



**L-Università
ta' Malta**

**MATSEC
Examinations Board**



Specimen Papers
SEC 19 Home Economics

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Specimen Assessments: Controlled Paper MQF 1-2



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MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
SAMPLE PAPER**

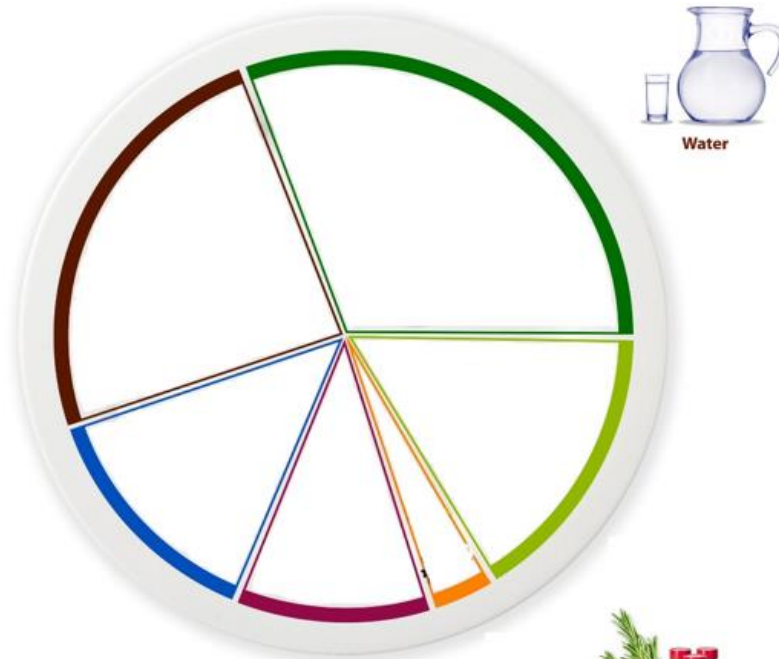
SUBJECT: **Home Economics**
 PAPER NUMBER: **Level 1-2**
 DATE:
 TIME: 2 Hours

Answer all questions

1. The National Healthy Plate is a food guide which encourages the intake of a variety of food in line with the Mediterranean Diet.

a. Label the Healthy Plate using the following **SIX** food groups:

Fruit	Cereal, cereal products (preferably wholegrain) and potatoes	Fats and oils
Vegetables	Lean meat, fish poultry, eggs, legumes, nuts and seeds	Milk and milk products



Limit your intake



Limit your intake



b. Suggest **TWO** foods for EACH food group represented in 'The Healthy Plate'.

Name of food group	Examples of Food	
Fruit	i.	ii.
Cereal, cereal products (preferably wholegrain) and potatoes	i.	ii.
Fats and oils	i.	ii.
Vegetables	i.	ii.
Lean meat, fish poultry, eggs, legumes, nuts and seeds	i.	ii.
Milk and milk products	i.	ii.

(6)

c. Give **TWO** examples of food which fall within the 'limit your intake' category.

- _____
- _____

(1)

(Total: 10 marks)

2. Most of us spend a lot of time cooking food.

a. Give **THREE** reasons why we cook food.

- _____ (1)
- _____ (1)
- _____ (1)

b. List **FOUR** methods of cooking which can be used when cooking potatoes.

- _____
- _____ (2)

c. Give **ONE** example of equipment necessary for each of the following methods of cooking.

- Steaming: _____
- Roasting: _____
- Slow cooking: _____
- Boiling: _____ (2)

(Total: 7 marks)

3. Fish is classified into **THREE** different types.

a. List the **THREE** types and give **ONE** example of each.

	Types	Example
i.		
ii.		
iii.		

(3)

b. List **FOUR** characteristics of fresh fish.

- _____
- _____
- _____
- _____ (2)

c. Name **FOUR** recipes that include fish as a main ingredient.

- _____
- _____
- _____
- _____ (2)

(Total: 7 marks)

4. a. Suggest **TWO** factors that influence the choice of food.

- _____ (1)
- _____ (1)

b. State **TWO** main functions of food.

 _____ (2)

c. Describe the following diet-related disorders.

Diabetes: _____
 _____ (1)

Constipation: _____
 _____ (1)

Osteoporosis: _____
 _____ (1)

d. List **FOUR** factors (dietary and non-dietary) that contribute to a healthy lifestyle.

(2)

(Total: 9 marks)

5. Convenience foods are becoming more popular.

a. Explain the term convenience foods.

_____ (1)

b. Give **TWO** examples of convenience foods.

- _____
- _____

(1)

c. Outline **TWO** advantages and **TWO** disadvantages of convenience foods.

Advantages:

- _____ (1)
- _____ (1)

Disadvantages:

- _____ (1)
- _____ (1)

d. Suggest **THREE** sensible ways how to include convenience foods in diet.

- _____
 - _____
 - _____
- _____ (3)

(Total: 9 marks)

6. a. List **FOUR** factors to keep in mind when buying kitchen equipment.

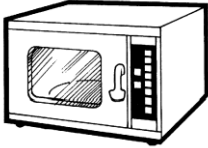



- _____
- _____
- _____
- _____

(4)

b. Complete the following table.

i. Fill in the table with the correct name of the equipment shown. (2)

ii. Describe **ONE** correct use of the equipment. (4)

Equipment	Name of equipment	Correct use
	<p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>
	<p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>
	<p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>
	<p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>

(Total: 10 marks)

7. Maria is a sixteen-year-old student who needs information about the different bank services available in Malta.

a. Nowadays Maria can manage her money anytime and anywhere. Name **ONE** bank service that she can make use of to manage her money wherever she is.

_____ (1/2)

b. Name **THREE** other services offered by banks.

- _____
- _____
- _____

(1 1/2)

c. Describe **TWO** ways how she can make use of the service mentioned in part (a) to address her needs.

- _____ (1)
- _____ (1)

d. Describe **ONE** basic right and **ONE** basic responsibility Maria has as a consumer.

Right: _____
 _____ (1)

Responsibility: _____
 _____ (1)

e. List **FOUR** methods of payments that Maria can make use of.

 _____ (2)

(Total: 8 marks)

8. Nutrients are substances in food that are essential to our life and health.

a. Fill in the table below with the main function for each nutrient.

NUTRIENT	MAIN FUNCTION
Protein	
Carbohydrates	
Vitamins	
Minerals	

(4)

b. Classify the nutrients above in macro and micro nutrients.

Macro nutrients: _____

Micro nutrients: _____ (2)

c. Protein foods can be classified into animal or plant sources. Put the following food sources under the correct column:

Eggs	Nuts	Fish	Cheese	Lentils	Cereals	Milk	Chickpeas
------	------	------	--------	---------	---------	------	-----------

Animal Sources	Plant Sources

(4)

d. Describe complete and incomplete sources of protein using examples.

_____ (2)

e. Define complementary protein.

_____ (1)

f. Describe tofu as an alternative source of protein.

_____ (1)

g. Underline the **TWO** diseases caused by a lack of protein and protein-energy.

- Constipation Dental caries Kwashiorkor
Cancer Marasmus Diabetes

(2)

h. List **FOUR** groups of people who require a higher intake of protein.

- _____ (1)
- _____ (1)
- _____ (1)
- _____ (1)

(Total: 20 marks)

9. Mark is a 15-year-old teenager who is feeling stressed. In the next few weeks he will be sitting for his examinations.

a. Mention **TWO** sources of stress on families.

- _____
- _____ (2)

b. List **THREE** different effects that stress can have on Mark's wellbeing.

- _____
- _____
- _____ (3)

c. Describe **TWO** practical ways in which Mark can manage his stress.

- _____
- _____ (2)

d. Mark's family is very supportive. List **FOUR** different forms of families.

- _____
- _____ (2)

e. Describe **THREE** different forms of families.

- _____
- _____
- _____ (3)

f. State **THREE** responsibilities that Mark can have within his family.

- _____
- _____
- _____ (3)

g. List **FOUR** factors that affect family life and family relationships.

- _____
- _____
- _____ (2)

h. Outline ways how Mark and his family can interact within the community.

- _____
- _____
- _____

(3)

(Total: 20 marks)

Specimen Assessments: Marking Scheme for sample Controlled Paper MQF 1-2

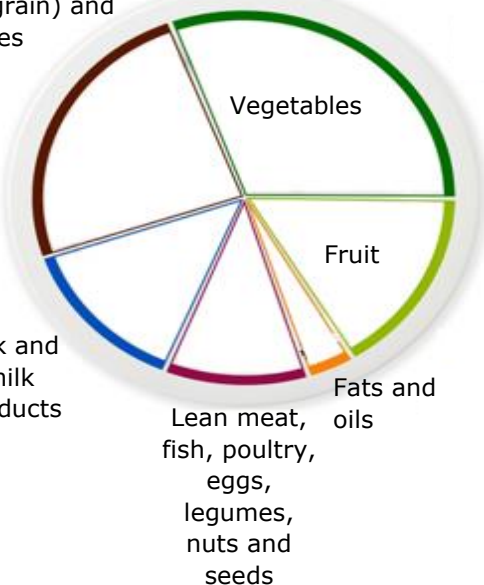
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L-Università
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**SECONDARY EDUCATION CERTIFICATE LEVEL
MARKING SCHEME FOR SAMPLE PAPER
PRIVATE CANDIDATES**

SUBJECT: **Home Economics**
PAPER NUMBER: **Level 1-2**
DATE:
TIME: 2 Hours

Question	Suggested Answers	Marks	Comments
1 a	<p>Cereals, cereal products (preferably wholegrain) and potatoes</p> 	3	½ mark each
b	<p>Fruit: examples of fruit. Cereals, cereal products (preferably wholegrain) and potatoes: bread, pasta, rice, couscous, oats, potatoes, quinoa, bulgar wheat, barley, millet. Fats and oils: olive oil, canola oil, sunflower oil. Vegetables: examples of vegetables except for potatoes. Lean meat, fish, eggs, poultry, legumes, nuts and seeds: lean beef, chicken, turkey, peas, beans, lentils, tuna, salmon, eggs, walnuts, almonds, flaxseeds, sesame seeds. Milk and milk products: milk, yoghurt, cottage cheese, <i>irkotta</i>, mozzarella, cheeselets.</p>	6	<p>½ mark each</p> <p><i>Any two for each section</i></p> <p><i>Accept any other valid answers</i></p>
c	<p>Soft drinks, iced teas, ice-cream, cakes, pastries, chocolate, sweets, sausages.</p>	1	<p>½ mark each</p> <p><i>Any two</i></p> <p><i>Accept any other valid answers</i></p>
Total: 10 marks			

