

G12 ECZ HOME MANAGEMENT P1 2016 GCE SOLUTIONS

Home Management Paper 1 Theory, 2016 GCE (6075/1)

2 hours | 10 questions, answer 5 (2 from Section A + 2 from Section B + 1 free choice)

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for General Certificate of Education Ordinary Level

Home Management

6075/1

Paper 1 Theory

Thursday

21 JULY 2016

Additional materials:
Answer Booklet

Time 2 hours

Instructions to Candidates

- 1 Write your name, centre number and candidate number on the Answer Booklet in the spaces provided.
- 2 There are **ten** questions in this paper. Answer **five** questions.
- 3 Answer at least **two** questions from Section **A** and **two** from Section **B**. The other **one** can be from either Section.
- 4 Write your answers for each question on a separate page of the Answer Booklet provided.
- 5 Indicate the number of the questions you have answered on the left margin of the front page of the Answer Booklet in the order you have answered them.

Information for Candidates

The number of marks is given in brackets [] at the end of each question or part question. You should make use of illustrations. Answers in note form are acceptable.

Cell phones are not allowed in the examination room.

Section A

Housecraft including Laundry work

Answer at least **two** questions from this section.

- 1 Preservation is vital in homes especially when there is plenty supply of foodstuffs.
 - (a) List **three** reasons why we preserve food. [3]
 - (b) Explain any **two** aims of preservation. [2]
 - (c) Describe any **three** methods of preservation. [3]
 - (d)
 - (i) During jam making, the jam should contain three ingredients that help form a gel, mention them. [3]
 - (ii) Explain the **three** ways of testing for setting point during jam making. [3]
 - (iii) Describe any **four** qualities of a good jam. [4]
 - (iv) Name **two** fruits that make very good jam. [2]

[20 marks]
- 2 Write short notes on the following:
 - (a) Synthetic detergents; [5]
 - (b) Drying equipment; [5]
 - (c) Choice of an iron; [6]
 - (d) Importance of care labels. [4]

[20 marks]
- 3
 - (a) Draw a plan of a bedroom, showing doors and windows. [10]
 - (b) Insert outlines of furniture required and show where lights and electric plugs would be fitted. [8]
 - (c) Suggest a suitable colour scheme. [2]

[20 marks]
- 4
 - (a) Name **four** conditions to which a good floor should conform. [4]
 - (b) Mention **four** reasons for using carpets. [4]
 - (c) What points would guide you in the choice of carpets? [4]
 - (d) Name **four** classes of linoleum and the characteristics for each. [4]
 - (e) Explain how you would weekly clean linoleum. [4]

[20 marks]

- 5 (a) Mention **two** classes of wood. [2]
- (b) Name and explain **three** ways of finishing wood. [3]
- (c) What causes the wood to:
- (i) roughen, [1]
 - (ii) discolour, [1]
 - (iii) warp? [1]
- (d) Write an informative paragraph on how to **clean** and **care** for an upholstered furniture. Give three points on each. [6]
- (e) Name the reagents that could be used to remove the following stains:
- (i) grass stains on a white cotton shirt; [1]
 - (ii) fruit juice from a stained table cloth (linen); [1]
 - (iii) mucus from a handkerchief. [1]
- (f) Name the methods of softening hard water permanently. [3]
- [20 marks]**

Section B

Parenthood

Answer at least **two** question from this section

- 6 (a) Fibres are not fabrics until they are processed. Write down the stages that cotton fibres pass through before they become fabric. [4]
- (b) Explain the effects of burning tests on the following:
- (i) cotton, [2]
 - (ii) wool, [2]
 - (iii) silk, [2]
 - (iv) nylon. [2]
- (c) Mention articles commonly made from linen (at least **eight** items). [8]
- [20 marks]**
- 7 (a) Elaborate on the importance of a well-balanced diet for an expectant mother. [4]
- (b) Mention at least **six** essential nutrients that she should include in her diet and reasons why? [12]
- (c) What mineral elements are found in the following foods?
- (i) Kidneys, [1]
 - (ii) Milk, [1]
 - (iii) Cod-liver oil, [1]
 - (iv) Nuts. [1]

[20 marks]

[Turn over]

8 Besides nutrients, certain foods also contain enzymes, anti-oxidants and friendly flora, all of which improve the health of people living with HIV/AIDS.

(a) What do you understand by the following terms? Give at least **three** examples of each.

