

G12 ECZ HOME MGMT P2 2016 SPEC PLAN GUIDES

Grade 12 ECZ Home Management Paper 2 (6075/2), 2016 Specimen -- Practical Test

A worked plan/method for each of the 8 tests -- cookery, cleaning, laundry and craft

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for School Certificate Ordinary Level

Home Management Paper 2 Practical

6075/2

Additional Materials:

Carbonised sheets

Time: 1 hour 30 minutes **Planning Session**
3 hours **Practical Test**

Instructions to candidates:

Planning Session: 1 hour 30 minutes

- 1 There are **eight (8)** test questions in this paper. One of these questions will be chosen at random.
- 2 Write your Examination number and number of the test on your Plan and List.
Then proceed in the following order:
 - (i) Using the carbonized sheets, write your choice of work.
 - (ii) Make a detailed plan of work. (Do not copy the test question.)
 - (iii) Make a list of the ingredients, equipment and materials you will require to carry out the work set, and write it on the separate carbonized sheet.
You will be expected to use local cleaning agents if they are satisfactory.
- 3 Recipe books may be used during the planning session only.
- 4 Give the Plan and List with this question paper to the Supervisor after the Planning Session.
- 5 You are **not allowed** to take away a copy of the test or the plan or any notes, and you are **not allowed** to bring fresh notes to the practical examination.
- 6 You will be expected to keep to your plan during practicals.
- 7 **Cell phones are not allowed in the examination room.**

One of these questions will be chosen at random

- 1** Your grandmother is convalescing.
 - (a)** Launder and disinfect her nightdress, a pair of bed sheets and a towel.
 - (b)** Prepare, cook and serve a mid-day meal suitable for her.
 - (c)** Clean and disinfect her bedroom.
 - (d)** Make a get well card for her.
 - (e)** Wash and plait her hair.
- 2** There will be an initiation ceremony for your sister.
 - (a)** Prepare a selection of traditional foods to be served to the guests.
 - (b)** Clean a reed mat.
 - (c)** Launder a chitenge attire for your sister.
 - (d)** Clean a clay pot.
 - (e)** Using dry plants, make a decorative arrangement and display the work.
- 3** Your parents will be hosting dinner for a newly-wed couple.
 - (a)** Prepare, cook and serve a two-course meal for the couple.
 - (b)** Clean and decorate the dinner table.
 - (c)** Thoroughly clean the cutlery to be used.
 - (d)** Design and make a wedding invitation card.
 - (e)** Wrap a present for them.
- 4** You have just taken over a morning shift at a local lodge.
 - (a)** Prepare, cook and serve breakfast for your two guests.
 - (b)** Clean the dining room including the table where you will serve the food.
 - (c)** Set the table for two.
 - (d)** Launder two hand towels.
 - (e)** Make a floral arrangement for the table.
- 5** Your family has planned to go for a holiday and have decided to empty the freezer.
 - (a)** Prepare, cook and serve three dishes using meat, frozen vegetables and fruits, which can be eaten before leaving. Include suitable accompaniments to make a substantial meal.
 - (b)** Clean the freezer.
 - (c)** Launder clothes for the journey.
 - (d)** Clean the travelling bag.
 - (e)** Plait your sister's hair.

- 6** Your school electrician fell and broke his left leg.
- (a) Apply first aid before taking him to the hospital.
 - (b) Prepare a balanced meal rich in calcium.
 - (c) Hem and launder his pair of trousers.
 - (d) Make a scatter pillow.
 - (e) Clean his bed room.
- 7** Your parents will be celebrating their 30th wedding anniversary.
- (a) Prepare, cook and serve an interesting two course meal for the occasion.
 - (b) Make and decorate their anniversary cake.
 - (c) Launder their special attires for the occasion.
 - (d) Decorate the room to be used.
 - (e) Make a floral arrangement.
- 8** You have been left in charge of a nine months old baby.
- (a) Clean and sterilize a feeding bottle and make a feed.
 - (b) Launder two baby soiled nappies.
 - (c) Make a baby cot.
 - (d) Prepare lunch for yourself and a plate of biscuits.
 - (e) Make a baby rattle.

Question 1. Test 1: convalescing grandmother -- launder/disinfect nightdress, sheets and towel; a suitable mid-day meal; disinfect her bedroom; a get-well card; wash and plait her hair.

(a) Launder and disinfect her nightdress, a pair of bed sheets and a towel

Answer: Wash all items in hot water with detergent AND a laundry disinfectant/antiseptic, given she is convalescing; rinse thoroughly to remove all residue; dry fully (line-dry in sun if possible for extra hygiene); iron the nightdress and sheets for a smooth, comfortable finish.

(b) Suitable mid-day meal for her

Answer: A LIGHT, EASILY DIGESTED, NOURISHING MEAL, e.g. steamed fish with mashed potato and a soft vegetable -- gentle on a recovering appetite yet nutritious.