2	a	<ul style="list-style-type: none"> To destroy or inactivate harmful micro-organisms present in the food. To preserve the food from natural and microbiological decay. To destroy natural toxins (poisons) in foods; e.g. red kidney beans must be boiled for at least 15 minutes to destroy the natural toxin they contain. To aid digestion, e.g. the coagulation of egg protein enables it to be broken down efficiently by gastric enzymes. To make easier to eat, e.g. cooking meat tenderizes it, making it easier to chew and swallow. To make the food more appetizing and attractive, e.g. cooked fish or offal is more appetizing than raw. To enhance the flavour of food, e.g. roasting meat develops extractives which add to the flavour. To give variety in the diet, e.g. potatoes can be fried, boiled, creamed, roasted; chicken can be casserole, fried, roasted, boiled. To reduce bulk, e.g. green leafy vegetables reduce considerably when cooked so that more can be eaten. To provide hot food in cold climates. Necessary for some processes, e.g. thickening of sauces, dissolving gelatine, preparation of cakes and biscuits. 	3	1 mark each <i>Any three</i> <i>Accept any other valid answers</i>
	b	Grilling, steaming, baking, roasting, stewing, microwave cooking, slow cooking, stir-frying and boiling.	2	½ mark each <i>Any four</i>
	c	Steaming: electric steamer, steamer pots, saucepan and steamer basket/glass bowl. Roasting: roasting dish, baking dish, roasting rack, oven, Slow cooking: slow cooker, tagine, dutch oven, casserole dish. Boiling: Saucepan, hob.	2	½ mark each <i>Any one from each category</i> <i>Accept any other valid answers</i>
Total: 7 marks				
3	a	<u>White fish</u> - halibut, cod, whiting, plaice, haddock or sole. <u>Oily fish</u> - mackerel, herring, sardines, salmon, pilchards, sprat, trout and tuna. <u>Shell fish</u> - lobster, crabs, prawns, shrimps, cockles, mussels, and oysters.	3	½ mark each for naming the types ½ mark for each example <i>Any example from each group</i>
	b	<ul style="list-style-type: none"> Bright red gills. Plump, firm flesh. Plenty of bright scales firmly attached to the skin. Moist skin. A fresh sea smell. 	2	1 mark each <i>Any four</i> <i>Accept any other valid answers</i>
	c	Fish soup/broth; Fish pie; Fish patties; Fish al cartoccio	2	1 mark each <i>Accept any other valid answer</i>
Total: 7 marks				

4	a	<ul style="list-style-type: none"> • Personal likes and dislikes • Nutrition • Individual requirements • State of health • Seasonal availability of food • Money / time / equipment available • Where the meal is going to be eaten • The level of skill of the person • Food technology • Peer pressure • Religion / Ethical beliefs • Tradition 	2	1 mark each <i>Any two</i> <i>Accept any other valid answer</i>
	b	To provide energy; to provide material for growth and repair; to protect against disease.	2	1 mark each <i>Any two</i>
	c	<p><u>Diabetes</u>: Diabetes is a condition in which the amount of glucose (sugar) in the blood starts to rise as not enough insulin is released.</p> <p><u>Constipation</u> – Inability to empty the bowels regularly.</p> <p><u>Osteoporosis</u> - Osteoporosis refers to brittle porous bones.</p>	3	1 mark each
	d	Healthy weight, healthy eating, adequate sleep, good hydration, regular exercise, low stress levels, goal setting.	2	½ mark each <i>Any four</i>
Total: 9 marks				
5	a	Convenience food is frozen, dried, or canned food that can be heated and prepared very quickly and easily.	1	
	b	Bread, milk, pasta, yoghurt, fruit juices, canned vegetables, frozen pizza, dried soups, breakfast cereals, dried fruit, canned fruit, frozen chips, cakes, soft drinks.	1	½ mark each <i>Any two</i> <i>Accept any other valid answers</i>
	c	<p>Advantages:</p> <ul style="list-style-type: none"> • Some items are fortified with nutrients. • Available all year round. • Quick and easy to prepare. • Variety to choose from. • Affordable prices. • Some have a long shelf life. <p>Disadvantages:</p> <ul style="list-style-type: none"> • Might be high in fat, sugar and salt. • Might be expensive. • Some might have a short shelf life. • Lots of packaging. • Contain preservatives. 	4	2 marks for advantages 2 marks for disadvantages <i>Any two advantages</i> <i>Any two disadvantages</i> <i>Accept any other valid answers</i>
	d	<ul style="list-style-type: none"> • Using canned legumes such as red kidney beans to save up on time. • Using canned fish such as sardines and mackerel to bulk up sauces and add nutritional value. • Having a supply of frozen vegetables as it allows you to choose a vast selection of seasonal vegetables all year round. 	3	1 mark each <i>Accept any other valid answers</i>
Total: 9 marks				

6	a	<ul style="list-style-type: none"> Capacity of the equipment/size Fitness for purpose Price Guarantee Material which it is made of Easy to clean Safety feature 	4	1 mark each <i>Any four.</i> <i>Accept any other valid answer.</i>
	b	<p>Microwave:</p> <ul style="list-style-type: none"> Do not use metal containers when heating food. Do not switch on when empty. Cover food when heating. <p>Hand blender:</p> <ul style="list-style-type: none"> Do not touch the blade especially when in use. Insert in food and then switch as otherwise it will splash. <p>Electric kettle:</p> <ul style="list-style-type: none"> Fill in at least up to minimum level when heating water. <p>Hand-held mixer</p> <ul style="list-style-type: none"> Place it into the bowl and increase speed slowly. 	6	<p>½ mark each for naming the equipment</p> <p>1 mark each for the correct use of each equipment</p> <p><i>Accept any other valid answers</i></p>
Total: 10 marks				
7	a	Online banking Mobile banking	½	<i>Any one</i>
	b	<ul style="list-style-type: none"> Bank accounts Debit/credit cards Online banking Mobile banking Standing orders Loans Retirement plans Insurances 	1½	½ mark each <i>Any three</i> <i>Accept any other valid answers</i>
	c	<ul style="list-style-type: none"> Check her balance Check recent transactions Transfer money between own accounts Transfer money to third party accounts Request bank statements Mobile top-up 	2	1 mark each
	d	<p><u>Right:</u></p> <ul style="list-style-type: none"> The right to be informed – To be given the correct facts to make an informed choice, and to be protected against dishonest or misleading advertising and labelling. The right to choose – To be able to select from a range of products and services, offered at competitive prices with an assurance of satisfactory quality. The right to consumer education – To acquire knowledge and skills needed to make informed, confident choices about goods and services, while being aware of basic consumer rights and responsibilities and how to act on them. 	2	1 mark each <i>Any one</i> <i>Accept any other valid answers</i>

		<p><u>Responsibility:</u></p> <ul style="list-style-type: none"> To gather all the information and facts available about a product or service as well as to keep abreast of changes and innovations in the marketplace. Read thoroughly any documentation prior signing any contracts in order to be aware of what she is agreeing to and any clauses listed. Read instructions carefully prior using a service, application or a product in order to ensure proper and safe use of any products, applications and services. To think independently and make choices about well-considered needs and wants. 		
	e	Cash, cheque, prepaid cards, debit cards, credit cards, bank transfers, online payment, mobile payment	2	½ mark each <i>Any four</i>
Total: 8 marks				
8	a	<p><u>Protein:</u> For the growth, repair and maintenance of body tissues.</p> <p><u>Carbohydrates:</u> To provide energy.</p> <p><u>Vitamins:</u> To regulate the maintenance and growth of the body and to control metabolic reactions in cells.</p> <p><u>Minerals:</u> To control body processes.</p>	4	1 mark each
	b	<p><u>Macronutrients:</u> Protein, Carbohydrates</p> <p><u>Micronutrients:</u> Vitamins, Minerals</p>	2	½ mark each
	c	<p><u>Animal sources:</u> Eggs, fish, cheese, milk</p> <p><u>Plant sources:</u> Nuts, lentils, cereals, chickpeas</p>	4	½ mark each
	d	<p>A complete protein is one that contains all essential amino acids that our body needs.</p> <p>An incomplete protein is one that has one or more of the essential amino acids missing.</p>	2	
	e	Complementary proteins are proteins which if eaten in combination can provide adequate amounts of all the essential amino acids.	1	
	f	Tofu is made of soy milk extracted from soya beans which is available in blocks.	1	
	g	Kwashiorkor; Marasmus	2	1 mark each
	h	Children, teenagers, pregnant woman, elderly and vegetarians.	4	1 mark each
Total: 20 marks				
9	a	<ul style="list-style-type: none"> Financial problems, Unemployment, Illness or injury, death, Divorce or separation, Moving to a new home / school Emotional problems, New-born. 	2	1 mark each <i>Any two</i> <i>Accept any other valid answers</i>
	b	<ul style="list-style-type: none"> Arguments with parents, Poor communication skills, Emotional problems, Fatigue, Confusion about relationships with other family members, Health problems. 	3	1 mark each <i>Any three</i> <i>Accept any other valid answers</i>

c	<ul style="list-style-type: none"> Plan his studying well to ensure he covers all the material for each particular exam in the time available. Allow quality time for leisure activities. Share his emotions with a trusted friend/parent/adult. Sleep eight hours a day. Have a healthy balanced diet. 	2	1 mark each <i>Any two</i> <i>Accept any other valid answers</i>
d	Nuclear, extended, lone, single parent, cohabitation, adoptive, blended, foster, couple without children.	4	$\frac{1}{2}$ mark each <i>Any four</i>
e	<ul style="list-style-type: none"> Nuclear - It is a family where father, mother and their children live in one household. Extended - a family which extends beyond the nuclear family to include grandparents and other relatives. Lone/single parent – a family with children under age 18 headed by a parent who is widowed or divorced and not remarried, or by a parent who has never married. Cohabitation - an arrangement where two or more people are not married but live together. They are often involved in a romantic or sexually intimate relationship on a long-term or permanent basis. Adoptive - it is a family that contains at least one adopted child and at least one adoptive parent. Blended - a family consisting of a couple, the children they have had together, and their children from previous relationships. Foster – a family who officially take a child into their home for a period of time and take care of him/her without becoming the child’s legal parent. Couple without children - people from all kinds of backgrounds and all walks of life who, for whatever reason, have never had children. 	3	1 mark each <i>Any three</i> <i>Accept any other valid definitions</i>
f	<ul style="list-style-type: none"> Help out with house chores. Keep his room clean and tidy. Help out with food/household items shopping. Look after any younger siblings. Maintain good discipline. Carry out properly any school related work. Make time during the day to enjoy his family. 	3	1 mark each <i>Any three</i> <i>Accept any other valid answers</i>
g	<ul style="list-style-type: none"> Family size Management of family income, saving and expenses. Employment Health of family members Housing 	2	1 mark each <i>Any four</i> <i>Accept any other valid answers</i>
h	<ul style="list-style-type: none"> Youth/parish clubs, Voluntary work, Participate in fundraising activities Participate in activities organised by the local council. 	3	1 mark each <i>Accept any other valid answers</i>
Total: 20 marks			

