

G12 ECZ HOME MANAGEMENT P1 2016 SPECIMEN SOLUTIONS

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

Section A (Q1-4, answer 2, 40 marks) + Section B (Q5-10, answer 3, 60 marks)

Preamble for Home Management (6075)

The Examinations Council of Zambia has made adjustments to the assessment of **Home Management** at Grade 12 level so as to be in line with the revised **Home Management** Senior Secondary School Syllabus of 2013 developed by Curriculum Development Centre (CDC) of the Ministry of General Education.

Purpose

The purpose of the Grade 12 Home Management assessment is to measure candidates' knowledge, understanding and application of skills in both the home and hospitality industry. It will also serve the purpose of certification and placement.

Assessment Objectives

Candidates will be assessed against the following objectives:

Food and Nutrition

1. Exhibit the ability to plan and manage time during food preparation.
2. Demonstrate knowledge and skill in meal preparation and presentation for different needs and occasions.
3. Demonstrate knowledge and skill on the use of modern and improvised equipment and materials in food preparation.

House Craft

1. Demonstrate knowledge and skill on choosing and planning a home.
2. Demonstrate basic skills in cleaning the home and use of various materials.
3. Market and cost accessories, articles and services made and provided to clients.
4. Develop a sense of cooperative endeavour and entrepreneurship.
5. Demonstrate knowledge and skills in interior and exterior decoration.

Laundry

1. Demonstrate basic skills in laundering various articles.
2. Show an understanding in the use of various laundry materials and equipment.
3. Identify different types of fibres and fabrics and how to care for them.

Parenthood

1. Identify types of families and the roles for each family member.
2. Demonstrate understanding of the factors influencing the size of a family.
3. Appreciate and embrace traditional ceremonies from different provinces.

Health and safety

1. Exhibit knowledge on safe lifestyles, reproductive health and delivery.
2. Show the ability to treat simple accidents and ailments.
3. Demonstrate understanding of social health and care services.

Needlework and Crafts

1. Identify fibres and fabrics used in the home.
2. Demonstrate ability to apply principles on needlework and crafts.
3. Identify needlework tools and equipment.
4. Show understanding in various processes in needlework and crafts

Test Design

The Home Management Examination at Grade 12 level will have two papers.

1. Paper 1 will be theory
Paper 1 will comprise two sections: Section A (parenthood, health and safety, and needlework and crafts) and Section B (food and nutrition, housecraft and laundry).
2. Paper 2 will be practical.

Paper name	Paper code	Duration	Mark allocation	Weight
Home Management – Paper 1	6075/1	2 hours	100	50%
Home Management – Paper 2 (Planning)	6075/2 6075/2	1 hour 30 minutes	100	50%
Home Management – Paper 2 (Practical)		3 hours		
Total			200	100%

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for School Certificate Ordinary Level

Home Management

6075/1

Paper 1 Theory

Additional Material(s)
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 in total.
- 3 Answer **two** questions from **Section A** and three questions from **Section B**.
- 4 All candidates are expected to write the question numbers chosen on the grid provided on the front page of the Answer Booklet in the order they have answered.
- 5 Write your answers for each question on a separate page of the Answer Booklet provided.
- 6 If you use more than one Answer Booklet, tie together with a string, do not staple 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

Parenthood, Health and Safety and Needlework and Crafts

Answer two questions only from this section

1 Write notes on the following:

- (a) Possible effects on the unborn child of a pregnant woman who smokes; [5]
- (b) The Under Five Clinic; [5]
- (c) Washing and finishing off children's clothes; [5]
- (d) Suitable clothes for a pregnant woman. [5]

[20 marks]

2 Young girls who get pregnant while at school usually avoid attending antenatal clinic.

- (a) Explain how this can affect their health and that of their babies. [4]
- (b) Define the following terms:
 - (i) Ectopic pregnancy;
 - (ii) Labour;
 - (iii) Episiotomy;
 - (iv) Abortion. [8]
- (c) Write **four** precautions a pregnant woman should follow. [4]
- (d) State **four** danger signs in pregnancy. [4]

[20 marks]

3 (a) Write down **six** points to consider when setting up children's nursery/bedroom [6]

- (b) (i) State **five** points you would consider when purchasing a cot bed for a baby. [5]
- (ii) Name **three** types of cots beds. [3]
- (c) (i) Define the word habit. [2]
- (ii) State the first **four** habits to be taught to a child. [4]

[20 marks]

- 4 Explain how you would:
- (a) Include Vitamin C in a child's diet; [5]
 - (b) Choose shoes for a toddler; [5]
 - (c) Plan a healthy snack for a toddler; [5]
 - (d) Help a young child with a Special Educational Need. [5]

[20 marks]

