

G9 ECZ HOME ECONOMICS 2014 SPECIMEN PAPER 1 SOLUTIONS

Grade 9 ECZ Home Economics Theory 2014 Specimen Paper 1 (601/1)

Worked solutions -- Sections A-D, Questions 1-48

The full question paper appears first -- worked answers are at the end. All 48 questions across Sections A, B, C and D are solved here.

Home Economics (601/1/2/3) Preamble

The Examinations Council of Zambia has made adjustments to the assessment of Home Economics at Grade 9 level so as to be in line with the revised Home Economics Junior Secondary School Syllabus of 2013 developed by the Curriculum Development Centre (CDC) of the Ministry of Education, Science, Vocational Training and Early Education (MESVTEE).

The purpose of the specimen Papers is to guide teachers and would be candidates on the structure, content and design of the revised Papers which will first be administered in 2015 examinations.

The purpose of the Grade 9 Home Economics examination is to test candidate's knowledge, skill, understanding and application. It will also serve the purpose of certification and selection.

Test Design

The Grade 9 Home Economics examinations will consists of three papers; Paper 1 Theory (601/1), Paper 2 Practical (601/2) and Paper 3 Coursework (601/2).

Paper 1

Paper 1 (theory) will have four sections: Section A, Food and Nutrition. Section B, Home Management. Section C, Health Education. Section D, Needlework and Crafts. Each section will have 12 questions carrying 25 marks. The total marks will be 100, weighted 50%.

Paper 2

In Paper 2 (practical) nothing has changed from the way the examinations have been conducted. Candidates will randomly choose one question from the eight and write a Time Plan and then carry out the practical test later. The total marks will be 60, weighted 30%.

Paper 3

Paper 3 (course work) has changed from the way it has been conducted. Candidates will design and make one article over a period of one year within the confines of learning hours under teachers' supervision. A uniform question will be set by ECZ to specify the article and expected features. Paper 3 shall be sent to schools together with advance information for Grade 9 (August each year). The total marks will be 40 weighted 20%.

Summary of Papers and their weight

Paper name/Code	Paper Type	Marks allocated	Weight	Duration
H.E.P1 (601/1)	Theory	100	50%	2 hours
H.E.P2 (601/2)	Practical	60	30%	2h 30min
H.E.P3 (601/3)	Course Work	40	20%	1 year

NB: Paper 1, Section D will no longer carry a practical test but Needlework and Crafts theory question only.

Paper 3 coursework will be prepared by ECZ and marked centrally like Paper 1.



EXAMINATIONS COUNCIL OF ZAMBIA

JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2014

HOME ECONOMICS THEORY 601/1

PAPER 1

(SPECIMEN)

(INTERNAL & EXTERNAL CANDIDATES)

TIME: 2 HOURS

MARKS: 100

INSTRUCTIONS TO CANDIDATES

- 1 Pull out the **Answer Booklet** from the question paper.
- 2 Write your name, examination number, school/centre name and code on the front page of the **Answer Booklet**.
- 3 Write all your Answers in the **Answer Booklet**.
- 4 Answer all questions in Sections **A, B, C** and **D**.

INFORMATION FOR CANDIDATES

Cell phones are not allowed in the examination room.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

Section A [25 marks]

FOOD AND NUTRITION

1 Define food. [1]

2 Food contains nutrients which perform various functions in the body, what is a nutrient? [1]

3 Match each word with its correct meaning by drawing arrows across the lists.

	WORDS	MEANING
(i)	Deficiency disease	Small units that make up protein
(ii)	Dietary Source	A protein food that does not contain all the essential amino acids.
(iii)	Low biological value	An illness or condition in the body caused by not having enough of a nutrient in the diet
(iv)	Amino acids	A food that gives you a nutrient

[4]

4 From the list below, identify the moist methods of cooking. (underline the correct answers)

(i) Frying

(ii) Boiling

(iii) Roasting

(iv) Poaching

(v) Streaming

(vi) Grilling

[3]