Specimen Assessments: Controlled Paper MQF 2-3



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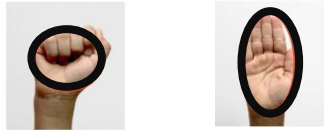


MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
SAMPLE PAPER**

SUBJECT: **Home Economics**
PAPER NUMBER: **Level 2-3**
DATE:
TIME: 2 Hours

Answer ALL Questions

1. A child's hand is a good measure to calculate how much of a food a child should have.
- a. i. Fill in the table below with the recommended range of daily servings for children for each of the given food groups. (1½)
- ii. Circle the correct serving size for **EACH** food group. (1½)

Food group	Recommended daily number of servings	Circle the correct serving size
Cereals and cereal products (preferably wholegrain) and potatoes	_____	 one serving of uncooked pasta
Vegetables	_____	 one serving of leafy vegetables
Fats	_____	 one serving of healthy fats

- b. Healthy food habits are established in early childhood.
- i. Outline **TWO** factors that affect the food choices of young children.
- _____
 - _____ (2)

ii. Suggest **TWO** guidelines that help children develop healthy eating habits.

- _____

- _____
_____ (2)

i. Suggest a healthy meal, including a main dish and dessert, suitable for a three-year-old child.

Main dish: _____

Dessert: _____ (2)

ii. Give **ONE** reason for your choice of dish and dessert. In your answer, include reference to 'The Healthy Plate' graphic.

_____ (1)

(Total: 10 marks)

2. At its most basic, cooking means applying heat to food.

a. Explain why we need to cook food.

- _____
- _____ (2)

b. Suggest **TWO** examples of moist and **TWO** examples of dry methods of cooking.

Moist methods: _____

Dry methods: _____ (2)

c. Explain the difference between:

i. dry and moist methods of cooking;

_____ (2)

ii. conduction and convection as methods of heat transfer.

_____ (2)

d. An elderly couple has recently bought an electric steamer to start steaming food. Discuss the suitability of steaming food, with reference to nutrient loss and digestibility.

_____ (2)

(Total: 10 marks)

3. Fish is classified into three different types.

a. In the table below, classify fish according to type. Give **ONE** example of each.

	Type	Example
i.		
ii.		
iii.		

(3)

b. Outline the nutritional value of fish.

(2)

c. Explain the proper way of:

i. storing fresh fish in the refrigerator;

(1)

ii. freezing fish.

(1)

d. List **THREE** characteristics of fresh fish.

- i. _____(1/2)
- ii. _____(1/2)
- iii. _____(1/2)

e. Mention **THREE** different dishes in which fish can be used.

- i. _____(1/2)
- ii. _____(1/2)
- iii. _____(1/2)

(Total: 10 marks)

4. Most of the food we buy comes in food packaging made from different materials.

a. Outline **TWO** functions of food packaging.

- _____
- _____(2)

b. Food packaging should provide clear food labelling that the consumer is able to interpret. Explain the importance of food labelling.

(1)

c. Explain the difference between the following terms:

i. no sugar added;

(1)

ii. no added sugar;

(1)

iii. strawberry yoghurt;

(1)

iv. strawberry flavoured yoghurt.

(1)

d. Discuss the role of food packaging in food marketing.

(1)

e. Recommend **TWO** ways of choosing food packaging for different products with minimal impact on the environment.

- ---

(1)

- ---

(1)

(Total: 10 marks)

5. Maria bought a toy for her daughter with the following symbols on it.

a. Explain each of the following symbols:



i.

(1)



ii.

(1)

b. Different toys help in the development of children.
Choose **ONE** of the toys below (tick ✓ in the box).



Toy A



Toy B



Toy C

<https://www.thetoystore.com>

Describe **THREE** ways how such a toy could help in the development of the child.

- _____
- _____
- _____ (3)

c. Suggest **THREE** ways how parents can promote physical development of their child.

- _____
- _____
- _____ (3)

(Total: 8 marks)

6. Online shopping has become increasingly popular.

a. Give **TWO** advantages and **TWO** disadvantages of online shopping.

Advantages

- _____
- _____ (2)

Disadvantages

- _____
- _____ (2)

b. Recommend **TWO** ways to avoid impulse purchases.

- _____
- _____ (2)

c. Explain the importance of being an informed consumer.

(1)

d. Devise **THREE** guidelines for wise purchases of basic goods.

(3)

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

- ---

(1)
- ---

(1)

(Total: 12 marks)

7. Nutrients are divided into macro and micro nutrients.

a. Distinguish between macro and micro nutrients.

- Macro nutrients:

- Micro nutrients:

(2)

b. Identify **TWO** water-soluble vitamins and **TWO** fat-soluble vitamins.

Water-soluble vitamin:

Fat-soluble vitamin:

(2)

c. Explain **THREE** differences between water soluble vitamins and fat soluble vitamins.

- ---

(1)
- ---

(1)
- ---

(1)

d. Justify the role of antioxidant vitamins to preserve health.

(2)

e. Folic acid has specific functions during pregnancy. State why women have a higher requirement of folic acid before and during the first 12 weeks of pregnancy.

(2)

f. List **TWO** sources of folate in the diet.

- _____
- _____ (1)

g. Recommend **TWO** foods that should be avoided during pregnancy.

- _____
- _____ (1)

h. i. Plan a two-course meal (main dish and dessert) for a breastfeeding mother.

Main dish: _____ (1)

Dessert: _____ (1)

ii. Give **TWO** reasons for your choice of main dish and dessert.

- _____
_____ (1)
- _____
_____ (1)

i. Outline **TWO** advantages of breastfeeding.

(2)

j. Explain why women who are breastfeeding require a higher intake of water.

(1)

(Total: 20 marks)

8. A young couple are looking for property to settle down. Choosing a home is a big decision and many factors need to be considered.

a. Describe **TWO** factors which influence the choice of a home.

(2)

b. Discuss **ONE** advantage and **ONE** disadvantage for each of the following services to acquire a home:

i. online advertising;

Advantage: _____ (1)

Disadvantage: _____ (1)

ii. services of a broker.

Advantage: _____ (1)

Disadvantage: _____ (1)

c. The couple are still considering whether they should buy or rent property. Discuss **ONE** advantage and **ONE** disadvantage of buying rather than renting.

_____ (2)

d. The couple has finally decided to buy a maisonette and will obtain a home loan. Explain the procedure that needs to be followed to obtain a home loan.

_____ (5)

e. As part of the home loan process, the couple must take out a life insurance policy. Explain the benefits of having a life insurance policy.

- _____ (1)
- _____ (1)

f. The couple will soon settle in the maisonette. Discuss **THREE** features that need to be considered by this couple whose husband has a physical disability and uses a wheelchair.

_____ (3)

g. Suggest **TWO** services that can be provided by the state to facilitate the well-being of the couple.

_____ (2)

(Total: 20 marks)

END OF PAPER

Specimen Assessments: Marking Scheme for sample Controlled Paper MQF 2-3








L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
MARKING SCHEME FOR SAMPLE PAPER**

SUBJECT: **Home Economics**
PAPER NUMBER: **Level 2-3**
DATE:
TIME: 2 Hours

Question	Suggested Answers	Marks	Comments	
1	a			
	i	Cereal and cereals products (preferably wholegrain) and potatoes – 3-4 Vegetables – 3-5 Fats – 1-2	1 ½	½ mark each
	ii	   <p>one serving of uncooked pasta one serving of leafy vegetables</p>   <p>one serving of healthy fats</p>	1 ½	½ mark each
b	i	Parental food habits and feeding strategies; Hunger, palatability, appetite, taste, mood, likes and dislikes, education, skills, religious/moral beliefs, culture and income of the caregivers.	2	1 mark each <i>Any two</i> <i>Accept any other valid answers</i>
	ii	<ul style="list-style-type: none"> Encourage your child to eat a variety of nutritious foods from early on in life to help them develop a taste for unsweetened, unsalted food. Engage your child in the preparation, cooking and serving of meals as part of a healthier family lifestyle. Encourage your child to read food labels and then choose food products, preferably fresh, that are low in fats, sugar and salt. Avoid distractions during mealtimes. Do not allow children to eat mindlessly whilst watching television or playing on a computer/tablet. Do not offer sweets as a treat for good behaviour. Offer non-food rewards instead. Serve food in serving sizes that are appropriate for the child. Enjoy regular family meals with your child, make meals an enjoyable time for the family. Do not force your child to clean their plate. Remove the food when it is obvious that no more food will be eaten. 	2	1 mark each <i>Any two</i> <i>Accept any reasonable recommendation</i>
c	i	Accept a healthy choice of main dish and dessert suitable for a three-year old child.	2	
	ii	Accept reasons for choice which include reference to the national food guide graphic.	1	
Total: 10 marks				