(c) Clean and disinfect her bedroom

Answer: Dust and wipe all surfaces with a disinfectant solution, sweep/mop the floor with disinfectant, air the room, and tidy -- creating a clean, hygienic space appropriate for someone recovering from illness.

(d) Make a get-well card

Answer: Fold a card, decorate the front (e.g. flowers or a cheerful design), and write a warm, encouraging get-well message inside.

(e) Wash and plait her hair

Answer: Wash her hair gently with a suitable shampoo, rinse thoroughly, towel-dry gently, comb through carefully, and plait neatly, being gentle given her convalescing state.

Question 2. Test 2: sister's initiation ceremony -- traditional foods, cleaning a reed mat, laundering chitenge attire, cleaning a clay pot, a dry-plant display.

(a) Selection of traditional foods for guests

Answer: NSHIMA, VILLAGE CHICKEN IN GROUNDNUT SAUCE, PUMPKIN LEAVES (CHIBWABWA) RELISH and traditional BEANS -- a typical traditional spread suitable for the ceremony's guests.

(b) Clean a reed mat

Answer: Shake off loose dirt outdoors, wipe with a slightly damp cloth (avoiding soaking, which can damage reed), and air/sun-dry thoroughly before use.

(c) Launder a chitenge attire

Answer: Hand-wash the chitenge fabric gently (bright traditional prints may run, so wash separately in cool water with a mild detergent), rinse well, dry in shade if colour-fastness is uncertain, and iron on a suitable heat setting for the fabric.

(d) Clean a clay pot

Answer: Rinse the pot with water, gently scrub off any residue with a soft brush (avoiding harsh detergents that can affect unglazed clay), rinse again, and air-dry fully before use or display.

(e) Decorative arrangement using dry plants, displayed

Answer: Arrange dried grasses/flowers of varying heights and textures in a suitable container, creating a balanced display, and set it out prominently as part of the ceremony decor.

Question 3. Test 3: dinner for a newly-wed couple -- two-course meal, decorating the table, cleaning cutlery, a wedding invitation card, gift wrapping.

(a) Two-course meal for the couple

Answer: Course 1: a special main dish, e.g. ROAST CHICKEN with rice and a vegetable. Course 2: a celebratory dessert, e.g. a fruit trifle or sponge pudding.

(b) Clean and decorate the dinner table

Answer: Wipe and polish the table, lay a clean tablecloth, and decorate with a centrepiece (e.g. candles and fresh flowers) suitable for a romantic dinner setting.

(c) Thoroughly clean the cutlery

Answer: Wash the cutlery in hot soapy water, rinse well, and polish with a dry cloth (a little vinegar or a metal polish for extra shine on silverware) until spotless, then lay it correctly at each place setting.

(d) Design and make a wedding invitation card

Answer: Fold a card, design an elegant front (e.g. floral or ribbon motif in wedding colours), and write the event details clearly and neatly inside.

(e) Wrap a present for them

Answer: Wrap the gift neatly in attractive paper suited to a wedding theme (white/gold/silver), securing corners with tape, and finish with a decorative ribbon and bow.

Question 4. Test 4: morning shift at a lodge -- breakfast for two guests, cleaning the dining room/table, setting the table, laundering hand towels, a floral arrangement.

(a) Breakfast for two guests

Answer: A hotel-style breakfast: eggs to order, sausages, toast, and a fruit platter, with tea/coffee -- prepared and served attractively for the guests.

(b) Clean the dining room including the table

Answer: Dust and tidy the dining room, sweep/mop the floor, and thoroughly wipe and polish the serving table before guests arrive.

(c) Set the table for two

Answer: Lay a clean cloth, place settings with cutlery in the correct order, side plates, cups and saucers, and a small centrepiece (e.g. a napkin fold or flower), for a neat, welcoming cover for two.

(d) Launder two hand towels

Answer: Wash in hot water with detergent for hygiene (guest towels need to be spotless), rinse well, dry fully, and fold neatly for guest use.

(e) Floral arrangement for the table

Answer: A small, elegant arrangement of fresh flowers suited to a breakfast table, not too tall to obstruct guests' view of each other.

Question 5. Test 5: emptying the freezer before a family holiday -- three dishes from meat/frozen veg/fruit with accompaniments, cleaning the freezer, laundering travel clothes, cleaning the travel bag, plaiting a sister's hair.

(a) Three dishes using meat, frozen vegetables and fruit, with accompaniments, for a substantial meal

Answer: 1. A MEAT STEW (using the meat and frozen mixed vegetables). 2. RICE as the starch accompaniment. 3. A FRUIT DESSERT (using the fruit, e.g. a fruit crumble or fresh fruit salad) -- together using up perishable freezer stock before travelling and forming one substantial meal.