5 Explain why meals for an invalid should be served attractively. [1]

6 Cereals are staple foods for many countries because they are easily grown and widely eaten.

(a) Which cereal is the staple food in Zambia? [1]

(b) Briefly explain the method of cooking nshima. [4]

7 State at least two principles of food preservation. [2]

8 Identify two methods used in testing the setting point in jam making [2]

9 Define convenience foods. [1]

- 10** Name at least one class of convenience foods and give one example of food. [2]
- 11** What is a raising agent? [1]
- 12** Below are examples of dishes. Mention the raising agent used in each.
- (a) Plain scone [1]
- (b) Bread [1]

Section B [25 marks]

HOME MANAGEMENT

- 13 (a)** Identify one kitchen shape [1]
- (b)** Explain two uses of a winnowing basket. [2]
- 14** Describe one cleaning material you would improvise in the absence of scouring powder to remove stains from a burnt aluminium pot. [1]
- 15** Define a budget. [1]
- 16** Name the three types of dirt and give one example in each case.

	Type of dirt	Example	
(i)	_____	_____	
(ii)	_____	_____	
(iii)	_____	_____	[3]

- 17** Name a liquid abrasive used to clean and polish silver. [1]
- 18** State one point you would consider when choosing soft furnishings for a home. [1]
- 19 (a)** Give an explanation on how you can kill ants that have trailed uncovered food stuff. [1]
- (b)** Write at least one reason why household pests are harmful. [1]
- 20** Give one reason for growing your own vegetables in a kitchen garden at home. [1]
- 21** A consumer's needs can be divided into two groups, mention these groups. [2]
- 22 (a)** State the importance of time management in the planning of work to be done during the practical examination in Home Economics. [1]

(b) There are five names in the list below, underline two which do not fall under the hospitality industry.

(i) Restaurant

(ii) Motel

(iii) Museum

(iv) Lodge

(vi) Under five clinic [2]

23 Name the type of soap that can be made from the small pieces of leftover soaps. [1]

24 (a) Give one example of a natural fabric. [1]

(b) Describe one information that is found on a care label. [1]

(c) Give examples of three care labels of drying instructions. [3]

(d) Write the difference between soaking and steeping. [1]

Section C [25 marks]

HEALTH EDUCATION

25 Define first aid. [1]

26 Explain any two reasons for giving first aid. [2]

27 Personal hygiene is very important. Describe any three occasions when hands should be washed. [3]

28 Differentiate between a deodorant and an antiperspirant. [2]

29 Give at least one change that occurs in a girl and one change that occurs in a boy when they reach puberty stage. [2]

30 Mention one main stage during birth. [1]

31 Fill in the missing words below.

(a) When an egg is released from the ovary, this is called _____ [1]

(b) The female sex hormones are called _____ and _____ [2]

(c) The developing baby inside the womb is called _____ [1]

32 State two effects of smoking on a pregnant woman. [2]

33 Vaccinations are very important in a baby's life. List at least one vaccine given at the following stages.

Stage	Vaccine
Birth (0 months)	_____
3 months	_____
9 months	_____ [3]

34 Define weaning. [1]

35 Explain at least three ways in which adults and parents can help a child in speech development. [3]

36 Mention one ingredient needed when making homemade Oral Rehydration Salts (ORS). [1]

Section D [25 marks]

NEEDLEWORK AND CRAFTS

37 Identify the origin of linen fabric. [1]

38 (a) State reasons why the following tools are necessary in the needle work room.

