



EXAMINATIONS COUNCIL OF ZAMBIA

JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2019

Home Economics Paper 1

601/1

Theory

(INTERNAL CANDIDATES)

Marks: 100

Time: 2 hours

Instructions to Candidates

- 1 Pull out the **Answer Booklet** from the question paper. www.eczpastpapers.com
- 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 Study the table below and fill in the blank spaces (i, ii and iii).

Nutrient	Functions of nutrient	Deficiency disease
Vitamin A	- Promotes good vision especially in dim light or at night - Promotes growth especially of the bones and teeth	(i)
(ii)	- To assist calcium in its work of forming strong bones and teeth.	Rickets in children osteomalacia in adults.
Vitamin C	(iii)	Scurvy (bleeding gums and loosened/rotten teeth)

[3]

- 2 Identify any **three** food groups from the food pyramid.

[3]

- 3 Draw a diagram to show how an ordinary saucepan can be used as a steamer.

[2]

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- 4 Write **two** special points to consider when planning meals for children.

[2]

- 5 Which group below is most vulnerable during meal planning?

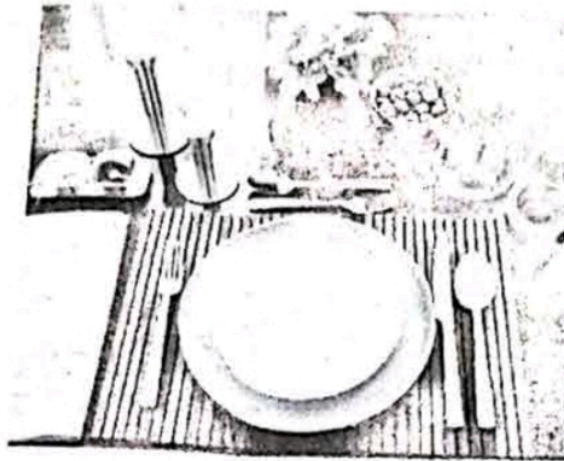
- (a) Elderly, men, children, lactating mothers;
 (b) Invalids, vegetarians, pregnant mothers, young children;
 (c) Convalescents, girls, boys, women;
 (d) Adults, elderly, invalids, young children.

[1]

- 6 Explain why reheated food should be used in the shortest possible time after its first cooking.

[1]

- 7 Below is a diagram showing table setting. Name the occasion suitable for this kind of setting. [1]



- 8 Complete the table below by mentioning one dish that can be made using the following raising agents.

Raising agent	Suitable dishes
Air	
Baking powder	

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- 9 Identify **two** sources of meal and flour. [2]
- 10 (a) Explain **two** ways of storing dried vegetables. [2]
- (b) Mention **two** methods that can be used to test if jam has reached setting point. [2]
- 11 (a) What is meant by the term 'sell-by' date found on packaged foods? [1]
- (b) In which situations can convenience foods be used? [1]
- 12 Give **two** traditional foods that can be served as a snack. [2]

Section B [25 marks]

Home Management

- 13** (a) Identify **one** traditional equipment found in the kitchen. [1]
(b) State the use of 'cruet set' or salt and pepper pots. [1]
(c) Mention the use of a potato peeler. [1]
- 14** Give **one** local material that can be used to improvise modern scouring powders. [1]
- 15** Explain **one** point to consider when budgeting. [1]
- 16** (a) State **two** factors to consider when choosing furniture. [2]
(b) Describe the effect of silvo when used to clean ornaments. [1]
- 17** State **two** rules that should be followed in flower arrangement. [2]
- 18** There are several ways of preventing and controlling household pests. Mention **two**. [2]
- 19** Why is it good to have your own backyard garden? [1]
- 20** Point out **two** methods you would use to buy household items. [2]
- 21** (a) Identify **two** good characteristics of customer care. [2]
(b) What is the importance of a time plan? [1]
- 22** Mention **one** type of soap that is recommended for a healthy skin. [1]
- 23** Give an example of a plant fibre. [1]
- 24** (a) With the help of diagrams, draw symbols which represent the following:
(i) chlorine bleaching
(ii) drip drying [2]
(b) Mention any **three** processes in laundry. [3]

Section C [25 marks]**Health Education**

- 25 What is the difference between cuts and grazes? [1]
- 26 Identify **two** signs and symptoms that can be exhibited by a person who has suffered an electric shock. [2]
- 27 Explain **three** reasons for using cosmetics. [3]
- 28 Write **two** habits that promote good hygiene during puberty. [2]
- 29 Mention **two** materials that can be used to improvise sanitary towels. [2]
- 30 (a) List **two** danger signs in pregnancy. [2]
 (b) Why is it important to go to the hospital or clinic when a pregnant woman sees any of the danger signs mentioned in (a)? [2]
- 31 What is a breech birth? [1]
- 32 Identify **two** Sexually Transmitted Infections. [2]
- 33 Suggest **two** ways you would use to help a child who is reluctant to take medicine. [2]
- 34 What should you do if a sick child does not want to eat? Mention **two** points. [2]
- 35 Mention **two** remedies that can be used when a child is teething. [2]
- 36 Fill in the missing words.

An infectious disease is one that can be transmitted from one person to another through the air, skin, ... or ... [2]

Section D: [25 marks]

Needlework and Crafts

- 37 Identify **one** type of fabric finishes. [1]
- 38 Mention **two** large needle work tools. [2]
- 39 Explain the use of the following parts of a sewing machine:
- (a) hand wheel and handle, [1]
 - (b) needle clamp or bar. [1]
- 40 What is a casing? [1]
- 41 (a) Identify **two** types of seams. [2]
- (b) Mention **one** article where one of the seams mentioned in (a) can be used. [1]
- (c) Clearly draw one of the seams mentioned in (a). [2]
- 42 (a) Define the following terms:
- (i) Grain, [1]
 - (ii) Selvedge, [1]
 - (iii) Bias. [1]
- (b) Why are collars interfaced? [1]
- 43 What is the difference between print patch and plain/calico patch? [2]
- 44 Mention **two** articles that can be made from an old dress. [2]
- 45 (a) Identify **two** crocheting tools. [2]
- (b) (i) Name **one** stitch used to make a foundation in crocheting. [1]
- (ii) What is the meaning of P.S.S.O in knitting? [1]
- 46 There are several methods of dyeing fabric. Mention any **two**. [2]