2	a	<ul style="list-style-type: none"> To destroy or inactivate harmful micro-organisms present in the food. To preserve the food from natural and microbiological decay. To destroy natural toxins (poisons) in foods; e.g. red kidney beans must be boiled for at least 15 minutes to destroy the natural toxin they contain. To aid digestion, e.g. the coagulation of egg protein enables it to be broken down efficiently by gastric enzymes. To make easier to eat, e.g. cooking meat tenderizes it, making it easier to chew and swallow. To make the food more appetizing and attractive, e.g. cooked fish or offal is more appetizing than raw. To enhance the flavour of food, e.g. roasting meat develops extractives which add to the flavour. To give variety in the diet, e.g. potatoes can be fried, boiled, creamed, roasted; chicken can be casseroled, fried, roasted, boiled. To reduce bulk, e.g. green leafy vegetables reduce considerably when cooked so that more can be eaten. To provide hot food in cold climates Necessary for some processes, e.g. thickening of sauces, dissolving gelatine, preparation of cakes and biscuits. 	2	1 mark each <i>Any two</i> <i>Accept any other valid reason</i>	
	b	<ul style="list-style-type: none"> Moist cooking methods – boiling, poaching, steaming, stewing, pressure cooking, deep fat frying. Dry cooking methods – baking, barbecuing / grilling, roasting, frying (dry). 	2	½ mark each. <i>Any two from each category</i>	
	c	i	Moist heat methods use water, liquid or steam to transfer heat to food. Dry heat methods use the circulation of hot air or direct contact to fat to transfer heat.	2	½ mark each
		ii	Conduction is the transfer of heat through solid objects. When molecules get hot, they vibrate and move rapidly. Convection is the transfer of heat through air (gas) or liquid currents. When gases and liquids are heated, the molecules become less dense (or lighter) and rise.	2	½ mark each
	d	<ul style="list-style-type: none"> No loss of nutrients or flavour. Food remains light and so it is easier to digest. Economical. Lengthy method of cooking. 	2	<i>Accept any other valid answers</i>	
Total: 10 marks					
3	a	<u>White fish</u> - halibut, cod, whiting, plaice, haddock or sole. <u>Oily fish</u> - mackerel, herring, sardines, salmon, pilchards, sprat, trout and tuna. <u>Shell fish</u> - lobster, crabs, prawns, shrimps, cockles, mussels, and oysters.	3	½ mark each <i>Any two from each group</i>	
	b	Fish is high in protein. Fish is filled with omega-3 fatty acids and vitamins such as D and B ₂ . Fish is rich in calcium and phosphorus and also a great source of minerals	2	<i>Accept any other valid answers</i>	

	c	i	Cover with foil or polythene and refrigerate.	1	<i>Accept any other valid answer</i>
		ii	Clean the fish and store in a polythene bag or foil.	1	<i>Accept any other valid answer</i>
	d	<ul style="list-style-type: none"> Bright eyes – not sunken. Plump, firm flesh. Plenty of bright scales firmly attached to the skin. Moist skin. A fresh sea smell. Bright red gills. 	1½	½ mark each <i>Any three</i>	
	e	Fish pies, fish cakes, tuna pizza, seafood pasta.	1½	½ mark each <i>Any three</i>	
	Total: 10 marks				
4	a		<ul style="list-style-type: none"> It protects products from contamination It helps to preserve food It makes products easier to store, distribute and sell. It carries information and instruction on the product. It carries a barcode. Attractive packaging can help to sell products. 	2	2 marks <i>Any two</i> <i>Accept any other valid answer</i>
		b	<ul style="list-style-type: none"> Grading according to the size, quality and country of origin. The name and type of processing. Storage instructions Directions for use The name and address of manufacturer Ingredients New weight Date stamp 	1	½ mark each <i>Any two</i> <i>Accept any other valid answers</i>
	c	i	No sugar or ingredient containing sugar was added during processing or packaging. The product might contain natural sugars e.g. fructose, lactose.	4	1 mark each
		ii	Include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.		
		iii	Strawberry yoghurt must be made with real strawberries.		
		iv	It must have some real strawberries.		
	d	Food packaging is a form of advertising the product. Manufacturers do their utmost to produce a packaging that is appealing for the target audience.	1		
e	<ul style="list-style-type: none"> Choose products with no packaging. Choose products with minimal packaging. Choose products with recyclable packaging. Do not buy items that are individually packed. Use reusable bags such as cloth bags. 	2	1 mark each <i>Any two</i> <i>Accept any other valid answers</i>		
Total: 10 marks					
5	a	<p>The Lion mark</p> <ul style="list-style-type: none"> <u>Meaning of symbol</u>: It is a British consumer symbol and used to identify toys denoted as safe and of high quality. <u>Meaning of symbol</u>: Not suitable for children under 	2	1 mark each	

		the age of three years or a toy contains small parts or other characteristics that makes it unsuitable for children under 3 years.		
	b	<p>Toy A:</p> <ul style="list-style-type: none"> The toy will help in the physical development of the child as she/he can move along the ice-cream cart. The toy will help in the social development as she/he need to serve different types of ice-creams to friends/family members The toy will help in the intellectual development as she/he will create different ice-creams depending on the cards provided. The toy will help the child develop emotionally, and she/he will learn to share and take turns in making ice-cream cones. <p>Toy B:</p> <ul style="list-style-type: none"> The toy will help in the physical development since the child can pull the phone whilst walking. The toy will help the child develop fine motor skills when turning to dial phone. The toy will help in the emotional development since the child will pretend that she/he is calling a friend/family member. The toy will help in intellectual development as the child will improve her/his speech whilst pretending to call someone. <p>Toy C:</p> <ul style="list-style-type: none"> The toy will help in the physical development since the child will move and put in position the different parts of the farm. The toy will promote intellectual skills through problem solving and imaginative play. The toy will help in building vocabulary and language skills. Through imaginative play, the child will learn to better notice and understand other people's feelings, as well as regulate their own. 	3	<p>1 mark each</p> <p><i>Any three</i></p> <p><i>Accept any other valid answers</i></p>
	c	<ul style="list-style-type: none"> Providing a safe and comfortable home Providing a healthy and balanced diet. Providing a safe place to live Allowing children to experiment with new things. Engage in games where they develop manual dexterity such as using blocks. 	3	<p>1 mark each</p> <p><i>Any three</i></p> <p><i>Accept any other valid answers</i></p>
Total: 8 marks				
6	a	<p>Advantages:</p> <ul style="list-style-type: none"> The stores are almost never closed. Shoppers can shop from the comfort of their home. One can compare prices Online shoppers save on fuel. There are no parking hassles. Online shoppers rarely have to deal with aggressive salespeople. There are no annoying crowds. Online shoppers do not have to wait in long queues to pay. 	4	<p>2 marks for the advantages</p> <p>2 marks for the disadvantages</p> <p><i>Any two advantages and any two disadvantages.</i></p>

		<ul style="list-style-type: none"> Many online retailers allow shoppers to post reviews about the products that they purchased. <p>Disadvantages:</p> <ul style="list-style-type: none"> Delay in delivery. Lack of significant discounts in online shops. Lack of touch and feel of merchandise in online shopping. Lack of interactivity in online shopping. The item shown on the website may not be the same as the product sent. Lack of close examination in online shopping. Frauds in online shopping. 		<i>Accept any other valid answer.</i>
	b	<ul style="list-style-type: none"> Make a list and stick to it. Avoid shopping when hungry. Shop around to compare prices quality and compare labels. Avoid buying special offers unless the item will be used. 	2	1 mark each <i>Any two Accept any other valid answers.</i>
	c	<ul style="list-style-type: none"> Knows his rights and responsibilities. Shops around before buying a product. It aware of various features of an item. 	1	<i>Accept any other valid answers</i>
	d	<ul style="list-style-type: none"> Make a list and keep to it. Limit shopping to at least once or twice a week - you buy less and save money. Get to know prices and shop around for value for money. Look for quality and freshness. Buy products which are in season: like fruits and vegetables. Check weights, sizes and the date mark. Look for special offers. Buy from a shop that is clean. Keep receipts for goods bought. Check for after sales service. 	3	1 mark each <i>Any three Accept any other valid answers</i>
	e	<ul style="list-style-type: none"> Make a list and stick to it. Shop around to find the best price. Compare items for price and quality Buy food which is in season. Buy in bulk to get a cheaper price. 	2	1 mark each <i>Any two Accept any other valid answers</i>
Total: 12 marks				
7	a	<p>Macronutrients are needed by the body in relatively large amounts. They include protein, fat and carbohydrates.</p> <p>Micronutrients are needed by the body in smaller amounts. They include vitamins, essential fatty acids, and the minerals.</p>	2	
	b	<p>Water soluble – B-vitamins and Vitamin C.</p> <p>Fat soluble - Vitamin A, D, E, K.</p>	2	1 mark each <i>Any two</i>
	c	<p>Water soluble vitamins cannot be stored while fat soluble vitamins can be stored in the body;</p> <p>Water soluble vitamins are lost very easily during the cooking process while fat soluble vitamins are not lost;</p> <p>Some fat soluble vitamins, unlike water soluble vitamins, can lead to toxicity when there is an excess stored in the body.</p>	1 1 1	
	d	<p>Antioxidants reduce risk of heart disease and cancers, reduce severity of colds and reduce age-related vision impairment.</p>	2	

	e	Folic acid helps to prevent neural tube defects such as spina bifida in the fetus.	2	
	f	Liver, green leafy vegetables such as spinach and kale, dried beans, oranges, avocados and whole wheat products.	1	½ mark each <i>Any two</i>
	g	g. Rich, spicy or fatty foods, strong tea and coffee, unpasteurised cheeses, raw or lightly cooked eggs and cook-chill foods, foods containing artificial sweeteners, foods high in Vitamin A.	1	½ mark each <i>Any two</i>
	h	i Accept a healthy choice of a main dish and dessert suitable for a breastfeeding mother.	2	
		ii Accept reasons for choice which include reference to the national food guide graphic.	2	
	i	Nutrients are in the correct proportion for the baby's needs. <ul style="list-style-type: none"> • It is free and convenient – no need to prepare bottles. • It is safer – no dangers from careless sterilising. • It helps the uterus to return to normal size, so the mother regains her figure more quickly. • Breast-fed babies are less likely to be overweight, to digestive problems or to suffer from allergies. • Mother's immunity to many diseases is passed to the baby. • The close contact is enjoyable for mother and child and encourages bonding. 	2	½ mark each <i>Any two</i> <i>Accept any other valid answers</i>
	j	Drinking more water helps in the production of more milk. Furthermore, it prevents the mother from getting dehydrated.	1	
Total: 20 marks				
8	a	a. <ul style="list-style-type: none"> • Size: Does it have enough rooms for all the family? • Cost: Does the cost meet your budget? Consider the cost of maintenance, bills, insurance etc. • Fittings: Is the house ready to move into or does it need a lot of work and money to improve it? • Storage: Is there enough storage space? • The area: Is it a pleasant neighbourhood, with gardens, trees, open spaces, well kept, or is it affected by vandalism, litter and decaying property? • Employment: Is it reasonably near the place where one lives? • Shops: Are there good shops nearby? • Services: Are there schools, doctors, and a library nearby? • Entertainment: Are leisure facilities available for people of different age groups? • Transport: Are there good buses and roads to get to work / school or to go out? 	2	1 mark each <i>Any two</i>
	b	i Online advertising Advantages: <ul style="list-style-type: none"> • A variety of accommodations can be viewed from the comfort of one's home. • Comparison of prices is fairly easy. Disadvantages: <ul style="list-style-type: none"> • The photos shown may not give a realistic picture of the accommodation. 	4	1 mark each <i>One advantage and one disadvantage of each</i>

