

G12 ECZ HOME MANAGEMENT P1 2017 GCE SOLUTIONS

Home Management Paper 1 Theory, 2017 GCE (6075/1)

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

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for General Certificate of Education Ordinary Level

Home Management

6075/1

Paper 1 Theory

Thursday

10 AUGUST 2017

Additional materials
Answer Booklet.

Time: 2 hours

Instructions to candidates

- 1 Write your name, centre number and candidate number on the Answer Booklet 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 (40 marks)

Parenthood, Health and Safety and Needlework and Crafts.

Answer two questions only from this section

- 1** Zambia is among the countries striving to promote safe parenthood.
- (a) State **five** signs and symptoms of pregnancy. [5]
 - (b) Explain **five** danger signs of pregnancy. [5]
 - (c) Outline **five** activities that are carried out at the Ante-natal clinic. [5]
 - (d) Give **five** recommendations on footwear for a pregnant woman. [5]
- [20 marks]**

- 2** Many accidents or injuries are related to the home and its environment. Preventive measures can be taken in order to avoid or eliminate them.
- (a) (i) Define First Aid. [2]
 - (ii) State **two** reasons for giving First Aid. [2]
 - (b) Outline **five** practical measures to prevent accidents. [5]
 - (c) Describe how to prevent burns and scalds. [5]
 - (d) List **six** contents of a First Aid Box. [6]
- [20 marks]**

- 3** Write notes on the following:-
- (a) The physical needs of the pre-school child. [5]
 - (b) The importance of games and exercise for a child. [5]
 - (c) Behavioural problems in children. [5]
 - (d) Causes of abnormalities in child development. [5]
- [20 marks]**

- 4** Certain habits are desirable for every child to develop at an early age.
- (a) (i) Define habit, [2]
 - (ii) State the first habits to be taught to a child. [3]
 - (b) Discuss the importance of habit training. [5]
 - (c) State **five** benefits of play to a child. [5]
 - (d) List **five** types of play. [5]
- [20 marks]**

SECTION B [60 marks]**Food and Nutrition, Housecraft and Laundry.****Answer three questions only from this section**

5 There are various ways of practicing proper environmental hygiene in order to prevent the spread of communicable diseases.

(a) What is meant by:

- (i)** drainage; [2]
- (ii)** sanitation? [2]

(b) Identify **three** sources of water used in the home. [3]

(c) State **four** ways of purifying water. [4]

(d) Explain how waste water can be disposed off. [4]

(e) Outline the weekly cleaning of a water closet. [5]

[20 marks]

6 You are planning to refurbish the floor and floor coverings of the sitting room in your home. Explain how you would:

(a) Renovate a varnished wood floor which has been badly scratched. [4]

(b) Clean a dull parquet flooring (wood flooring tiles); [4]

(c) Choose a new carpet; [4]

(d) Clean a mud stained carpet; [4]

(e) Daily clean your renovated room. [4]

[20 marks]

7 Entrepreneurship means ability and willingness to set up and organize a business along with any of its risks and rewards, so as to make a profit.

(a) Write **five** reasons why people decide to become entrepreneurs.. [5]

(b) (i) Explain **four** business ventures found in the community. [4]

(ii) List **four** sources of capital to start a business venture. [4]

(c) State **four** factors to consider for smooth running of a business. [4]

(d) Discuss the importance of labelling items for sale. [3]

[20 marks]

8 Laundering of clothes efficiently requires much effort.

- (a) Explain the importance of the following processes in laundry:
- (i) soaking; [4]
 - (ii) boiling; [4]
 - (iii) starching; [4]
 - (iv) airing. [2]
- (b) Describe how to treat each of the following stains from a white cotton table cloth:
- (i) Tea stain; [3]
 - (ii) Blood stain. [3]

[20 marks]

9 Meal time is an occasion that should be enjoyed by everyone.

- (a) Write **six** factors to consider in meal planning. [6]
- (b) Discuss the dietary needs of the following:
- (i) Pregnant woman; [3]
 - (ii) Vegans (strict vegetarians); [3]
 - (iii) Toddlers and young children (up to 5 years). [3]
- (c) How would you economically save fuel during cooking of meals? [5]

[20 marks]

10 The kitchen is a working room which must be well planned.

- (a) Draw the layout of an L-shaped kitchen to show the position of the work surface, work triangle, food storage, preparation, cooking and serving, clearing, position of the door and window. [10]
- (b) Explain the importance of a well planned kitchen layout. [5]
- (c) Outline **five** functions of a kitchen. [5]

[20 marks]



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Question Q1 (Section A: Safe parenthood, 20 marks). Zambia is among the countries striving to promote safe parenthood.

Answer: (a) Five signs and symptoms of pregnancy: missed menstrual period, morning sickness/nausea, breast tenderness and enlargement, frequent urination, fatigue/tiredness (also: food cravings/aversions, abdominal swelling).