- (i) Ironing board
- (ii) Table
- (iii) Chair [3]

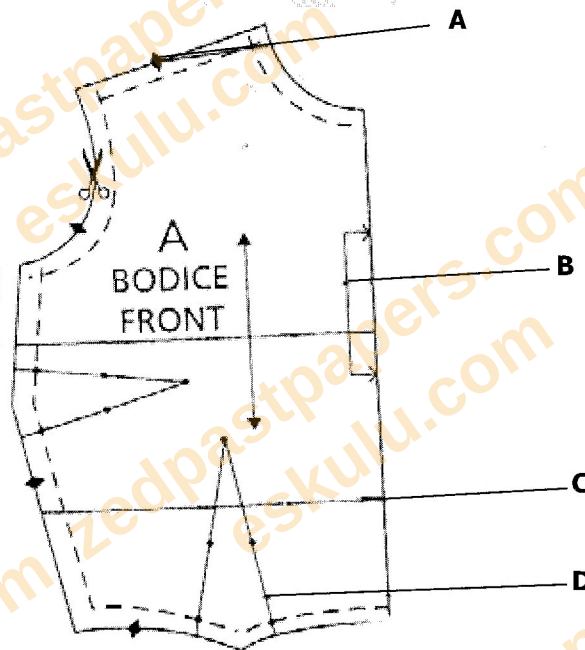
(b) Mention one measuring tool in needlework. [1]

39 Identify the causes of the following faults in machine stitching.

- (a) Puckered seam [1]
- (b) Missed stitches [1]

Answer true or false in the spaces provided.

- 40 (a) It is necessary to test the stitch size and tension on a scrap of double fabric before you start sewing. _____ [1]
- (b) A treadle sewing machine does not take up a lot of space and can easily be moved from one place to another. _____ [1]
- 41 Arrange the following processes in the order they should be worked on a garment.
- (a) Back stitching or machine stitching
- (b) Temporary stitching
- (c) Transfer of pattern markings
- (d) Neatening and pressing [1]
- 42 Name two groups of permanent stitches. [2]
- 43 Mention two ways of inserting a zip on a garment. [2]
- 44 Which type of seam is used on yokes, panels, waistband and curved panels? [1]
- 45 Explain the meaning of the four markings on this pattern piece. [4]



- 46 What are the differences between a print patch and a plain/calico patch? [1]
- 47 Beads have been used for various purposes in the past by our ancestors. Name at least two of the uses. [2]
- 48 (a) Mention the two most common stitches used in knitting. [2]
- (b) Interpret the meaning of Yfwd in knitting. [1]

Question 1. SECTION A: FOOD AND NUTRITION [25 marks]. Define food.

Answer: Food is any substance eaten or drunk to provide nutritional support and energy for the body

Question 2. SECTION A. Food contains nutrients which perform various functions in the body. What is a nutrient?

Answer: A nutrient is a chemical substance found in food that provides nourishment necessary for growth, energy and body maintenance

Question 3. SECTION A. Match each word (Deficiency disease; Dietary Source; Low biological value; Amino acids) with its correct meaning (Small units that make up protein; A protein food that does not contain all the essential amino acids; An illness or condition in the body caused by not having enough of a nutrient in the diet; A food that gives you a nutrient).

Answer: Deficiency disease matches with 'An illness or condition in the body caused by not having enough of a nutrient in the diet'. Dietary Source matches with 'A food that gives you a nutrient'. Low biological value matches with 'A protein food that does not contain all the essential amino acids'. Amino acids matches with 'Small units that make up protein'

Question 4. SECTION A. From the list below, identify the moist methods of cooking (underline the correct answers): (i) Frying (ii) Boiling (iii) Roasting (iv) Poaching (v) Steaming (vi) Grilling.

Answer: The moist methods of cooking are (ii) Boiling, (iv) Poaching, and (v) Steaming

Question 5. SECTION A. Explain why meals for an invalid should be served attractively.

Answer: Meals for an invalid should be served attractively to stimulate/encourage their appetite, since illness often reduces a person's desire to eat

Question 6. SECTION A. Cereals are staple foods for many countries because they are easily grown and widely eaten. (a) Which cereal is the staple food in Zambia? (b) Briefly explain the method of cooking nshima.