	ii	<p>Broker</p> <p>Advantages:</p> <ul style="list-style-type: none"> • A number of accommodations based on the desired location and type of accommodation can be visited. • An on-site visit provides a realistic picture of the accommodation. <p>Disadvantages:</p> <ul style="list-style-type: none"> • Might be more expensive, as the broker takes commission. 		Accept any other valid answers
	c	<p>Advantages:</p> <ul style="list-style-type: none"> • Buying a house is an investment. • It provides security. • Structural alternations can be made. <p>Disadvantages</p> <ul style="list-style-type: none"> • Large deposits are needed. • Legal expenses need to be paid. • The owner is responsible for maintaining the property. • One might need to pay ground rent as well. • It may cost more than initially planned. 	2	<p>1 mark each</p> <p><i>One advantage and one disadvantage</i></p> <p><i>Accept any other valid answers</i></p>
	d	<p>To apply for a home loan and for the banks to process the application efficiently, one is usually required to submit the following documents:</p> <ul style="list-style-type: none"> • A recent pay slip and FS3 (Annual Employee Statement of Earnings reconciliation) as evidence of income. A photocopy of the applicant's ID card. • An architect's estimate of the property value and any building permits and plans. • Records of any existing financial commitments, including credit card debt and any other loans. If the person applying for a loan is not already an account holder with the bank, a character reference might also be necessary. • A copy of the preliminary agreement together with a complete life insurance policy is required for any home loan, as is a building insurance policy. • One must pay the bank 10% of the total amount being borrowed and pay processing fees. 	5	1 mark each
	e	<ul style="list-style-type: none"> • Provides a high-risk cover for the whole family if the unfortunate happens • A sum of money is given to the family in case of death of the insured. • It is a way of saving. 	2	<p>1 mark each</p> <p><i>Any two</i></p> <p><i>Accept any other valid answers</i></p>
	f	<ul style="list-style-type: none"> • The door of the rooms need to be wide enough for the person using the wheelchair can pass. • In the bathroom, the shower should be installed with necessary bars. • The toilet should have an elevated seat to make it easier for the wheelchair to use the toilet. • A stair lift or a lift should be installed if there are stairs in the house. 	3	<p>1 mark each</p> <p><i>Any three</i></p> <p><i>Accept any other valid answers</i></p>
	g	<ul style="list-style-type: none"> • Grant for first time buyers. • Rebate on solar panels. • Apply for a blue badge. 	2	<p>1 mark each</p> <p><i>Any two</i></p> <p><i>Accept any other valid answers</i></p>
Total: 20 marks				

Specimen Assessments: Private Candidates Controlled Paper MQF 1-2-3

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARDL-Università
ta' Malta**SECONDARY EDUCATION CERTIFICATE LEVEL
PRIVATE CANDIDATES PAPER
MQF 1-2-3 SAMPLE PAPER**

SUBJECT: **Home Economics**
 PAPER NUMBER: **Level 1-2-3**
 DATE:
 TIME: **2 Hours**

Answer All Questions

1. The following is a nutrition label of a typical oat-based breakfast cereal.

Oat Cereal		
Nutritional Information		
	100g	40g
Energy	367kcal	147kcal
Protein	12.1g	4.8g
Carbohydrates of which sugars	56.1g 1.0g	22.4g 0.4g
Fat	8.4g	3.4g
Fibre	9.1g	3.6g
Salt	0.01g	0.01g
B12	0.9mg	0.4mg
Riboflavin	1.2mg	0.5mg
Folate (Folic Acid)	45mcg	18mcg
Niacin	13.6mg	5.4mg

Look carefully at the nutritional information on the cereal packet.

- a. List **TWO** nutrients found in this breakfast cereal.

- _____
- _____

(1)

b. Complete the table below for each of the nutrients identified in part (a).

Name of nutrient	Main function	Rich food source

(2, 1)

c. This breakfast cereal has been fortified with folic acid. Justify the importance of food fortification.

_____ (1)

d. A close look at the nutritional information indicates that the breakfast cereal has a low amount of free sugars. What do you understand by 'free sugars'?

_____ (1)

e. Apart from the nutritional information, describe **TWO** obligatory pieces of information that you would find on a food label of a breakfast cereal.

- _____
- _____ (2)

(Total: 8 marks)

2. The following are used as raising agents or processes.

sieving baking powder whisking bicarbonate of soda

a. Identify which of the above are mechanical and chemical.

Mechanical: _____ (1)

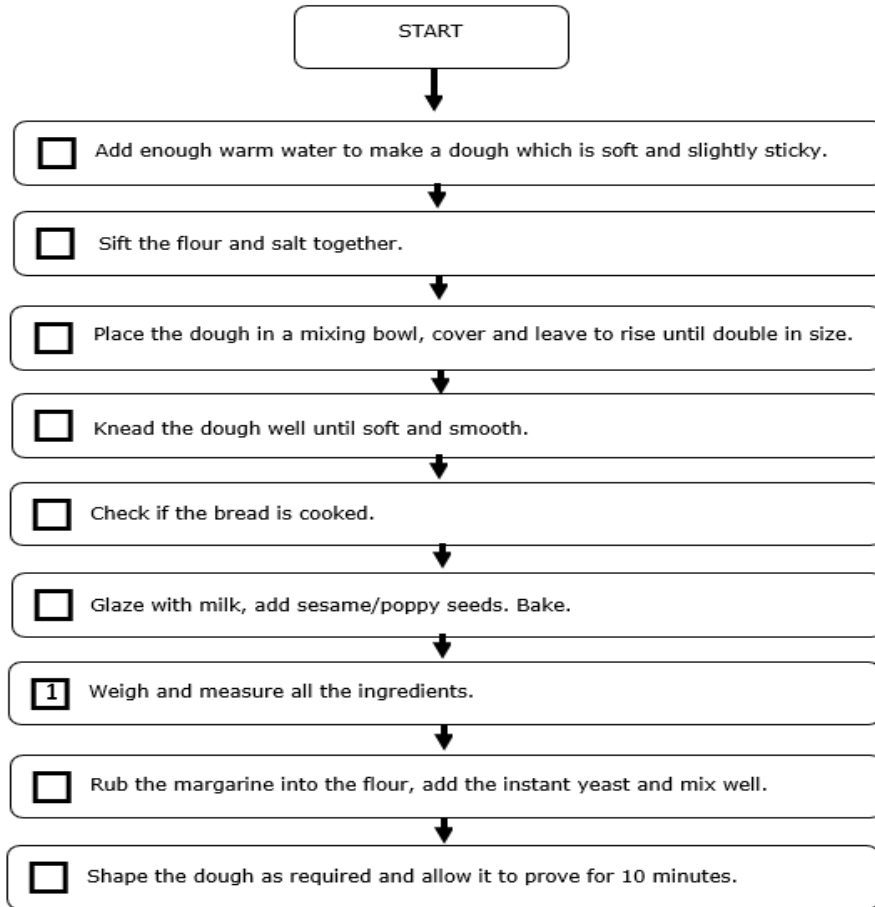
Chemical: _____ (1)

b. The following ingredients and skills are important in the bread making process.

Match Column A with Column B. (4)

Column A		Column B	
Ingredient		Main Function in Bread Making	
i. Strong flour	•	• A natural raising agent used in bread making.	
ii. Yeast	•	• The shaped bread is left in a warm place to grow.	
iii. Pinch of sugar	•	• The dough is left in a warm place to grow.	
iv. Warm water	•	• Introduces air and removes lumps.	
v. Kneading	•	• Has a high gluten content making the dough stretchy.	
vi. Proofing	•	• Turns into steam which moves through the dough during baking.	
vii. Rising	•	• The action of stretching the gluten in the dough.	
viii. Sifting	•	• The yeast feeds on it to grow.	

c. The steps in the method for making bread have been jumbled up. Place the steps in order by writing the correct number near each step. (The first one has been done for you).



(4)

d. List the utensils needed to make bread according to the steps in part (c).

(3)

e. Outline **TWO** rules to follow when making a yeast dough for a good outcome.

- _____
- _____

(2)

f. Suggest **ONE** sweet and **ONE** savoury dish that could be prepared using a yeast dough.

Sweet dish: _____ (1/2)

Savoury dish: _____ (1/2)

g. Underline **TWO** micro-organisms which can spoil bread.

Cross-Contamination Bacteria Moulds Natural decay (1)

h. State how bread should be stored to delay the development of micro-organisms.

_____ (1)

i. Underline **TWO** suitable packaging materials for storing bread in a freezer keeping in mind cost and the natural environment.

Plastic container with lid Freezer seal bags Reused Paper bags Cloth bag (1)

(Total: 19 marks)

3. Sarah has just finished her studies and started working. She wants to start planning her spending and saving better.

a. Sarah is finding it difficult to understand the difference between a need and a want and put it into practice. State the difference between a need and a want.

Need: _____

Want: _____ (2)

a. Sarah has just started working and has received her first salary. Explain the difference between gross and net income.

_____ (1)

b. Sarah has opened a current and savings accounts. Compare and contrast the **TWO** accounts.

_____ (2)

c. Sarah has also applied for the use of mobile banking. State **ONE** advantage and **ONE** disadvantage of using mobile banking.

Advantage:

• _____ (1)

Disadvantage:

• _____ (1)

(Total: 7 marks)

4. Different types of accommodations are listed below.

House of character	Villa	Terraced house	Town house
Maisonette	Apartment		Penthouse

a. From the above list, choose any **TWO** types of accommodations and describe them.