SECTION B

Food and Nutrition, Housecraft and Laundry

Answer three questions only from this section

- 5 A kitchen garden is sometimes called a backyard garden.
- (a) Write at least **four** important points of having a kitchen garden. [4]
 - (b) List down **six** common vegetables that are grown in the backyard or kitchen garden. [6]
 - (c) What points do you consider when planning a kitchen garden? [6]
 - (d) Explain the following terms:
 - (i) Mulching; [2]
 - (ii) Compost. [2]

[20 marks]

- 6 An invalid has little appetite and therefore extra care must be taken in the preparation of the food.
- (a) (i) Define invalid. [2]
 - (ii) List down **six** important rules to follow when preparing meals for invalids. [6]
 - (b) Explain the type of food that should be served to the following and give reasons for your choice:
 - (i) An invalid with a broken arm; [4]
 - (ii) An invalid with diarrhoea; [4]
 - (iii) An invalid with high fever. [4]

[20 marks]

- 7** Fibres are used to make fabrics.
- (a) Name **two** groups in which fibres are classified. [2]
 - (b) State **three** properties of each of the following fibres:
 - (i) Cotton; [3]
 - (ii) Wool; [3]
 - (iii) Linen; [3]
 - (iv) Silk. [3]
 - (c) Write **three** basic weaves used in fabric construction. [3]
 - (d) How do you identify fabrics? [3]

[20 marks]

- 8** The surroundings in which we live make our environment.
- (a) Define the following terms:
 - (i) Environmental hygiene; [2]
 - (ii) Sanitation; [2]
 - (iii) Drainage. [2]
 - (b) Differentiate between organic and inorganic refuse. [2]
 - (c) State **four** causes of poor sanitation in your community. [4]
 - (d) Explain the problems associated with poor sanitation. [4]
 - (e) List **four** communicable diseases found in your community. [4]

[20 marks]

- 9** A good and well organized occasion can easily be messed by bad table manners/etiquette.
- (a) Mention **five** table manners that can be observed during meal times. [5]
 - (b) What factors do you consider when entertaining guests? [5]
 - (c) With the aid of a diagram, illustrate a table setting for a **three** course meal. [5]
 - (d) List at least **five** foods suitable to serve for high tea. [5]

[20 marks]

- 10** (a) State the names of **three** hard woods used in the home. [3]
- (b) Write **three** reasons why they are expensive. [3]
- (c) Describe how you would care for each of the following:
- (i) A plain woolen table in the kitchen; [5]
- (ii) A polished coffee table; [5]
- (iii) A formica topped table in the kitchen. [4]

[20 marks]

Question Q1 (Section A: Short notes, 20 marks). Write notes on the following.

Answer: (a) Possible effects on the unborn child of a pregnant woman who smokes: low birth weight; premature birth; increased risk of miscarriage/stillbirth; developmental/breathing problems in the baby; increased risk of Sudden Infant Death Syndrome (SIDS) after birth.

Answer: (b) The Under Five Clinic: a health facility/service that monitors the growth and development of children under five years, providing immunisations, growth monitoring (weighing), nutrition advice, and treatment for common childhood illnesses.

Answer: (c) Washing and finishing off children's clothes: sort by colour and fabric type; use a mild detergent suitable for children's sensitive skin; wash at an appropriate temperature for the fabric; rinse thoroughly to remove all detergent; dry away from direct strong sunlight to prevent fading; iron at a suitable temperature and fold/store neatly.

Answer: (d) Suitable clothes for a pregnant woman: loose-fitting, comfortable clothing that accommodates the growing bump; breathable, natural fabrics (e.g. cotton); low-heeled comfortable shoes; clothes that allow for easy movement and are easy to launder.

Question Q2 (Section A: Antenatal care, 20 marks). Effects of avoiding antenatal clinic; key terms; precautions; danger signs.

Answer: (a) Avoiding antenatal clinic can affect health because complications (e.g. anaemia, high blood pressure, infections) may go undetected and untreated, increasing risks to both the mother's and baby's health, and reducing the chance of early intervention if problems arise.

Answer: (b)(i) Ectopic pregnancy: a pregnancy where the fertilised egg implants outside the uterus (commonly in a fallopian tube), which is dangerous and cannot proceed normally.

Answer: (ii) Labour: the process of childbirth, involving contractions of the uterus that lead to the delivery of the baby.

Answer: (iii) Episiotomy: a surgical cut made to the perineum (area between the vagina and anus) during childbirth to widen the vaginal opening and ease delivery.

Answer: (iv) Abortion: the premature ending of a pregnancy, either naturally (miscarriage) or through deliberate medical/surgical termination.