(a)

Answer: Maize is the staple cereal food in Zambia

(b)

Answer: Nshima is cooked by boiling water, stirring in a small amount of mealie meal to form a thin paste ('the starter'), then gradually adding more mealie meal while stirring continuously to prevent lumps, cooking until the mixture thickens into a stiff, smooth dough-like consistency

Question 7. SECTION A. State at least two principles of food preservation.

Answer: Two principles of food preservation are destroying or inhibiting the growth of micro-organisms (bacteria, moulds) that cause spoilage, and removing or preventing the conditions (moisture, oxygen) that encourage microbial growth and enzyme action

Question 8. SECTION A. Identify two methods used in testing the setting point in jam making.

Answer: Two methods are the plate/wrinkle test (a small amount cooled on a cold plate should wrinkle when pushed if set), and the flake test (jam lifted on a spoon should fall off in flakes/sheets rather than a continuous stream)

Question 9. SECTION A. Define convenience foods.

Answer: Convenience foods are foods that have been partly or fully prepared/processed in advance to save time and effort in preparation (e.g. tinned or instant foods)

Question 10. SECTION A. Name at least one class of convenience foods and give one example of food.

Answer: One class of convenience foods is tinned/canned foods, for example tinned beans

Question 11. SECTION A. What is a raising agent?

Answer: A raising agent is a substance added to a mixture to introduce a gas (air, carbon dioxide or steam) that makes the mixture rise during cooking

Question 12. SECTION A. Below are examples of dishes. Mention the raising agent used in each. (a) Plain scone (b) Bread.

Answer: (a) Baking powder is the raising agent used in a plain scone. (b) Yeast is the raising agent used in bread

Question 13. SECTION B: HOME MANAGEMENT [25 marks]. (a) Identify one kitchen shape. (b) Explain two uses of a winnowing basket.

(a)

Answer: One kitchen shape is the L-shaped kitchen (also acceptable: U-shaped, galley/corridor, or single-line kitchen)

(b)

Answer: Two uses of a winnowing basket are separating grain from chaff/husks by tossing it in the basket, and sifting grain to remove debris (it can also serve as a serving tray)

Question 14. SECTION B. Describe one cleaning material you would improvise in the absence of scouring powder to remove stains from a burnt aluminium pot.

Answer: Wood ash (or sand) can be used as an improvised abrasive to scrub off burnt residue from an aluminium pot

Question 15. SECTION B. Define a budget.

Answer: A budget is a plan for spending and saving money over a period of time, based on expected income and expenses

Question 16. SECTION B. Name the three types of dirt and give one example in each case.

Answer: The three types of dirt are: Dry dirt, for example dust; Greasy dirt, for example oil/fat stains; and Sticky dirt, for example jam or syrup stains

Question 17. SECTION B. Name a liquid abrasive used to clean and polish silver.

Answer: Silvo is a liquid abrasive used to clean and polish silver

Question 18. SECTION B. State one point you would consider when choosing soft furnishings for a home.

Answer: One point to consider is the durability and ease of cleaning of the fabric (also acceptable: matching the room's colour scheme/decor, or cost)

Question 19. SECTION B. (a) Give an explanation on how you can kill ants that have trailed uncovered food stuff. (b) Write at least one reason why household pests are harmful.

(a)

Answer: Pour hot water or an insecticide along the ants' trail, and remove or cover the food source that attracted them

(b)

Answer: Household pests are harmful because they contaminate food and spread diseases

Question 20. SECTION B. Give one reason for growing your own vegetables in a kitchen garden at home.

Answer: Growing your own vegetables provides a cheap, fresh and reliable food supply for the family, saving money that would otherwise be spent buying them

Question 21. SECTION B. A consumer's needs can be divided into two groups. Mention these groups.