(i) Enzymes, [4]

(ii) Anti-oxidants, [4]

(iii) Friendly flora, [4]

(iv) Nutrients. [4]

(b) Explain the importance of the mineral, 'zinc' to people living with HIV/AIDS. [4]

[20 marks]

9 What special advice would you give to an expectant mother with regards to the following?

(i) alcohol and smoking, [5]

(ii) exercise, [5]

(iii) German measles, [5]

(iv) post-natal care. [5]

[20 marks]

10 (a) (i) What do we call the first milk that comes from the mother's breasts after giving birth? [1]

(ii) Write **two** functions of this type of milk. [2]

(b) Explain why breast milk is best for babies. Give **four** reasons. [4]

(c) Give **three** reasons why some children are bottle fed. [3]

(d) What are the disadvantages of bottle feeding? Write **three**. [3]

(e) Write any **five** general rules for weaning. [5]

(f) What do the following words mean?

(i) weaning, [1]

(ii) exclusive breastfeeding. [1]

[20 marks]



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Question Q1 (Section A: Preservation, 20 marks). Preservation is vital in homes especially when there is plenty supply of foodstuffs.

Answer: (a) Three reasons why we preserve food: (1) to prevent spoilage/wastage of surplus food; (2) to ensure food is available during the off-season or times of scarcity; (3) to save money by preserving food in bulk when it is cheap and plentiful.

Answer: (b) Two aims of preservation: (1) to destroy or inhibit the growth of micro-organisms (bacteria, moulds, yeasts) that cause spoilage; (2) to slow down enzymic and chemical changes that cause food to deteriorate.

Answer: (c) Three methods of preservation: (1) drying/dehydration -- removing moisture so micro-organisms cannot grow; (2) canning/bottling -- sealing food in airtight containers after heat treatment; (3) freezing/refrigeration -- lowering temperature to slow microbial and enzymic activity (also acceptable: salting, smoking, sugar/jam-making, pickling).

Answer: (d)(i) Three ingredients that help jam form a gel: pectin, sugar, and acid (e.g. lemon juice).

Answer: (ii) Three ways of testing for setting point: (1) the wrinkle test -- cool a small amount on a cold plate and push with a finger to see if it wrinkles; (2) the flake test -- lift jam on a wooden spoon and let it drop; if it forms flakes rather than a steady drip, it has set; (3) the temperature test -- jam reaches setting point at about 105 degrees C on a sugar thermometer.

Answer: (iii) Four qualities of a good jam: bright, clear colour; good set (neither too stiff nor too runny); good flavour of the fruit used; fruit evenly distributed (not floating); free from crystallisation; good keeping quality.

Answer: (iv) Two fruits that make very good jam: guava and pawpaw (also acceptable: orange, lemon, mango, apple).

Question Q2 (Section A: Short notes, 20 marks). Write short notes on the following.

Answer: (a) Synthetic detergents: man-made cleaning agents made from petroleum by-products; work well in both hard and soft water without forming scum; available as powders, liquids or bars; used for washing clothes, dishes and general cleaning.

Answer: (b) Drying equipment: a clothes line and pegs (outdoor, sun/wind drying); an airer/drying rack (indoor drying); a tumble dryer (mechanical/electrical drying); a spin dryer (removes excess water before drying).

Answer: (c) Choice of an iron: consider the fabrics to be ironed (need for an adjustable thermostat/heat settings); whether a steam or dry iron is needed; safety features such as automatic shut-off; weight and comfort of the handle; cost, durability and power/voltage compatibility.

Answer: (d) Importance of care labels: (1) they guide the correct washing, ironing and drying method, preventing damage to the garment; (2) they show the fabric composition, helping choose the right detergent and temperature; (3) they help maintain the garment's appearance and lifespan; (4) they may show special instructions such as 'dry-clean only'.

Question Q3 (Section A: Bedroom plan, 20 marks). Plan a bedroom showing furniture, lighting/plugs and colour scheme.

(a)/(b) [SKETCH REQUIRED -- cannot be reproduced in text] A simple rectangular floor-plan sketch of the bedroom showing a door opening on one wall and window openings on another, with furniture outlines (bed, wardrobe, dressing table, bedside table) arranged sensibly, and light switch/electric plug positions marked conveniently near the bed and door.

Answer: (c) Suitable colour scheme: soft, calming colours such as pale blue, cream or light green for a restful atmosphere, with a contrasting/complementary accent colour used in curtains and bedding for visual interest.

