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, Heath 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

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

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.
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.

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

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

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

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

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

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?
(b) Briefly explain the method of cooking nshima.

7 State at least two principles of food preservation.

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

9 Define convenience foods.
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.

<table>
<thead>
<tr>
<th>Type of dirt</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i)</td>
<td></td>
</tr>
<tr>
<td>(ii)</td>
<td></td>
</tr>
</tbody>
</table>
| (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]
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

23 Name the type of soap that can be made from the small pieces of leftover soaps. [2]

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.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Vaccine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth (0 months)</td>
<td>__________________________</td>
</tr>
<tr>
<td>3 months</td>
<td>__________________________</td>
</tr>
</tbody>
</table>
   | 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 needlework 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) Interprete the meaning of Yfwd in knitting.  [1]