Answer: The two groups are basic/essential needs (e.g. food, shelter, clothing) and wants (non-essential desires/luxuries)

Question 22. SECTION B. (a) State the importance of time management in the planning of work to be done during the practical examination in Home Economics. (b) There are five names in the list below (Restaurant; Motel; Museum; Lodge; Under five clinic), underline two which do not fall under the hospitality industry.

(a)

Answer: Time management ensures all tasks are completed within the allotted time, allowing organised, efficient work to be done without rushing or missing steps

(b)

Answer: Museum and Under five clinic do not fall under the hospitality industry (Restaurant, Motel and Lodge do)

Question 23. SECTION B. Name the type of soap that can be made from the small pieces of leftover soaps.

Answer: Recycled (reclaimed) soap can be made by melting down and reshaping small pieces of leftover soap

Question 24. SECTION B. (a) Give one example of a natural fabric. (b) Describe one piece of information found on a care label. (c) Give examples of three care labels of drying instructions. (d) Write the difference between soaking and steeping.

(a)

Answer: Cotton is an example of a natural fabric

(b)

Answer: One piece of information found on a care label is the recommended washing temperature

(c)

Answer: Three examples of drying-instruction care labels are: tumble dry, line dry, and dry flat

(d)

Answer: Soaking involves leaving items in plain water for a short period (often to loosen light dirt or stains), while steeping involves leaving heavily soiled or stained clothes in water with a soap/detergent or bleaching solution for a longer period to loosen ingrained dirt

Question 25. SECTION C: HEALTH EDUCATION [25 marks]. Define first aid.

Answer: First aid is the immediate, temporary care or treatment given to a casualty before professional medical help arrives

Question 26. SECTION C. Explain any two reasons for giving first aid.

Answer: Two reasons for giving first aid are to preserve life, and to prevent the casualty's condition from worsening (promoting recovery)

Question 27. SECTION C. Personal hygiene is very important. Describe any three occasions when hands should be washed.

Answer: Three occasions when hands should be washed are before preparing or eating food, after using the toilet, and after handling dirty or contaminated items (e.g. rubbish or animals)

Question 28. SECTION C. Differentiate between a deodorant and an antiperspirant.

Answer: A deodorant masks or eliminates body odour but does not stop sweating, while an antiperspirant reduces or stops the production of sweat by blocking the sweat glands

Question 29. SECTION C. Give at least one change that occurs in a girl and one change that occurs in a boy when they reach puberty stage.

Answer: One change in a girl at puberty is the development of breasts (or the start of menstruation). One change in a boy at puberty is the growth of facial hair (or a deepening of the voice)

Question 30. SECTION C. Mention one main stage during birth.

Answer: One main stage during birth is the expulsion stage (delivery of the baby)

Question 31. SECTION C. Fill in the missing words below. (a) When an egg is released from the ovary, this is called _____. (b) The female sex hormones are called _____ and _____. (c) The developing baby inside the womb is called _____.

(a)

Answer: Ovulation

(b)

Answer: Oestrogen and Progesterone

(c)

Answer: Foetus

Question 32. SECTION C. State two effects of smoking on a pregnant woman.

Answer: Two effects of smoking on a pregnant woman are an increased risk of miscarriage or premature birth, and a low birth weight in the baby

Question 33. SECTION C. Vaccinations are very important in a baby's life. List at least one vaccine given at the following stages: Birth (0 months); 3 months; 9 months.

Answer: Birth (0 months) -> BCG. 3 months -> DPT (and Polio). 9 months -> Measles

Question 34. SECTION C. Define weaning.

Answer: Weaning is the process of gradually introducing an infant to other foods in addition to, or in place of, breast milk

Question 35. SECTION C. Explain at least three ways in which adults and parents can help a child in speech development.

Answer: Three ways are: talking/conversing with the child frequently, reading stories and books to the child, and gently correcting/modelling proper pronunciation and words through repetition

Question 36. SECTION C. Mention one ingredient needed when making homemade Oral Rehydration Salts (ORS).