Answer: (c) Four precautions a pregnant woman should follow: attend all antenatal check-ups; eat a well-balanced, nutritious diet; avoid alcohol, smoking and unprescribed drugs; get adequate rest and moderate exercise; avoid heavy lifting/strenuous work.

Answer: (d) Four danger signs in pregnancy: vaginal bleeding; severe/persistent headaches; swelling of the face, hands or feet; blurred vision; severe abdominal pain; reduced or no foetal movement.

Question Q3 (Section A: Children's nursery and habits, 20 marks). Setting up a nursery; cot beds; habit training.

Answer: (a) Six points to consider when setting up a children's nursery/bedroom: adequate ventilation and lighting; safety (no sharp edges/exposed wires, safe distance from windows); easy-to-clean, washable surfaces; enough space for a cot and storage; a comfortable, stable temperature; freedom from hazards like loose cords or small objects.

Answer: (b)(i) Five points to consider when purchasing a cot bed: safety standards/sturdy construction; adjustable mattress height; appropriately spaced bars/slats (to prevent the baby's head getting stuck); non-toxic paint/finish; ease of cleaning; size that suits the room and the baby's growth.

Answer: (ii) Three types of cot beds: a standard wooden cot, a portable/travel cot, and a convertible cot (that converts into a toddler bed).

Answer: (c)(i) A habit is a behaviour or action repeated regularly until it becomes automatic/routine.

Answer: (ii) The first four habits to be taught to a child: personal hygiene (hand-washing), toilet training, regular sleeping routine, and table manners/feeding habits.

Question Q4 (Section A: Toddler care, 20 marks). Vitamin C in diet, choosing shoes, snacks, and special educational needs.

Answer: (a) Including Vitamin C in a child's diet: offer fresh fruits (oranges, guava, mango) and vegetables (tomatoes, cabbage) daily; serve fruit/vegetables raw or lightly cooked, since Vitamin C is destroyed by prolonged heat; include fruit juice made fresh rather than heavily processed.

Answer: (b) Choosing shoes for a toddler: ensure a proper fit with room for growth (but not too loose); choose soft, flexible soles that support natural foot movement; choose breathable material; ensure good grip/non-slip soles; avoid hand-me-down shoes that have moulded to another child's foot shape.

Answer: (c) Planning a healthy snack for a toddler: choose nutrient-dense, easy-to-chew foods (e.g. fruit slices, boiled egg, yoghurt, small sandwich); ensure it is not choking hazard-sized; avoid excessive sugar/salt; make it colourful and appealing to encourage eating; offer a small, appropriate portion.

Answer: (d) Helping a young child with a Special Educational Need: be patient and give the child extra time to complete tasks; use simple, clear instructions and repetition; provide a structured, consistent routine; offer positive reinforcement/encouragement; seek support from specialised teachers/therapists where needed.

Question Q5 (Section B: Kitchen garden, 20 marks). The kitchen/backyard garden.

Answer: (a) Four important points of having a kitchen garden: provides fresh vegetables for the family, saving money on food purchases; ensures a reliable supply of nutritious food; can be a source of income if surplus is sold; utilises otherwise unused backyard space.

Answer: (b) Six common vegetables grown in a backyard/kitchen garden: rape, cabbage, tomatoes, onions, chinese cabbage, pumpkin leaves (also: okra, carrots).

Answer: (c) Points to consider when planning a kitchen garden: availability of sunlight; access to water for irrigation; soil quality/fertility; size and shape of the available space; drainage of the site; proximity to the house for convenience; choice of vegetables suited to the season.

Answer: (d)(i) Mulching: covering the soil around plants with organic material (e.g. dry grass, leaves) to retain moisture, suppress weeds and improve soil fertility as it decomposes.

Answer: (ii) Compost: decomposed organic matter (plant/kitchen waste) used as a natural fertiliser to improve soil structure and fertility.

Question Q6 (Section B: Feeding invalids, 20 marks). Preparing food for an invalid with little appetite.

Answer: (a)(i) An invalid is a person who is weak, ill, or incapacitated due to sickness or injury, requiring special care.

Answer: (ii) Six important rules when preparing meals for invalids: serve small, frequent portions rather than large meals; make food attractive and appetising in presentation; ensure food is easily digestible and nutritious; serve at the correct temperature; maintain high standards of hygiene; consider the invalid's specific dietary restrictions/preferences.

Answer: (b)(i) An invalid with a broken arm: should be served food that can be eaten one-handed or with minimal effort (e.g. finger foods, pre-cut portions, or foods needing little cutting), since their mobility/dexterity is limited.

Answer: (ii) An invalid with diarrhoea: should be served bland, easily digestible foods (e.g. plain rice, boiled potatoes, clear soups) and plenty of fluids/oral rehydration solution, avoiding spicy, fatty or fibrous foods that could irritate the digestive system.