Accommodation 1: _____

Description: _____

_____ (1)

Accommodation 2: _____

Description: _____

_____ (1)

b. Explain the difference between detached and semi-detached accommodation.

 _____ (2)

c. A young couple, Jake, a lawyer aged 29, and Marisa, a teacher aged 27, are planning to get married in three years' time. They would like to acquire an accommodation.

Name **FOUR** different ways of acquiring an accommodation.

(2)

d. Describe **FOUR** factors which may influence their decision in choosing their accommodation.

- _____
- _____
- _____
- _____ (2)

e. After considering different factors, Jake and Marisa decided to begin house hunting to buy a terraced house. As part of this process, they contacted different estate agents. Discuss **ONE** advantage and **ONE** disadvantage of using estate agents.

Advantage: _____

_____ (1)

Disadvantage: _____

_____ (1)

- f. After a couple of weeks, Jake and Marisa found a suitable terraced house and began the process of buying it. Among the necessary documents, they needed a household and a life insurance policy. Define each of these policies.

Household insurance policy: _____

_____ (1)

Life insurance policy: _____

_____ (1)

- g. Suggest **TWO** actions undertaken by the local government to promote sustainable living within households.

_____ (2)

(Total: 14 marks)

5. A green home is important in the conservation of the environment.

- a. Define:

- i. green home;

_____ (1)

- ii. natural environment.

_____ (1)

- b. Describe **TWO** main environmental problems.

• _____

• _____

_____ (2)

- c. Individuals can conserve the environment and help in minimising environmental problems by following the 5Rs. Describe **ONE** way how each of these can be followed:

• Return: _____ (1)

• Refill: _____ (1)

• Reuse: _____ (1)

• Reduce: _____ (1)

• Recycle: _____ (1)

(Total: 9 marks)

6. The following are different types of families:

Adoptive	Foster	Nuclear	Extended
----------	--------	---------	----------

a. Compare and contrast these forms of families.

i. Adoptive and Foster Family: _____
 _____ (1)

ii. Nuclear and Extended Family: _____
 _____ (1)

b. Discuss **TWO** possible challenges of a blended family.

- Challenge 1: _____
- Challenge 2: _____ (2)

c. Give **ONE** suggestion how a blended family can address each of the challenges mentioned in part (b).

Challenge 1: _____
 _____ (1)

Challenge 2: _____
 _____ (1)

(Total: 6 marks)

7. a. Explain why shortcrust pastry is the healthiest choice when using pastry to make pastry dishes.

 _____ (2)

b. Suggest **ONE** sweet dish and **ONE** savoury dish that could be prepared using shortcrust pastry. Keep the dietary guidelines in mind and include local, seasonal ingredients in both dishes.

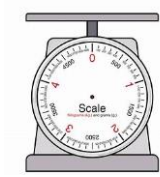
Sweet dish: _____

Savoury dish: _____ (1)

c. Explain the function of **THREE** main ingredients used in making shortcrust pastry. (3)

Main ingredients	Function

d. Circle **TWO** pieces of equipment you need to weigh and measure the ingredients for shortcrust pastry.



(1)

e. Circle the utensils needed to make shortcrust pastry.



(2)

f. Match the following skills with the correct statement.

Skills		Statement
i.	Measuring	• Food is cut into pieces using a knife.
ii.	Cutting	• The process of calculating and determining the specific amount of an ingredient required by using a standard measurement device.
iii.	Greasing of tin	• Pastry is thinly rolled out and made to fit the tin.
iv.	Lining of tin	• Fat is lightly spread on the tin.

(2)

- g. Suggest **TWO** possible faults that may occur in the process of making shortcrust pastry. Indicate how these can be prevented.

Fault 1 - _____

Prevention - _____

Fault 2 - _____

Prevention - _____ (4)

- h. The following are the ingredients that have been used to make:

(i) Home frozen shortcrust pastry dish	(ii) Commercial frozen shortcrust pastry dish
200 g homemade shortcrust pastry	200 g ready-made frozen shortcrust pastry
150 g <i>irkotta</i>	50 g fresh cream
1 egg	1 egg
50 g frozen peas	50 g cheddar
6 cherry tomatoes	40 g streaky bacon
50 g edam cheese	20 ml milk
1 tsp fresh parsley	Salt
Fresh ground pepper	

Compare the home frozen shortcrust pastry dish with the commercial frozen ready prepared one in terms of the following:

Nutritional value - _____

Flavour - _____

Colour - _____

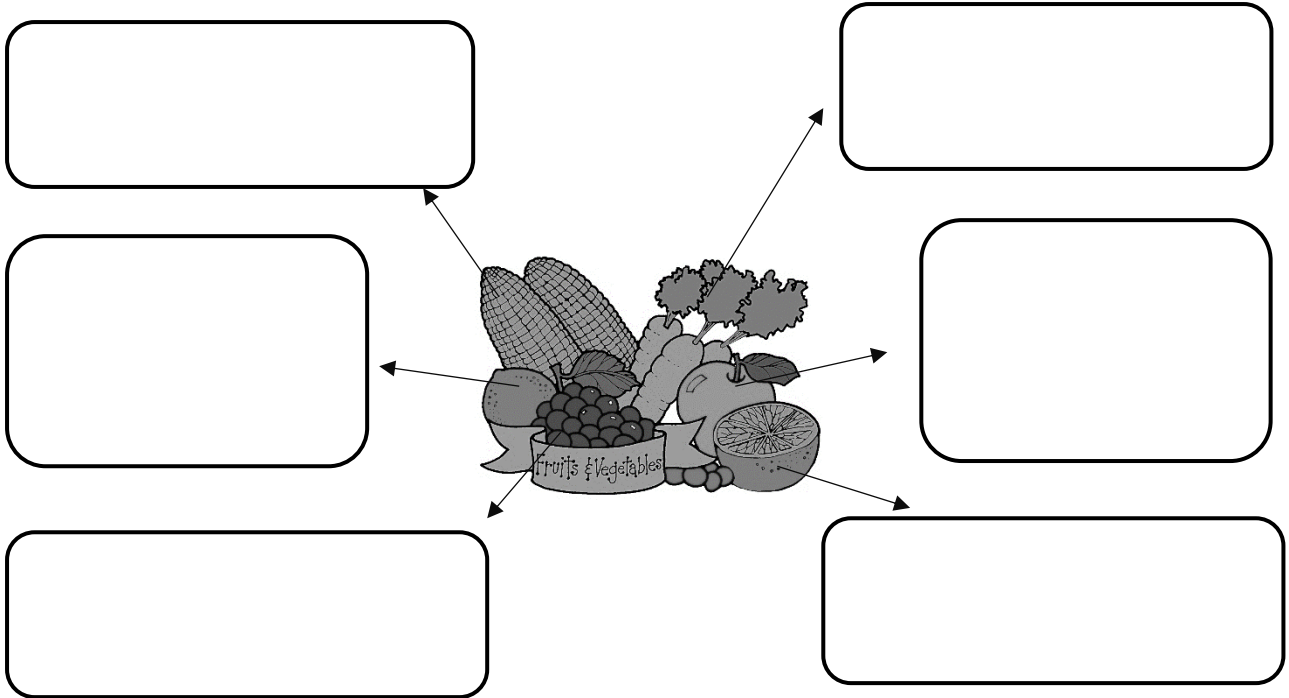
Generated waste - _____

_____ (4)

(Total: 19 marks)

8. Matthew and Brenda Muscat, a young married couple with a toddler, are aware that vegetables and fruits are an important part of a healthy diet. They are trying hard to include more vegetables and fruits in the daily diet of all family members.

a. Fill in the diagram below with the different ways of how vegetables and fruits can be used in the diet to help the Muscat family achieve their goal.



(3)

b. Vegetables and fruits contain a good range of nutrients and other substances. Outline the nutritional value of vegetables and fruits.

(1)

c. Suggest **TWO** guidelines that Matthew and Brenda should consider to encourage their toddler to eat more vegetables and fruits.

- _____
- _____

(2)

d. State **TWO** factors that Matthew and Brenda should consider when buying and storing vegetables and fruits.

- _____
- _____

(2)

e. Matthew would like to use some of the following ingredients available at home to prepare Sunday lunch.

4 florets broccoli	1 large yellow pumpkin
1 medium onion	2 cups vegetable stock
2 local garlic cloves	stewed apples
4 carrots	2 bananas
2 medium zucchini	leftover boiled potatoes
1 stalk celery	

- i. Plan a main course and dessert, in line with the national dietary guidelines, for all the members of the Muscat family. Use at least **FIVE** ingredients from the box above and add any other ingredients of your choice. (1,1)
- ii. Give reasons for your choice of dishes, keeping sustainability principles in mind. (2,2)

Main course	Reasons for Choice
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
Dessert	Reasons for Choice
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

f. Explain the importance of using local, seasonal vegetables and fruits when planning meals.

(2)

g. Explain how an environment which promotes healthy living can be created within the family.