Answer: (b) Five danger signs of pregnancy: vaginal bleeding, severe/persistent headaches, swelling of the face/hands/feet, blurred vision, severe abdominal pain, high fever, reduced/no foetal movement.

Answer: (c) Five activities carried out at the Ante-natal clinic: checking blood pressure; checking weight; checking urine (for protein/sugar); checking the baby's heartbeat and position; giving health education/advice; giving immunisations (e.g. tetanus toxoid); giving supplements (e.g. iron/folic acid).

Answer: (d) Five recommendations on footwear for a pregnant woman: wear flat, low-heeled shoes for better balance; choose comfortable, well-fitting shoes that accommodate swelling; avoid high heels which strain the back and increase fall risk; choose shoes with good grip/non-slip soles; avoid tight-fitting shoes that restrict circulation.

Question Q2 (Section A: First Aid, 20 marks). Preventing home accidents and injuries.

Answer: (a)(i) First Aid is the immediate, temporary care/treatment given to a casualty before professional medical help arrives.

Answer: (ii) Two reasons for giving First Aid: (1) to preserve life; (2) to prevent the condition from worsening (and promote recovery).

Answer: (b) Five practical measures to prevent accidents: keep floors dry and clutter-free; store sharp objects and chemicals out of children's reach; ensure good lighting in the home; use safety guards on stoves/fires; keep electrical wiring and appliances in good repair.

Answer: (c) Preventing burns and scalds: keep hot liquids/pots away from the edges of tables/stoves and out of children's reach; turn pot handles inward while cooking; use oven gloves/mitts when handling hot items; keep children away from open flames, irons and hot water; test bath water temperature before use.

Answer: (d) Six contents of a First Aid Box: cotton wool, gauze/bandages, adhesive plasters, antiseptic solution/cream, scissors, safety pins (also acceptable: pain relievers, thermometer).

Question Q3 (Section A: The pre-school child, 20 marks). Notes on the pre-school child.

Answer: (a) Physical needs of the pre-school child: adequate nutritious food; sufficient rest and sleep; clean water; suitable clothing; a safe, hygienic environment; medical care/immunisation; exercise and physical activity.

Answer: (b) Importance of games and exercise for a child: promotes physical growth and muscle development; improves coordination and motor skills; helps release energy and improves sleep; teaches social skills such as sharing and teamwork; stimulates mental

development.

Answer: (c) Behavioural problems in children: temper tantrums, thumb-sucking, nail-biting, bed-wetting, aggression/biting, stubbornness, shyness/withdrawal.

Answer: (d) Causes of abnormalities in child development: genetic/hereditary factors; poor maternal nutrition during pregnancy; infections during pregnancy (e.g. German measles); birth complications/injury; malnutrition in early childhood; exposure to toxins or harmful substances (e.g. alcohol) during pregnancy.

Question Q4 (Section A: Habit training, 20 marks). Desirable habits in early childhood.

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

Answer: (ii) First habits to be taught to a child: toilet training, personal hygiene (washing hands, brushing teeth), regular sleeping routine, table manners/feeding habits.

Answer: (b) Importance of habit training: helps a child become independent and self-disciplined; instils good hygiene and health practices early; makes daily routines easier for the child and caregiver; builds a foundation for good behaviour and character later in life.

Answer: (c) Five benefits of play to a child: develops physical coordination and motor skills; stimulates imagination and creativity; teaches social skills (sharing, cooperation); aids emotional expression and stress relief; supports cognitive/mental development.

Answer: (d) Five types of play: solitary play, parallel play, associative play, cooperative play, and imaginative/pretend play (also acceptable: physical/active play, constructive play).

Question Q5 (Section B: Environmental hygiene, 20 marks). Practicing proper environmental hygiene to prevent disease spread.

Answer: (a)(i) Drainage: the system/process of removing waste water and surface water away from the home to prevent stagnation and disease.

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

Answer: (b) Three sources of water used in the home: borehole/well water, tap/piped water, and river/stream water (also rainwater).

Answer: (c) Four ways of purifying water: boiling; chlorination (adding water-guard/chlorine); filtration; solar disinfection (leaving water in the sun in a clear container).

Answer: (d) Disposal of waste water: waste water should be channelled through proper drainage/soakaway pits away from the home and water sources, to prevent it from stagnating and becoming a breeding ground for mosquitoes and a source of disease.

Answer: (e) Weekly cleaning of a water closet: scrub the toilet bowl, seat and lid thoroughly with a disinfectant/toilet cleaner and brush; clean the outside and flush handle with a damp cloth and disinfectant; clean the floor around the toilet; ensure good ventilation; check the flush mechanism works properly.

Question Q6 (Section B: Floor refurbishment, 20 marks). Renovating and cleaning floors and floor coverings.

Answer: (a) Renovating a badly scratched varnished wood floor: sand down the scratched area lightly to smooth it, clean off dust, then apply a matching wood stain if needed and re-varnish with several thin coats, allowing each to dry before the next.