Answer: (iii) An invalid with high fever: should be served light, easily digestible foods and plenty of fluids (water, juices, light soups) to prevent dehydration and provide energy without overburdening digestion.

Question Q7 (Section B: Fibres and fabrics, 20 marks). Classification and properties of fibres.

Answer: (a) Two groups in which fibres are classified: natural fibres (e.g. cotton, wool, silk, linen) and synthetic/man-made fibres (e.g. nylon, polyester, rayon).

Answer: (b)(i) Cotton: absorbent, cool and comfortable to wear, creases easily, strong when wet.

Answer: (ii) Wool: warm/good insulator, absorbent, elastic/springy, but can shrink or felt if washed incorrectly.

Answer: (iii) Linen: strong and durable, highly absorbent, cool to wear, but creases very easily.

Answer: (iv) Silk: smooth and lustrous, strong, absorbent, but weakens when wet and can be damaged by sunlight.

Answer: (c) Three basic weaves used in fabric construction: plain weave, twill weave, and satin weave.

Answer: (d) Identifying fabrics: by the burning test (observing the flame, smell and ash residue); by feel/texture (smoothness, warmth); by visual examination of the weave/structure under magnification; by checking the care label.

Question Q8 (Section B: Environment and sanitation, 20 marks). Environmental hygiene and community sanitation.

Answer: (a)(i) Environmental hygiene: the practice of keeping the surroundings clean and free from conditions that could cause disease or harm health.

Answer: (ii) Sanitation: the practice of maintaining clean conditions through proper disposal of human waste and refuse to prevent disease spread.

Answer: (iii) Drainage: the system/process for removing waste water and surface water away from homes to prevent stagnation.

Answer: (b) Organic refuse is biodegradable waste that decomposes naturally (e.g. food scraps, plant matter), while inorganic refuse does not decompose easily and includes materials like plastic, glass and metal.

Answer: (c) Four causes of poor sanitation in the community: inadequate toilet facilities; poor waste disposal systems/lack of refuse collection; overcrowding; lack of clean water supply; poor drainage systems; lack of public health education.

Answer: (d) Problems associated with poor sanitation: spread of communicable diseases (e.g. cholera, dysentery, typhoid); contamination of water sources; bad odours and unpleasant living conditions; breeding grounds for disease-carrying pests (flies, mosquitoes, rodents).

Answer: (e) Four communicable diseases found in the community: cholera, dysentery, typhoid, and diarrhoea (also acceptable: malaria, tuberculosis).

Question Q9 (Section B: Table manners and entertaining, 20 marks). Table etiquette and entertaining guests.

Answer: (a) Five table manners to observe during meal times: chew with the mouth closed; do not talk with food in the mouth; use utensils correctly; wait until everyone is served before eating; ask politely for items to be passed rather than reaching across the table.

Answer: (b) Factors to consider when entertaining guests: the number of guests and space available; dietary preferences/restrictions of guests; budget for food and drinks; the occasion/formality of the event; seating arrangement; timing of the meal.

(c) [SKETCH REQUIRED -- cannot be reproduced in text] A simple table-setting diagram for a three-course meal, showing (from outside in) a soup spoon and starter fork/knife on the outer edges, the main-course knife and fork closer to the plate, a dessert spoon and fork placed above the plate, with a side plate, napkin, and glassware positioned to the appropriate sides.

Answer: (d) Five foods suitable to serve for high tea: sandwiches (finger sandwiches), scones with jam and cream, cakes/pastries, biscuits, and tea/coffee (also acceptable: fruit).

Question Q10 (Section B: Hardwood furniture care, 20 marks). Hard woods used in the home and their care.

Answer: (a) Three hard woods used in the home: mwenge/mahogany, oak, and teak (also acceptable: mukwa).

Answer: (b) Three reasons hard woods are expensive: they are slow-growing, taking many years to mature; they are durable and long-lasting, adding value; they require more effort/skill to work with due to their density; supply is more limited than fast-growing softwoods.

Answer: (c)(i) A plain woollen table [likely referring to a wool-covered/felted table surface] in the kitchen: brush regularly to remove dust and crumbs, spot-clean spills promptly with a damp cloth, avoid soaking, and keep away from excessive heat/moisture.

Answer: (ii) A polished coffee table: dust regularly with a soft, dry cloth; use coasters/mats to protect from heat and moisture rings; apply furniture polish/wax occasionally to maintain shine; avoid placing it in direct sunlight, which can fade the finish.

Answer: (iii) A formica-topped table in the kitchen: wipe daily with a damp cloth and mild detergent; avoid abrasive cleaners/scourers that can scratch the surface; use a chopping board rather than cutting directly on it; dry thoroughly after cleaning to prevent water marks.

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