(2)

(Total: 18 marks)

END OF PAPER

Specimen Assessments: Marking Scheme for sample Controlled Paper MQF 1-2-3



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
MARKING SCHEME FOR PRIVATE CANDIDATES SAMPLE PAPER**

SUBJECT: **Home Economics**

PAPER NUMBER: **Level 1-2-3**

DATE:

TIME: **2 Hours**



Question	Suggested Answers	Marks	Comments
1 a	Carbohydrates; Protein; Fat; Vitamins	1	½ mark each <i>Any two</i>
b	<p>Carbohydrates: <u>Function</u> – To provide energy to the body. <u>Source</u> – Bread, wholegrain bread, pasta, wholegrain pasta, rice, cereals, potatoes, pulses, soft drinks, table sugar, sweets, fruit.</p> <p>Proteins: <u>Function</u> – For the growth and repair of all cells in the body. <u>Source</u> – Meat, poultry, fish, milk, cheese, yoghurt, eggs, beans, nuts, seeds, lentils.</p> <p>Fat: <u>Function</u> – Helps to keep the body warm. <u>Source</u> – meat, bacon, milk, dairy products, oily fish, nuts, avocado, seeds, oils, cakes.</p> <p>Vitamins: <u>Function</u> – To protect our body against illnesses and diseases. <u>Source</u> – Citrus fruit, kiwi, strawberries, green leafy vegetables, broccoli, carrots, tomatoes.</p>	2 1	1 mark for each function ½ mark for each source <i>Any two</i> <i>Accept any other valid answers</i>
c	It is important to maintain or improve the quality of the diet of a group, a community or a population.	1	
d	Free sugars are all monosaccharides and disaccharides added to food and beverages by the manufacturer, cook or consumer. It also includes the sugars that are naturally present in honey, syrups and fruit juices.	1	
e	<ul style="list-style-type: none"> <u>Name of the food product</u> - It is illegal for food to have false or misleading names or descriptions. <u>List of ingredients</u> - The list of ingredients on a food label must have a heading that includes the word 'ingredients.' The ingredients have to be listed in descending order of weight when the product was prepared. <u>The quantity of certain ingredients</u> - When ingredients are emphasised on the label to categorise the food, the quantities of these ingredients should be shown to make sure that consumers are not misled. <u>The net weight</u> - This is the weight or volume of the product without the packaging. <u>Indication of minimum durability (use by or best before date)</u> - This information aims to help consumers to use food safely and reduce waste. 	2	1 mark each <i>Any two</i>

		<ul style="list-style-type: none"> • <u>Name or business name and address of the food business operator</u> - The label should contain the name or business name and address of the food business operator. • <u>Food allergens</u> - There are 14 food allergens (including derivatives) that must be emphasised in the ingredients list on the label if they are deliberately added. In addition, manufacturers can include an allergy advice box on the label which signposts the consumer to the ingredients list where allergens are emphasised. • <u>Instructions for use</u> - the manufacturer's instructions for preparing the food. • <u>Storage conditions and/or conditions of use</u> - these instructions help to make sure that the food will last as long as the date shown. 																									
Total: 11 marks																											
2	a	Mechanical: Whisking, sieving Chemical: bicarbonate of soda, baking powder	1 1																								
	b	<table border="1" style="width: 100%;"> <thead> <tr> <th style="width: 30%;">Column A</th> <th style="width: 30%;"></th> <th style="width: 30%;">Column B</th> </tr> <tr> <th>Ingredient</th> <th></th> <th>Main Function in Bread Making</th> </tr> </thead> <tbody> <tr> <td>i. Strong flour</td> <td rowspan="8" style="text-align: center; vertical-align: middle;"> </td> <td>A natural raising agent used in bread making.</td> </tr> <tr> <td>ii. Yeast</td> <td>The shaped bread is left in a warm place to grow.</td> </tr> <tr> <td>iii. Pinch of sugar</td> <td>The dough is left in a warm place to grow.</td> </tr> <tr> <td>iv. Warm water</td> <td>Introduces air and removes lumps.</td> </tr> <tr> <td>v. Kneading</td> <td>Has a high gluten content making the dough stretchy.</td> </tr> <tr> <td>vi. Proving</td> <td>Turns into steam which moves through the dough during baking.</td> </tr> <tr> <td>vii. Rising</td> <td>The action of stretching the gluten in the dough.</td> </tr> <tr> <td>viii. Sifting</td> <td>The yeast feeds on it to grow.</td> </tr> </tbody> </table>	Column A		Column B	Ingredient		Main Function in Bread Making	i. Strong flour		A natural raising agent used in bread making.	ii. Yeast	The shaped bread is left in a warm place to grow.	iii. Pinch of sugar	The dough is left in a warm place to grow.	iv. Warm water	Introduces air and removes lumps.	v. Kneading	Has a high gluten content making the dough stretchy.	vi. Proving	Turns into steam which moves through the dough during baking.	vii. Rising	The action of stretching the gluten in the dough.	viii. Sifting	The yeast feeds on it to grow.	4	½ mark each
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	c	<ol style="list-style-type: none"> 1. Weigh and measure all the ingredients. 2. Sift the flour and salt together. 3. Rub the margarine into the flour, add the instant yeast and mix well. 4. Add enough warm water to make a dough which is soft and slightly sticky. 5. Knead the dough well until soft and smooth. 6. Place the dough in a mixing bowl, cover and leave to rise until double in size. 7. Shape the dough as required and allow it to prove for about 10 minutes. 8. Glaze with milk, add sesame/poppy seeds. Bake. 9. Check if the bread is cooked. 	4	½ mark each																							
	d	<ul style="list-style-type: none"> • Kitchen scale • Measuring jug • Sieve • Flour dredger • Butter/table knife • Mixing bowl • Rolling pin • Pastry brush • Baking tray/loaf tin • Cooling tray 	3	½ mark each <i>Any six Accept any other valid answers</i>																							
	e	<ul style="list-style-type: none"> • Water should be at the right temperature. If the water is too hot, the yeast may be killed, and the bread dough will not rise. If the water is too cold, it will rise much more slowly. • Dough should be soft and slightly sticky. If it is too dry and hard, it will be difficult to knead, and the bread may be heavy. 	2	1 mark each <i>Accept any other valid answers</i>																							

		<ul style="list-style-type: none"> Knead the dough as energetically as possible, pulling and stretching to develop the gluten. 		
	f	<p>Sweet: Hot cross buns Chelsea buns Yeast rings/<i>qagħaq tal-ħmira</i></p> <p>Savoury: Pizza/Pizza swirls Buns/rolls</p>	1	½ mark each <i>Any two</i> <i>Accept any other valid answers</i>
	g	Moulds and bacteria	1	½ mark each
	h	Wrap bread tightly in a paper bag or in its plastic bag packaging and store at room temperature.	1	
	i	Reused paper bag Cloth bag	1	½ mark each
Total: 19 marks				
3	a	<p>Need: A need is something that is necessary for survival. Want: A want is something that you can live without.</p>	1 1	
	b	<p>Gross income: It is the total amount earned by an individual before tax and national insurance have been deducted. Net income: It is the amount of money left once tax and national insurance have been deducted from the gross income.</p>	1	
	c	<p>Differences:</p> <ul style="list-style-type: none"> A savings account, you get some interest on the available balance whilst with a current account one does not get any interest. A current account gives you the possibility of having a cheque book whereas a savings account does not. 	2	<i>Accept any valid answers</i>
	d	<p>Advantages:</p> <ul style="list-style-type: none"> Access to accounts is 24/7. Provided by the bank free of charge. One can check his/her up-to-date account balances regularly. One can check transactions as soon as they occur. Money can be transferred to 3rd parties. <p>Disadvantages:</p> <ul style="list-style-type: none"> One must be careful because of online security. A limited range of capabilities when compared to banking in person or to online banking. 	2	1 mark each <i>Any two advantages and one disadvantage</i> <i>Accept any other valid answers</i>
Total: 7 marks				
4	a	<p>House of character: These are usually houses, which have been built a long time ago. These types of houses are quite expensive to buy. In Malta we find three types of houses of character; the farmhouse, townhouse and a converted windmill. Villa: A country house usually consisting of a building and residential quarters around a courtyard. It can also be a detached or semi-detached sub-urban house. Terraced house: These houses are joined together in a row without spaces between them. All walls are shared and the minimum land is used. They are usually narrow and may be built on two or three floors in order to have enough space for a family. Heat insulation is good because of the joining walls. Town house: These houses are most of the time found in the centre of the town. Most of the time it has more than one storey. Maisonette: These are built in pairs; one on top of the other. The rooms may be on more than one floor. Each maisonette has its own front door leading to the street and each one has either a private yard or roof. Apartments All rooms are on one level. Tall blocks most of the time have a lift. Apartments have a common roof, garden and play spaces.</p>	2	1 mark each <i>Any two</i> <i>Accept any other valid description</i>

		Penthouse: A penthouse is found on top of a block of apartments. In such a house, one has a good view and there is no problem for security and privacy. Such houses are expensive to buy and one has a difficulty to heat and cool the house.		
b		A detached accommodation has no common walls with another accommodation. A semi-detached accommodation shares at least one wall with another accommodation.	2	
c		<ul style="list-style-type: none"> • Buying, • Renting, • Building, • Social housing. 	2	½ mark each <i>Accept any other valid answers</i>
d		Descriptions related to: <ul style="list-style-type: none"> • Size / cost of the house • Fittings • Storage • The area • Employment close to where you live • Shops are close • Services are close • Entertainment • Transport 	2	½ mark each <i>Any four</i> <i>Accept any other valid answers</i>
e		Advantage: <ul style="list-style-type: none"> • One can see a variety of accommodations to ones liking in one place. • The estate agent will take you to see the type of house you would like to buy. • More informed on what is available on the market. Disadvantage: <ul style="list-style-type: none"> • You must pay extra as the estate agent takes commission. 	2	1 mark each <i>Any one advantage and disadvantage</i> <i>Accept any other valid answers</i>
f		Household insurance policy: A household insurance offers a level of protection against events which may severely damage your home buildings, contents or your personal effects. Life Insurance: A life insurance offers valuable financial protection in the event of early death to a family member dependent on ones earning. It is also a form of saving.	1 1	
g		<ul style="list-style-type: none"> • Rebate on the installation of solar panels. • Distribution of waste separation bins • Glass collection every first Friday of the month. 	2	<i>Any two</i> <i>Accept any other valid answers</i>
Total: 11 marks				
5	a	Green home: A green home is a house that has been designed to be environmentally sustainable example using double glazed windows and solar panels have been installed. Natural environment: It is the natural, physical surroundings in which human life takes place.	1 1	<i>Accept any other valid description</i>
	b	Global warming: A gradual increase in the overall temperature of the earth's atmosphere generally attributed to the greenhouse effect caused by increased levels of carbon dioxide, chlorofluorocarbons, and other pollutants Pollution: The presence in or introduction into the environment of a substance or thing that has harmful or poisonous effects. Depletion of natural resources: Resource depletion occurs when the renewable and non-renewable natural resources become scarce because they are consumed faster than they can recover. The term resource depletion is commonly associated with water usage, fossil fuel consumption, trees and fishing.	2	1 mark each <i>Accept any other valid answer</i>
	c	Return: <ul style="list-style-type: none"> • Return empty bottles so they can be recycled. 	5	1 mark each