(b) Clean the freezer

Answer: Switch off and empty the freezer, allow any ice to defrost, wipe the interior with a solution of warm water and a little bicarbonate of soda (to remove odours and residue without a strong chemical smell), dry thoroughly, and leave the door open briefly to air before closing/switching back on.

(c) Launder clothes for the journey

Answer: Wash the travel clothes according to their fabric labels, rinse thoroughly, dry fully, and iron/fold neatly ready for packing.

(d) Clean the travelling bag

Answer: Wipe down the outside of the bag with a damp cloth (and a mild cleaner for stains), empty and vacuum/brush out the inside, and air it before packing.

(e) Plait your sister's hair

Answer: Comb through her hair to remove tangles, section it neatly, and plait it in a tidy, secure style suitable for the journey.

Question 6. Test 6: school electrician breaks his leg -- first aid, a calcium-rich meal, hemming/laundrying trousers, a scatter pillow, cleaning his bedroom.

(a) First aid before hospital

Answer: Keep him CALM and STILL, do not move the injured leg unnecessarily; IMMOBILISE the leg with a splint (a firm object padded and bandaged alongside the leg) to prevent further injury during transport; check for bleeding and cover any wound with a clean dressing; keep him warm and arrange transport to hospital promptly, avoiding unnecessary movement of the fracture.

(b) Balanced meal rich in calcium

Answer: A meal including calcium-rich foods to support bone healing: e.g. a MILK-BASED SAUCE over vegetables, served with fish (small bones softened in cooking, e.g. kapenta) or beans, plus a glass of milk -- balanced with carbohydrate and vitamins alongside the calcium focus.

(c) Hem and laundry his trousers

Answer: Turn up and pin the hem to the correct length, tack and then hand- or machine-stitch a neat, even hem. Launder the trousers according to the fabric (usually a warm wash for cotton/poly-cotton school trousers), rinse, dry and press with a crisp crease.

(d) Make a scatter pillow

Answer: Cut two matching squares of fabric, sew three sides together (right sides facing), turn right-side out, stuff with cushion filling, and slip-stitch the fourth side closed neatly -- a simple decorative scatter pillow for his comfort while recovering.

(e) Clean his bedroom

Answer: Dust and tidy the room, sweep/vacuum the floor, and arrange it to be easily accessible for someone with a leg injury (clear pathways, items within reach).

Question 7. Test 7: parents' 30th wedding anniversary -- two-course meal, a decorated anniversary cake, laundering special attire, decorating the room, a floral arrangement.

(a) Interesting two-course meal

Answer: Course 1: a special main dish, e.g. BEEF IN A RICH SAUCE with rice and vegetables.
Course 2: a celebratory dessert such as a fruit trifle.

(b) Anniversary cake, made and decorated

Answer: Bake a creaming-method sponge cake, cool fully, and decorate with icing, a '30 Years' message piped on top, and an elegant design suited to the occasion (e.g. pearl-style icing pearls or a ribbon border).

(c) Launder their special attire

Answer: Wash each item according to its fabric care label, being especially careful with any delicate or special-occasion fabric (hand-wash if needed), rinse thoroughly, dry appropriately and iron/press carefully.

(d) Decorate the room to be used

Answer: Decorate with balloons, streamers or fairy lights and a banner marking the anniversary, arranging seating and a focal table for the celebration.

(e) Floral arrangement

Answer: An elegant fresh-flower arrangement as a centrepiece for the anniversary table, in colours that suit the celebratory mood.

Question 8. Test 8: in charge of a nine-month-old baby -- sterilising a bottle and feed, laundering soiled nappies, making a cot, lunch plus biscuits, a baby rattle.

(a) Clean and sterilise a feeding bottle and make a feed

Answer: Wash the bottle, teat and cap thoroughly in hot soapy water; STERILISE by boiling for the recommended time or using a steam/chemical steriliser; allow to cool; prepare the feed to the correct formula-to-water ratio at body temperature, testing on the wrist before feeding.

(b) Launder two soiled nappies

Answer: Rinse off solid matter first, then soak the nappies in a sterilising/nappy-soak solution; wash in a hot cycle with detergent for full hygiene; rinse extra thoroughly to remove all residue (important for baby skin); dry fully, preferably in fresh air/sun.

(c) Make a baby cot

Answer: Prepare a safe sleeping space with a firm, well-fitting mattress, a clean fitted sheet, and light, breathable bedding appropriate for a nine-month-old, free of loose pillows or soft toys that pose a suffocation risk.

(d) Prepare lunch for yourself, and a plate of biscuits

Answer: A simple lunch for yourself, e.g. rice and a vegetable stew, plus a batch of RUBBED-IN OR CREAMED BISCUITS baked and arranged on a plate, perhaps to share with visitors.

(e) Make a baby rattle

Answer: Take a small, well-sealed container (ensuring it cannot be opened by the baby), fill it partially with dried beans, rice or small beads for sound, seal securely (glue/tape all around), and decorate the outside brightly and safely -- a simple, safe home-made rattle.

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