ul style="list-style-type: none"> Easy to pack and unpack foods. Easier to check food stocks. Foods can be organised on shelves or in drawers. Uses less floor space than the chest freezer. Disadvantage: <ul style="list-style-type: none"> Large bulky foods might be difficult to store. Can sometimes be harder to organise since there are fewer compartments and shelves for items. Upright freezers seem to store more than chest freezers. Has no refrigerator function. 	Award 1 mark for the correct answer Any ONE Award 1 mark for the correct answer Any ONE	1 1
	d		<ul style="list-style-type: none"> Prepare larger quantities of meals in advance and store them in portioned containers for busy days. Preserve the freshness of fruits and vegetables by freezing them to enjoy seasonal foods all year round. A wide variety of ready frozen foods can be bought and stored for emergencies. Provide a valuable source of healthy foods in the freezer. Freeze herbs, sauces, or leftover liquids in ice cube trays and add them to flavour dishes. 	Award 1 mark for each correct answer	2	
				Any TWO Accept any other relevant answer		

	e	<ul style="list-style-type: none"> • Best quality foods should be used for freezing. • Never refreeze foods which have been thawed. • Store foods in the freezer for the recommended time. • Open the freezer as little as possible. • Pack and label all food carefully. • Use stocks of foods in rotation, the oldest foods first • Use fast freeze switch when necessary. 	Award 1 mark for each correct answer Any TWO Accept any other relevant answer	2
	f	<ul style="list-style-type: none"> • Baked macaroni, • Lasagne, • Cannelloni, • A variety of pies, • A variety of soups, • Bolognese Sauce, • Stews. 	Award ½ mark for each correct answer Any TWO Accept any other relevant answer	1
	g	<ul style="list-style-type: none"> • Cut the peppers as required for different dishes. • Blanch in boiling water for about 2 minutes. • Cool rapidly in ice-cold water for another minute. • Drain well and open freeze. Pack and label. 	Award ½ mark for each correct answer Accept any other relevant answer	2
	h	<ul style="list-style-type: none"> • Add frozen green peppers into stews during the cooking process. • Use sliced or diced frozen green peppers as pizza toppings. • Include frozen green peppers in fajitas or tacos with other vegetables. • Incorporate frozen green peppers into omelette. • Roast or grill frozen green peppers as a side dish for meats or other main courses. • Mix frozen green peppers into pasta dishes or rice recipes. 	Award 1 mark for each correct answer Any THREE Accept any other relevant answer	3
	i	-18 °C		½
Total: 20 marks				
6	a	<ul style="list-style-type: none"> • Limited accessibility to public spaces, buildings etc. • Obstacles such as uneven surfaces, and narrow doorways. • Daily tasks may require assistance. • Difficulty accessing social events, gatherings etc. • Lack of public wheelchair-accessible toilet. • Wheelchairs and other mobility aids can be very expensive. 	Any ONE Accept any other relevant answer	1
	b	Bedroom: <ul style="list-style-type: none"> • Install grab bars near the bed. • Ensure a clear and unobstructed pathway from the bed to other areas. • Include good lighting. Bathroom: <ul style="list-style-type: none"> • Install a roll-in shower with a bench for seated bathing. 	Award 1 mark for each correct answer Any TWO for each	2 2

		<ul style="list-style-type: none"> • Incorporate raised toilet seats. • Include grab bars to enhance bathroom accessibility. • Lower bathroom fixtures to enhance make them accessible and convenient. <p>Kitchen:</p> <ul style="list-style-type: none"> • Lower countertops and provide accessible storage for kitchen items. • Open spaces in the kitchen for easy navigation with a wheelchair. • Ensure easy access to commonly used kitchen tools and appliances. • Invest in adaptive furniture, such as adjustable-height table. 	Accept any other relevant answer	2
c		Make use of subsidy from the National Commission Persons with Disability/ Kummissjoni Nazzjonali Persuni b'Dizabilità (KNPD) or the Housing department within the government.		1
d		<ul style="list-style-type: none"> • Home help • Exempt car registration • Blue badge sticker • Parking permit • Vat refund on equipment being bought • Therapeutic services • Social Security benefit • Resources or independent living centres 	<p>Award ½ mark for each correct answer</p> <p>Any FOUR</p>	2
e		<ul style="list-style-type: none"> • Attend activities organised by the Local Council. • Go to religious functions organised by the Parish Church. • Attend activities organised by Local Band Clubs. • Attend activities organised by Day Care Centres. • Enroll in art or craft classes held in the community for creativity and social interaction. • Explore programmes at the local library, including book readings by adults for young children, discussion groups, or cultural events 	<p>Award 1 mark for each correct answer</p> <p>Any TWO</p>	2
f		<p>Living in their own home</p> <p>Advantage:</p> <ul style="list-style-type: none"> • Being independent and can do whatever the elderly like. • Living on his/ her own can be very rewarding and satisfying experience. • They are not uprooted from the home that they love and lived in. 	Any ONE	1