Question Q4 (Section A: Flooring, 20 marks). Floors and floor coverings.

Answer: (a) Four conditions a good floor should conform to: durable/hard-wearing; easy to clean and maintain; non-slip/safe; warm and comfortable underfoot (also acceptable: waterproof/moisture-resistant, attractive, affordable).

Answer: (b) Four reasons for using carpets: they provide warmth/insulation; they reduce noise; they add comfort and softness underfoot; they add decorative/aesthetic value to a room.

Answer: (c) Points guiding the choice of carpets: durability of the fibre; ease of cleaning and maintenance; cost; colour/pattern to match the room's décor; texture and pile type; amount of foot traffic expected in the room.

Answer: (d) Four classes of linoleum and their characteristics: (1) plain linoleum -- a single solid colour throughout; (2) jaspe linoleum -- a mottled/marbled pattern; (3) printed linoleum -- a pattern printed only on the surface, wears off with use; (4) inlaid linoleum -- the pattern runs through the full thickness, so it is very durable and does not wear away.

Answer: (e) Weekly cleaning of linoleum: sweep or vacuum to remove loose dust and dirt; damp-mop using a mild detergent solution, avoiding excess water which can damage the linoleum and its backing; dry thoroughly; then apply a thin coat of floor polish/wax and buff to restore shine.

Question Q5 (Section A: Wood, 20 marks). Wood, its finishing, faults, and stain removal.

Answer: (a) Two classes of wood: hardwood (from broad-leaved trees, e.g. oak, mahogany) and softwood (from coniferous trees, e.g. pine, cedar).

Answer: (b) Three ways of finishing wood: (1) varnishing -- a clear protective coat for shine and protection; (2) painting -- a pigmented coat for colour and protection; (3) waxing/polishing -- enhances the natural grain and gives a protective sheen.

Answer: (c)(i) Wood roughens due to exposure to moisture/damp, causing the wood fibres to swell and lift.

Answer: (ii) Wood discolours due to exposure to sunlight, moisture, dirt, or chemical reactions with metal fittings.

Answer: (iii) Wood warps due to uneven drying or changing humidity, causing uneven expansion and contraction.

Answer: (d) Cleaning upholstered furniture (three points): (1) vacuum regularly to remove dust and loose dirt; (2) spot-clean stains promptly with a suitable upholstery cleaner, testing on a hidden area first; (3) have it professionally deep-cleaned periodically.

Answer: Caring for upholstered furniture (three points): (1) avoid direct sunlight, which fades and weakens fabric; (2) rotate/turn cushions regularly for even wear; (3) avoid overloading or standing on it, to protect the frame and springs.

Answer: (e) Stain-removal reagents: (i) grass stains on white cotton -- methylated spirit (or diluted bleach/hydrogen peroxide for white fabric); (ii) fruit juice from a linen tablecloth -- a borax solution or lemon juice and salt (or a mild bleach if the linen is white); (iii) mucus from a handkerchief -- rinse in cold water first (mucus is a protein stain, treated with cold, not hot, water), then wash with soap.

Answer: (f) Methods of permanently softening hard water: adding washing soda (sodium carbonate); using a base-exchange/ion-exchange water softener (e.g. Permutit process); distillation. (Boiling only removes temporary hardness, not permanent hardness.)

Question Q6 (Section B: Fabrics, 20 marks). Cotton fibre processing, burning tests, and linen articles.

Answer: (a) Stages cotton fibres pass through before becoming fabric: picking/harvesting the raw cotton; ginning (removing the seeds); carding/combining (aligning the fibres); spinning (twisting fibres into yarn); weaving or knitting (turning yarn into fabric).

Answer: (b) Burning test effects: (i) cotton -- burns quickly with a steady flame, smells like burning paper, leaves a soft grey ash; (ii) wool -- burns slowly, curls away from the flame, smells like burning hair, leaves a crushable black bead; (iii) silk -- burns slowly, smells like burning hair, leaves a brittle black bead; (iv) nylon -- melts and shrinks from the flame, smells like burning plastic, leaves a hard bead.

Answer: (c) Eight articles commonly made from linen: tablecloths, napkins, bed sheets, pillowcases, tea towels, handkerchiefs, aprons, and curtains (also acceptable: towels, tunics).

Question Q7 (Section B: Expectant mother's diet, 20 marks). Nutrition for pregnancy.