Answer: Salt is one ingredient needed (sugar and clean water are the other main ingredients)

Question 37. SECTION D: NEEDLEWORK AND CRAFTS [25 marks]. Identify the origin of linen fabric.

Answer: Linen fabric originates from the flax plant

Question 38. SECTION D. (a) State reasons why the following tools are necessary in the needlework room: (i) Ironing board (ii) Table (iii) Chair. (b) Mention one measuring tool in needlework.

(a)

Answer: (i) An ironing board is necessary to press seams and finished garments flat, giving a neat, professional finish. (ii) A table is necessary to provide a flat surface for cutting fabric and laying out patterns. (iii) A chair is necessary to provide comfortable seating for hand-sewing or machine work over long periods

(b)

Answer: A tape measure is a measuring tool used in needlework

Question 39. SECTION D. Identify the causes of the following faults in machine stitching. (a) Puckered seam (b) Missed stitches.

Answer: (a) A puckered seam is caused by thread tension that is too tight (or using a needle/thread not suited to the fabric weight). (b) Missed stitches are caused by a blunt or bent needle, or the needle being incorrectly inserted

Question 40. SECTION D. Answer true or false: (a) It is necessary to test the stitch size and tension on a scrap of double fabric before you start sewing. (b) A treadle sewing machine does not take up a lot of space and can easily be moved from one place to another.

Answer: (a) True. (b) False -- a treadle sewing machine is a large, heavy piece of furniture on a stand, and is not easily moved

Question 41. SECTION D. Arrange the following processes in the order they should be worked on a garment: (a) Back stitching or machine stitching (b) Temporary stitching (c) Transfer of pattern markings (d) Neatening and pressing.

Answer: The correct order is: (c) Transfer of pattern markings, (b) Temporary stitching, (a) Back stitching or machine stitching, (d) Neatening and pressing

Question 42. SECTION D. Name two groups of permanent stitches.

Answer: Two groups of permanent stitches are joining (utility) stitches and decorative stitches

Question 43. SECTION D. Mention two ways of inserting a zip on a garment.

Answer: Two ways of inserting a zip are the centred (exposed) method and the lapped (concealed) method

Question 44. SECTION D. Which type of seam is used on yokes, panels, waistband and curved panels?

Answer: A flat seam (plain seam, pressed open and top-stitched) is used on yokes, panels, waistbands and curved panels

Question 45. SECTION D. Explain the meaning of the four markings on this pattern piece (a bodice front): A (an arrow at the shoulder curve), B (a small rectangle on the side), C (a double-headed vertical arrow in the middle), D (a triangular fold near the waist).

Answer: A is a Balance mark (notch), used to match pattern pieces accurately. B is a Buttonhole position. C is the Grainline (straight grain line), used to align the pattern with the fabric grain. D is a Dart, used to shape the garment to the body (all judgment calls -- see docstring)

Question 46. SECTION D. What are the differences between a print patch and a plain/calico patch?

Answer: A print patch is made from patterned/printed fabric matching the garment's own fabric design, requiring careful pattern-matching when applied, whereas a plain/calico patch is made from a single, unpatterned fabric, often used for practice or where matching the appearance is not required

Question 47. SECTION D. Beads have been used for various purposes in the past by our ancestors. Name at least two of the uses.

Answer: Two uses of beads by our ancestors were for decoration/adornment (jewellery and clothing embellishment), and for trade or as a form of currency

Question 48. SECTION D. (a) Mention the two most common stitches used in knitting. (b) Interpret the meaning of Yfwd in knitting.

(a)

Answer: The two most common stitches used in knitting are the Knit stitch and the Purl stitch

(b)

Answer: Yfwd means 'Yarn forward' -- an instruction to bring the yarn to the front of the work, used to create an eyelet or increase a stitch

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