Answer: (b) Cleaning a dull parquet floor: sweep/vacuum to remove dust, damp-mop with a suitable wood-floor cleaner (avoiding excess water), then apply and buff a wood floor polish/wax to restore the shine.

Answer: (c) Choosing a new carpet: consider the room's foot traffic, durability of the fibre, ease of cleaning, cost, colour/pattern to match décor, and texture/pile type.

Answer: (d) Cleaning a mud-stained carpet: let the mud dry completely, then brush/vacuum off the loose dirt, treat any remaining stain with a mild detergent solution and a clean cloth (working from the outside in), then rinse with a damp cloth and allow to dry.

Answer: (e) Daily cleaning of the renovated room: sweep/vacuum to remove loose dust and debris, dust surfaces and furniture, wipe up any spills promptly, and air the room by opening windows.

Question Q7 (Section B: Entrepreneurship, 20 marks). Setting up and running a small business venture.

Answer: (a) Five reasons people become entrepreneurs: desire for financial independence; to create employment for themselves and others; to use personal skills/talents; desire for flexibility/being one's own boss; to supplement household income; to pursue a passion or business idea.

Answer: (b)(i) Four business ventures found in the community: tailoring/dressmaking, food vending/catering, poultry/vegetable farming, hairdressing/salon services.

Answer: (ii) Four sources of capital to start a business: personal savings; loans from banks/microfinance institutions; borrowing from family/friends; cooperative/savings-group contributions (chilimba).

Answer: (c) Four factors for smooth running of a business: good record-keeping/accounting; reliable supply of stock/materials; good customer service; effective pricing and marketing strategy.

Answer: (d) Importance of labelling items for sale: helps customers identify the product and its price; provides information such as ingredients/size/expiry date, building trust; makes the product look professional, attracting more customers; helps with proper stock organisation.

Question Q8 (Section B: Laundry, 20 marks). Laundry processes and stain removal.

Answer: (a)(i) Soaking: loosens dirt and stains before washing, making them easier to remove and reducing scrubbing needed.

Answer: (ii) Boiling: kills germs/bacteria and helps remove stubborn stains and greying from white cotton/linen fabrics that can tolerate high heat.

Answer: (iii) Starching: gives fabric a crisp, smooth finish, makes ironing easier, and helps the fabric resist soiling.

Answer: (iv) Airing: allows damp clothes to dry fully and freshens fabric, removing musty odours and preventing mildew.

Answer: (b)(i) Tea stain on white cotton: rinse promptly in cold water, then treat with a borax solution or a small amount of bleach suitable for white cotton, then wash as normal.

Answer: (ii) Blood stain: soak/rinse in cold water immediately (never hot, as heat sets protein stains), then wash with soap; if stain persists, use a mild bleach suitable for white fabric.

Question Q9 (Section B: Meal planning, 20 marks). Meal planning and special dietary needs.

Answer: (a) Six factors to consider in meal planning: nutritional balance/value; cost/budget; number of people to feed; age and health needs of family members; time available for preparation; seasonal availability of foods; equipment available; personal preferences/cultural considerations.

Answer: (b)(i) Pregnant woman: needs extra protein, iron, calcium and folic acid to support foetal growth and her own increased nutritional needs.

Answer: (ii) Vegans (strict vegetarians): need plant-based protein sources (beans, legumes, nuts), and must ensure adequate vitamin B12, iron and calcium, which are otherwise mainly found in animal products.

Answer: (iii) Toddlers and young children (up to 5 years): need energy-dense, nutrient-rich foods in small, frequent portions to support rapid growth, including adequate protein, vitamins and minerals for development.

Answer: (c) Economically saving fuel during cooking: use a well-fitting lid on pots to retain heat; cut food into smaller pieces to reduce cooking time; soak dried foods (e.g. beans) beforehand; use the right size of pot for the flame/heat source; cook several dishes together where possible; use energy-efficient cooking methods (e.g. a fireless cooker/hay box).

Question Q10 (Section B: Kitchen planning, 20 marks). The kitchen as a well-planned working room.

(a) [SKETCH REQUIRED -- cannot be reproduced in text] A simple L-shaped kitchen layout sketch showing the work triangle (sink, cooker, refrigerator/food storage positioned at the three points of a triangle for efficient movement), with food storage, preparation area, cooking area, serving area and clearing/washing-up area arranged in a logical work-flow sequence along the two arms of the L, and the door and window positioned to avoid draughts over the cooker and to allow easy access.

Answer: (b) Importance of a well-planned kitchen layout: saves time and energy by minimising unnecessary movement between work areas; improves safety by keeping the cooking area clear of traffic; makes food preparation more efficient and hygienic; makes the best use of available space.

Answer: (c) Five functions of a kitchen: food storage; food preparation; cooking; serving of meals; washing up/clearing (also: laundry in some homes).

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