Answer: (a) Importance of a well-balanced diet for an expectant mother: ensures healthy growth and development of the foetus; maintains the mother's own health and energy; prevents nutritional deficiencies such as anaemia; reduces the risk of complications during pregnancy and birth; prepares the body for breastfeeding.

Answer: (b) Six essential nutrients and reasons: (1) protein -- for growth and tissue repair of mother and baby; (2) iron -- to prevent anaemia and support increased blood volume; (3) calcium -- for the baby's bone and teeth development; (4) folic acid -- to prevent neural tube defects in the baby; (5) vitamin C -- aids iron absorption and boosts immunity; (6) carbohydrates -- to provide energy for the mother's increased metabolic needs.

Answer: (c) Mineral elements found in: (i) kidneys -- iron; (ii) milk -- calcium; (iii) cod-liver oil -- iodine; (iv) nuts -- phosphorus (also magnesium).

Question Q8 (Section B: HIV/AIDS nutrition, 20 marks). Enzymes, anti-oxidants, friendly flora, nutrients, and zinc.

Answer: (a)(i) Enzymes: biological catalysts (proteins) that speed up chemical reactions in the body, e.g. digestion. Examples: amylase (breaks down starch), pepsin (breaks down protein), lipase (breaks down fats).

Answer: (ii) Anti-oxidants: substances that protect body cells from damage by free radicals. Examples: vitamin C, vitamin E, beta-carotene.

Answer: (iii) Friendly flora: beneficial bacteria in the gut that aid digestion and boost immunity. Examples: found in yoghurt, fermented milk (e.g. mabisi), and other fermented foods.

Answer: (iv) Nutrients: substances in food that nourish the body, providing energy, growth and repair. Examples: carbohydrates, proteins, fats, vitamins, minerals.

Answer: (b) Importance of zinc for people living with HIV/AIDS: boosts the immune system to help fight infections; supports wound healing; helps maintain appetite and taste sensation (important since the illness can reduce appetite); supports growth and repair of body tissues.

Question Q9 (Section B: Advice for expectant mothers, 20 marks). Special advice on alcohol/smoking, exercise, German measles, and post-natal care.

Answer: (i) Alcohol and smoking: both should be avoided completely, as they can cause foetal alcohol syndrome, low birth weight, premature birth and developmental problems in the baby.

Answer: (ii) Exercise: moderate, regular exercise (walking, light stretching, prenatal yoga) is recommended to maintain fitness and ease labour; avoid strenuous or high-impact activity, and consult a doctor/midwife first.

Answer: (iii) German measles (Rubella): if contracted, especially early in pregnancy, it can cause serious birth defects; the mother should avoid contact with infected people and ideally be vaccinated before becoming pregnant.

Answer: (iv) Post-natal care: rest adequately, eat a nutritious diet to aid recovery and breastfeeding, attend post-natal check-ups, maintain good hygiene (especially perineal care), and seek help promptly for any signs of infection or complications.

Question Q10 (Section B: Breastfeeding and weaning, 20 marks). Colostrum, breast vs bottle feeding, and weaning.

Answer: (a)(i) The first milk from the mother's breasts after birth is called colostrum.

Answer: (ii) Two functions: (1) provides antibodies that protect the baby from infection; (2) acts as a natural laxative, helping the baby pass its first stool (meconium).

Answer: (b) Four reasons breast milk is best for babies: (1) contains the right balance of nutrients for growth; (2) provides antibodies that boost immunity; (3) is easily digestible; (4) is always available, at the right temperature and free of cost.

Answer: (c) Three reasons some children are bottle-fed: the mother may be unable to breastfeed due to illness; the mother may be away from the baby often (e.g. for work); there may be an insufficient breast-milk supply.

Answer: (d) Three disadvantages of bottle feeding: risk of contamination/infection if bottles are not properly sterilised; lacks the natural antibodies found in breast milk; can be expensive to buy formula.

Answer: (e) Five general rules for weaning: introduce new foods gradually, one at a time; start with soft, easily digestible foods; maintain good hygiene when preparing weaning foods; continue breastfeeding alongside weaning foods; be patient and do not force the baby to eat.

Answer: (f)(i) Weaning: the process of gradually introducing a baby to foods other than breast milk/formula, reducing dependence on milk feeds.

Answer: (ii) Exclusive breastfeeding: feeding a baby only breast milk (no other food or liquid, not even water) for the first six months of life.

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