		<p>Refill:</p> <ul style="list-style-type: none"> Buy large cans of detergent and fill smaller containers. Use older containers to buy detergents and household products from shops who offer refillable services. Refill ink/toner cartridges. Refill water bottles from reverse osmosis tap. <p>Reuse:</p> <ul style="list-style-type: none"> Plastic food containers or glass jars can be reused to store something else. For example, a butter container can be used to store leftover foods in the refrigerator or to feed household pets. Glass bottles can be used to put in juices, filtered water etc. Unwanted paper can be used as rough paper. Reuse plastic bags instead of throwing them away. Use cloth bags as they can be used more than once. Reuse wrapping paper. Clothes can be handed down. <p>Reduce:</p> <ul style="list-style-type: none"> By squashing up packaging material e.g. milk carton, plastic water bottles, juice containers. By buying products with less packaging material e.g. toothpaste can be sold without the box, chocolate boxes should contain less packaging. Buy only the products you need so that you have less to throw away. Avoid using disposable ones. Buy products in bulk (more than one) instead of buying single products e.g. a box of tissues instead small packets. Use both sides of a paper. <p>Recycle:</p> <ul style="list-style-type: none"> Try to buy products in containers that can be recycled. Choose cards, envelopes, file paper or writing paper, which is made from recycled paper. Make a compost heap by using fruit and vegetable peels. This can be used in a garden or in the fields. Look for the PET symbol when buying plastic as this means that it can be recycled. 		<p><i>Any one for each category</i></p> <p><i>Accept any other valid answers</i></p>	
Total: 9 marks					
6	a	i	An adoptive family is a family that contains at least one adopted child and at least one adoptive parent who become the legal guardians of the child. Whereas, a foster family is a family who officially take a child into their home for a period of time and take care of him/her without becoming the child's legal guardians.	1	
		ii	Nuclear family is a family where father, mother and their children live in one household. Whereas, an extended family is a family which extends beyond the nuclear family to include grandparents and other relatives.	1	
	b	<ul style="list-style-type: none"> Difficulty for the children to share parents. Sibling rivalry. Mixed feelings about the step-parent. The child might feel he/she is not getting the attention they are used to. Different discipline style by the parents. 	2	1 mark each	
	c	<ul style="list-style-type: none"> Difficulty for the children to share parents – both parents should make sure to give adequate level of attention to each child to feel loved and secure within the family. Sibling rivalry – Both parents need to understand that the 	2	1 mark each	
					<i>Any two</i>

		<p>children may have arguments and they should agree that consequences and rewards need to be the same for all the children.</p> <ul style="list-style-type: none"> Mixed feelings about the step-parent – the family should slowly start to create a bond by beginning new traditions together as a family. The child might feel he/she is not getting the attention he/she is used to – by working together as a family where both adults should attend each child’s activities and each parent should also give each child individual attention as well. Different discipline style by the parents – both parents should present a united front by determining together the household rules and agreeing on the consequences when those rules are broken. 		<p><i>Accept any other valid answers</i></p>															
	d	<ul style="list-style-type: none"> Social security benefits for single parents. Free child care services. Tapering of benefits – for those working at least 10 hours per week. Single Parents’ Grant – for those who are still following their studies at post-secondary, higher secondary, vocational and tertiary level of education. 	1	<p><i>Any one</i></p> <p><i>Accept any other valid answers</i></p>															
Total: 6 marks																			
7	a	The short crust pastry uses a ratio of half fat to flour thus making it low in fat compared to other pastries.	2																
	b	<p><u>Sweet recipe:</u> Strawberry pie Peach crumble</p> <p><u>Savoury recipe:</u> Tuna and spinach pie Chicken and broad bean pie</p>	1	<p>½ mark each</p> <p><i>Any one sweet and one savoury recipe</i></p> <p><i>Each suggested recipe should include local, seasonal ingredients.</i></p> <p><i>Accept any other valid answers.</i></p>															
	c	<ul style="list-style-type: none"> Wholemeal flour – to add dietary fibre to the recipe. Polyunsaturated margarine – to make the pastry crumbly. Water – to bind the dry ingredients to form the pastry. 	3	<p>1 mark each</p> <p><i>Accept any other valid answers</i></p>															
	d		1	½ mark each															
	e		2	½ mark each															
	f	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Skills</th> <th style="width: 20%;"></th> <th style="width: 50%;">Statement</th> </tr> </thead> <tbody> <tr> <td>i. Measuring</td> <td style="text-align: center;">X</td> <td>Food is cut into pieces using a knife.</td> </tr> <tr> <td>ii. Cutting</td> <td style="text-align: center;">X</td> <td>The process of calculating and determining the specific amount of an ingredient required by using a standard measurement device.</td> </tr> <tr> <td>iii. Greasing of tin</td> <td style="text-align: center;">X</td> <td>Pastry is thinly rolled out and made to fit the tin.</td> </tr> <tr> <td>iv. Lining of tin</td> <td style="text-align: center;">X</td> <td>Fat is lightly spread on the tin.</td> </tr> </tbody> </table>	Skills		Statement	i. Measuring	X	Food is cut into pieces using a knife.	ii. Cutting	X	The process of calculating and determining the specific amount of an ingredient required by using a standard measurement device.	iii. Greasing of tin	X	Pastry is thinly rolled out and made to fit the tin.	iv. Lining of tin	X	Fat is lightly spread on the tin.	2	½ mark each
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	g	<ul style="list-style-type: none"> Pastry is tough and has a hard texture. Do not over knead the pastry. Crumbly pastry which is hard to handle. Follow half-fat to flour ratio and add adequate amounts of 	4	<p>1 mark each for the possible faults</p>															

		<p>water.</p> <ul style="list-style-type: none"> Soggy pastry. Do not add too much liquid. 		Any two 1 mark each for prevention of each fault
	h	<ul style="list-style-type: none"> <u>Nutritional value</u>: The commercial frozen short crust pastry dish is higher in saturated fat content as it has cheddar cheese, streaky bacon and fresh cream compared to the home frozen dish. <u>Flavour</u>: The home frozen pastry dish has peas, cherry tomatoes and parsley which add natural flavour to the dish compared to the commercial frozen dish. <u>Colour</u>: The vegetables (peas and cherry tomatoes) and herbs (parsley) added to the home frozen pastry dish give more colour to the dish compared to the commercial frozen dish. <u>Generated waste</u>: Home frozen shortcrust pastry dish can be prepared in an oven dish or Pyrex dish which can be reused. The packaging and container used for the commercial frozen dish will be thrown away resulting in more waste. 	4	1 mark each <i>Accept any other valid answers</i>
Total: 19 marks				
8	a	<ul style="list-style-type: none"> Add fruit to breakfast cereal or yoghurt. Fresh fruit milkshake. Make a fresh fruit salad as a healthy dessert. Snack on fresh fruit. Snack on fresh vegetable sticks with homemade dip. Add vegetables to omelette. Pureed vegetables soups. Add vegetable or fruit pieces to homemade cupcakes. Add vegetables to baked goods, stews and casseroles. 	3	½ mark each <i>Any three</i> <i>Accept any other valid answers</i>
	b	Vegetables and fruit are a good source of dietary fibre and rich in various vitamins and minerals.	1	
	c	<ul style="list-style-type: none"> Vary the type of vegetables and fruit in your child's diet throughout the day (i.e. at breakfast, lunch, and between meals). Encourage your child to eat whole and different coloured vegetables and fruit to help him/her feel fuller. Encourage your child to eat a variety of nutritious foods from early on in life to help them develop a taste for unsweetened, unsalted food. 	2	1 mark each <i>Accept any other valid answers</i>
	d	<ul style="list-style-type: none"> Seasonality – cheap, easily available and in good condition. Buy vegetables and fruit in season and freeze for later use. Price – compare prices between shops/markets. Quantity – do not buy more than you need. Quality – choose vegetables or fruit which are not damaged, wilted or bruised. Freshness – choose vegetables and fruit which are crisp, firm and of a good colour. 	2	1 mark each <i>Any two</i> <i>Accept any other valid answers</i>
	e	<p><u>Main course</u> Stuffed zucchini boats (2 zucchini, 200g lean minced meat, 2 carrots, 1 onion, 2 garlic cloves and fresh herbs) served with roasted pumpkin and roasted left over boiled potatoes.</p> <p><u>Reasons:</u></p> <ul style="list-style-type: none"> Stuffed zucchini boats are an interesting way of incorporating vegetables into meals to encourage their toddler to consume more vegetables. 	1, 1 2, 2	1 mark each for the chosen dishes 2 marks each for the

	<ul style="list-style-type: none"> • A variety of different coloured vegetables have been included to increase the vitamin and mineral content of the dish for the entire family. • Lean minced meat was added as a source of protein (needed for the growth, maintenance and repair of the body) and as it is low in fat. • The pumpkin and left-over boiled potatoes will be roasted at the same time as the zucchini boats to save time and energy. • Left over boiled potatoes were included to minimise waste of food. <p><u>Dessert</u> Apple parfait (stewed apples and plain/Greek yoghurt alternatively layered) garnished with ground cinnamon.</p> <p><u>Reasons:</u></p> <ul style="list-style-type: none"> • Stewed apples are low in sugar and add flavour to the dessert. • Greek yoghurt is rich in calcium (needed for strong bones and teeth) and protein. It also creates a creamy texture to the dessert. • A layered dessert creates an eye-catching and appetising dessert for the toddler. 		<p>reasons for choice for each dish</p> <p>Reasons for choice should refer to sustainability principles adhered to.</p> <p><i>Accept any other valid answers</i></p>
f	<ul style="list-style-type: none"> • It helps to decrease the environmental damage which comes with shipping foods across large distances. • Purchasing locally grown foods helps to support local farmers. • Local food supports the local economy. The money you spend on products from local farmers and growers stays in the community. • In-season produce is fresher, tastes better and more nutritious. • In-season produce is cheaper. 	2	<p><i>Accept any other valid answers</i></p>
g	<ul style="list-style-type: none"> • Parents need to create and instil healthy habits that will follow their children throughout their lifetimes and shape them as they mature. • Making dinner a family matter leads to an encouraging environment for healthy eating. • Preparing homemade meals can allow children to participate in the meal-making process. • A stocked kitchen of healthy foods is important because children will eat what is available. • During meal time serve water or milk and reduce sugar intake by eliminating sugary and fruit-flavoured drinks. • Encouraging children to enjoy outdoor activities, play games in the yard/on the roof or go on hikes. • Encouraging children to participate in sports early in life can help them find their talents and teach them to appreciate exercise as a form of fun. 	2	<p><i>Accept any other valid answers</i></p>
Total: 18 marks			