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EXAMINATIONS COUNCIL OF ZAMBIA
JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) – 2021

Home Economics 601/1
Paper 1 (Theory)

(INTERNAL CANDIDATES)

Time: 2 hours

Marks: 100

Instructions to Candidates

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

Information for Candidates

Cell phones are **not allowed** in the examination room.

Section A: Food and Nutrition [25 marks]

Answer all the questions. Write all your answers in the Answer Booklet.

- 1 ... are chemical substances found in food. [1]
- 2 (a) Explain the functions of the following mineral elements in the body: [1]
 (i) Iodine [1]
 (ii) Fluoride [1]
 (b) What are the **two** types of nutritional disorders common among children in Zambia? [2]
 (c) Write **one** way of improving the nutritive value of mealie meal porridge for a baby. [1]
- 3 (a) State **one** rule to follow when cooking green leafy vegetables. [1]
 (b) Suggest a suitable method of cooking pulses. [1]
- 4 Give **two** protein foods suitable for a vegan. [2]
- 5 Why is an extra intake of Iron necessary in teenage girls? [1]
- 6 How can you make leftover dishes interesting? [1]
- 7 What is meant by table setting? [1]
- 8 Give **two** examples of chemical raising agents. [2]
- 9 Complete **Table 1** with the missing information at (i) and (ii). [2]

Method of Cake Making	Cake Prepared
(i) Melting method	(i)
(ii)	(ii) Sponge cake

Table 1

- 10 (a) Mention **two** major causes of food decay. [2]
 (b) State **two** methods of preserving fresh meat. [2]
- 11 Convenience foods are foods which are (i) or totally prepared by the manufacturer so that they are either (ii) to eat or require minimal preparation. [2]
- 12 Write down **two** points to consider when using improvised ingredients. [2]

Section B: Home Management [25 marks]

Answer all the questions. Write all your answers in the Answer Booklet.

- 13 (a) Identify the type of kitchen in **Figure 1**. [1]



Figure 1

- (b) Explain the use of the following kitchen utensils:
- (i) Gourd [1]
 - (ii) Clay pot [1]
- 14 What would you use in place of a colander? [1]
- 15 Explain what is meant by impulse buying. [1]
- 16 (a) Identify **one** way of caring for a leather bag. [1]
- (b) Give **one** example of a floor covering suitable for a dining room. [1]
- (c) Why is methylated spirit or windolene good for cleaning window panes? [1]
- 17 Give **two** examples of hardwood. [2]
- 18 How would you prevent the spread of the following pests in a home?
- (a) Cockroaches [1]
 - (b) House flies [1]
- 19 Explain how you would maintain a kitchen garden. [1]
- 20 Write in full the following abbreviations used in consumer education:
- (a) CCPC [1]
 - (b) W & M [1]

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- 21 (a) Who is an entrepreneur? [1]
 (b) Define a 'tip' in hospitality industry. [1]
 (c) Identify **one** aspect of a time plan. [1]
- 22 What is the use of carbolic acid in soap making? [1]
- 23 State **one** way of treating a fabric into a special finish. [1]
- 24 (a) Mention **two** methods of washing clothes. [2]
 (b) Give **one** reason for boiling kitchen towels. [1]
 (c) Give **two** reasons on the importance of care labels. [2]

Section C: Health Education [25 marks]

Answer all the questions. Write all your answers in the Answer Booklet.

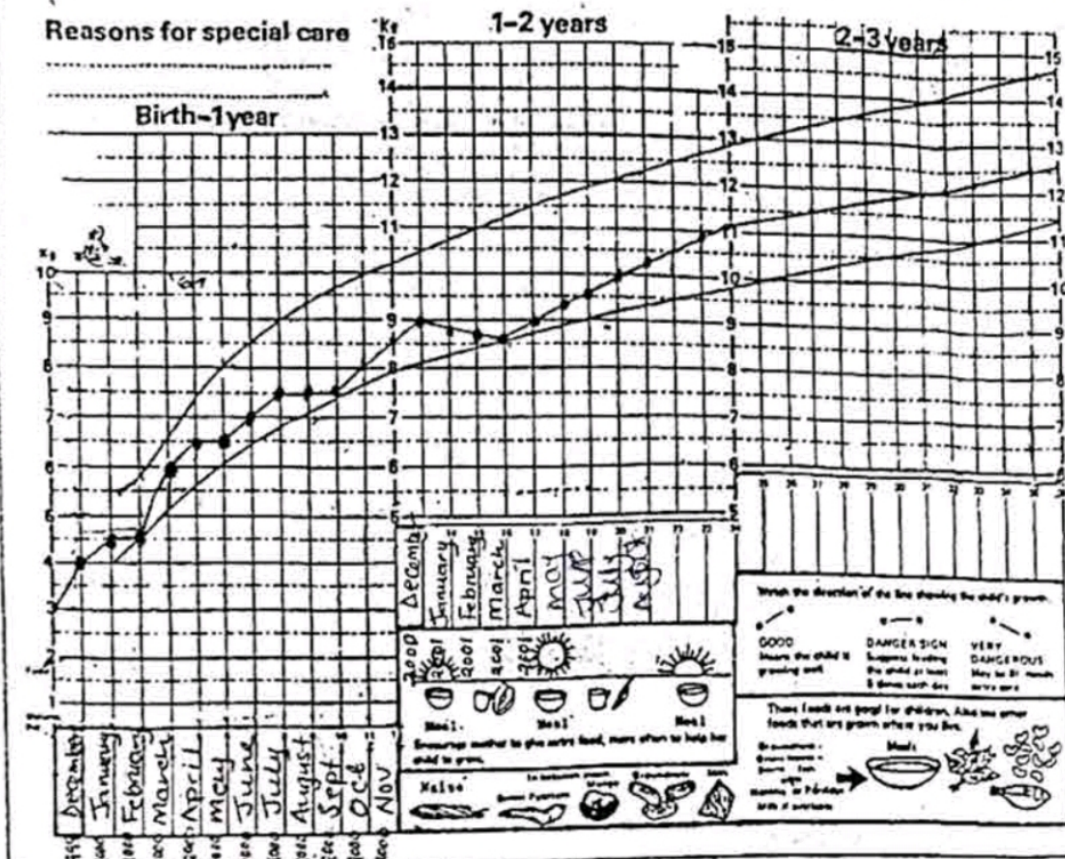
- 25 Mention **one** cause of the following accidents in a home: [1]
 (a) Scald [1]
 (b) Burn [1]
- 26 Give **one** point on how you would prevent electric shocks. [1]
- 27 (a) Explain **two** points that characterise fake cosmetics. [2]
 (b) Which part of the body is responsible for maintaining the body temperature? [1]
- 28 Give **two** points why teenagers should bath regularly during puberty. [2]
- 29 Ovulation is defined as the release of a matured (i) ... from the ovary. [1]
- 30 What type of birth presentations are shown in **Figure 2**? [2]