		<p>Disadvantage:</p> <ul style="list-style-type: none"> • The elderly may feel lonely, living away from their family. • Living on his/her own can lead to isolation. • The elderly are less likely to take care of themselves e.g. do not cook properly. <p>Living in a residential home</p> <p>Advantage:</p> <ul style="list-style-type: none"> • 24-hour care for residents, so help is at hand in the case of an emergency. • They can have help with toileting, washing, eating and dressing. • There is often a day room where residents can socialise with others, share their experiences and expertise. • The home offers safety and security. <p>Disadvantage:</p> <ul style="list-style-type: none"> • They will be away from their family. • Loss of contact with friends/neighbours. • Lack of privacy. 	<p>Any ONE</p> <p>Any ONE</p> <p>Any ONE Accept any other relevant answer</p>	<p>1</p> <p>1</p> <p>1</p>
	g	<p>Meals on wheels –</p> <ul style="list-style-type: none"> • This provides a cooked meal to elderly people who still live in their own home and is served in foil recipients which facilitate the warming up of the meal. <p>Telecare –</p> <ul style="list-style-type: none"> • The service is a 24-hour emergency service which enables the elderly person to call for assistance as and when required by pressing an enlarged button found on the Telecare set or pendant which makes contact with the Telecare Centre from where the elderly is helped. <p>Day care centre –</p> <ul style="list-style-type: none"> • Elderly people can go there and talk to other elderly people and participate in the activities organised for them. 	<p>Award 1 mark for each correct answer</p> <p>Accept any other relevant answer</p>	<p>1</p> <p>1</p> <p>1</p>
	h	Those persons who are 75 years or older who are still living in their own home.		1
Total:			20 marks	
7	a	<ul style="list-style-type: none"> • Reduces the amount of waste being thrown in landfills. • Facilitates recycling which reduces pollution. • Minimizes greenhouse gas emissions associated with waste disposal. • Improved level of health. • Organic waste can go for composting straight away. 	<p>Award 1 mark for each correct answer</p> <p>Any TWO Accept other relevant answers</p>	2

b		<ul style="list-style-type: none"> • <u>White organic bag</u>: eggshells and rotten apple. • <u>Recycling bag</u>: empty can of olives and empty cereal carton. • <u>Black bag</u>: cat litter and dirty nappy. 	Award ½ mark for each correct answer	3
c		<ul style="list-style-type: none"> • Choose products with the minimum amount of packaging. • Choose products with recyclable packaging. • Choose environment friendly detergents. • If the shop is close and they do not need to buy plenty of things, they can avoid using their car and go on foot. 	Award 1 mark for each correct answer Any TWO Accept other relevant answers	2
d		<ul style="list-style-type: none"> • Pieces of furniture. • Appliances. • Large electronic items. • Garden furniture. • Car tyres. • An old mattress. 	Award ½ mark for each correct answer Any TWO Accept other relevant answers	1
e		<ul style="list-style-type: none"> • Laundry detergent. • Fabric softener. • Dishwashing liquid. • Disinfectant. • Floor detergent. • Shower gel. 	Award ½ mark for correct answer Any TWO Accept other relevant answers	1
f		<ul style="list-style-type: none"> • Place their food in re-usable containers. • Avoid plastic bags and foil dishes. • Make use of re-usable plates, cutlery and glasses. • Make sure to take an empty garbage bag to collect any garbage. • Ensure that no charcoal or other waste is left near the seaside. 	Award 1 mark for each correct answer Any THREE Accept other relevant answers	3
g	i	<ul style="list-style-type: none"> • <u>Chicken breast</u>: Chicken wrap, Chicken salad, Chicken pie, Chicken patties, Chicken sandwich. • <u>Boiled vegetables</u>: Use in a soup, Vegetable patties, Add to a stew. • <u>Dry bread</u>: Bread pudding, Breadcrumbs, Croutons, Use a small amount in a meatloaf or in beef olives. 	Award ½ mark for each correct answer Accept other relevant answers - each idea can only be mentioned once.	3

	ii	<ul style="list-style-type: none"> • Make sure that they avoid overbuying food items. • Be careful when buying food on special offer. • Check the dates on food items and do not buy them if it is too close and you will not manage to use that food. • They should plan their meals. • They should plan their shopping. 	<p>Award 1 mark for each correct answer</p> <p>Any THREE Accept other relevant answers</p>	3
	h	<ul style="list-style-type: none"> • Use papers that are used on one side for drawings. • Use cereal cardboard boxes for craft rather than buying new cardboard. • Use old pieces of material for their craft. • Make use of things like old buttons for eyes etc. • Make use of old pieces of cloth to make patchwork and produce things like cushion covers. 	<p>Award 1 mark for each correct answer</p> <p>Any TWO Accept other relevant answers</p>	2
Total: 20 marks				