Figure 2

- 31 (a) Explain the meaning of the term, 'ectopic pregnancy'. [1]
 (b) Describe **two** conditions that would lead to induced labour. [2]
- 32 Why do people abuse drugs? [1]
- 33 Give **two** points why play and exercise is important in children. [2]
- 34 Give **two** ways by which children learn from family members. [2]
- 35 Suggest **two** causes of Down's syndrome in children. [2]

36 Study the children's clinic card in Table 2 and answer the questions that follow.



Children's Clinic Card

Child's name: _____

Boy/Girl: _____

Mother's name: _____

Registration No.: _____

Father's name: _____

Registration No.: _____

Date first seen: _____

Birthday birthmonth: _____

Where the family live: address _____

BROTHERS AND SISTERS

Year of birth	Boy/Girl	Remarks

SICK CHILDREN NEED SPECIAL FOOD AND FEEDING

Give the child frequent feeds.

ANTI-TUBERCULOSIS IMMUNISATION (BCG)

Date of BCG immunisation: _____

(BCG can be given immediately after birth)

POLIOMYELITIS IMMUNISATION

Date of first immunisation: _____

Date of second immunisation: _____

Date of third immunisation: _____

WHOOPING COUGH, TETANUS & DIPHTHERIA IMMUNISATION

Date of first immunisation: _____ (at age of 3 months or later)

Date of second immunisation: _____ (1 month after the 1st injection)

Date of third immunisation: _____ (1 month after the 2nd injection)

MEASLES IMMUNISATION

Date of immunisation: _____

Table 2

- (a) What is the weight of the child in the month of September? [1]
10.5
- (b) Identify **two** diseases that children are vaccinated against as indicated on the card. *Tuberculosis, Polio, whooping cough, measles* [2]

[Turn over]

Section D: Needlework and Crafts [25 marks]

Answer all the questions. Write all your answers in the Answer Booklet.

37 Fabrics are produced by knitting, felting, crocheting and [1]

38 (a) Name the needlework equipment shown in **Figure 3**. [1]



Figure 3

(b) State **one** use of an embroidery scissors. [1]

39 Identify **two** types of sewing machines. [2]

40 (a) What is an opening? [1]

(b) Write down **two** points to consider when choosing openings. [2]

41 Why is it wrong to start a stitch with a knot? [1]

42 Suggest **one** way of controlling fullness. [1]

43 Identify the fastener in **Figure 4**. [1]

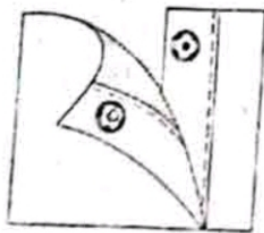


Figure 4

44 Draw the named paper pattern markings below.

(a) Stitching line

(b) Double notch

(c) Straight grain

(d) Cutting line

[4]

- 45** Write **true** or **false**.
- (a) A hole in a knitted garment needs to be patched. [1]
- (b) A print patch is sewn to the wrong side of a patterned fabric. [1]
- 46** Write down **two** tips that are useful when recycling garments. [2]
- 47** (a) (i) What is the difference between Gather stitch and Stocking stitch? [1]
- (ii) The two basic stitches in knitting are knit and *Pearl* [1]
- (b) Give an example of the fabric that can be made using the following weaves.
- (i) Plain weave [1]
- (ii) Twill weave [1]
- 48** Identify **two** examples of natural dyes. [2]