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EXAMINATIONS COUNCIL OF ZAMBIA
JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 9) - 2023

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 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**.

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Information for Candidates

Cell phones and other electronic devices 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 Lack of iodine in a person's diet will cause ... [1]
- 2 (a) Identify **two** nutrients which help to form strong bones and teeth. [2]
(b) Mention **three** classes of beverages. [3]
- 3 (a) State **two** methods of heat transfer used when baking a cake. [2]
(b) Suggest **one** suitable method of cooking eggs for an invalid. [1]
- 4 Define a balanced meal. [1]
- 5 Identify **two** vulnerable groups with regards to meal planning. [2]
- 6 Give **one** example of a rechauffe dish. [1]
- 7 State **one** suitable food that can be used as a cooked garnish. [1]
- 8 Outline the first **two** steps in bread making. [2]
- 9 Suggest **two** sweet dishes that can be made using short crust pastry. [2]
- 10 (a) Define the term 'non-perishable foods'. [1]
(b) Give **two** examples of foods that can be preserved by smoking. [2]
(c) How can we preserve ripe mangoes at home? [1]
- 11 Mention **two** types of convenience foods. [2]
- 12 Give **one** benefit of improvising ingredients. [1]

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SECTION B: HOME MANAGEMENT [25 MARKS]

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

- 1 (a) Name **one** large equipment found in a modern kitchen. [1]
(b) Explain the importance of having good lighting in a kitchen. [1]
(c) State **one** use of a 'U' bend in a kitchen sink. [1]
- 2 What would you use in place of a rolling pin? [1]
- 3 Mention **one** reason for making a budget. [1]
- 4 (a) State **one** point to consider when choosing floor covering for a living room. [1]
(b) Identify **two** different types of materials used to make household ware. [2]

- 5 Suggest **two** reasons for using curtains in a home. [2]
- 6 (a) Give **one** example of a household pest that attacks food. [1]
- (b) How would you control mosquitoes in infested areas? [1]
- 7 Why is it important for a family to have a backyard garden? [1]
- 8 Identify **two** ways of buying household items. [2]
- 9 (a) State **two** ways of saving time when planning home tasks. [2]
- (b) Explain the term 'customer care'. [1]
- 10 ... is used to hydrolise the fat in soap making. [1]
- 11 Give **one** example of a synthetic fibre. [1]
- 12 (a) What is to launder? [1]
- (b) Identify the laundry equipment (i) and (ii) shown in **Figure 1**.



(i)



(ii)

[2]

Figure 1

- (c) Draw the following care labels:
- (i) Do not dry clean [1]
- (ii) Bleach may be used [1]

SECTION C: HEALTH EDUCATION [25 MARKS]

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

- 1 ... is the immediate help given to an injured person before being taken to the hospital. [1]
- 2 Explain **two** ways of preventing poisoning accidents in a home. [2]
- 3 (a) Which movement of a tooth brush is advised when brushing teeth? [1]
(b) Give **two** reasons for using cosmetics. [2]
- 4 Suggest **two** ways of maintaining good hygiene during puberty. [2]
- 5 After reaching puberty, testes in boys produce ... while ovaries in girls produce ... [2]
- 6 State the first **two** stages of child development in pregnancy. [2]
- 7 Suggest **three** disadvantages of a single parent family. [3]
- 8 Identify **two** ways of violating one's privacy and body integrity. [2]
- 9 Give **three** points to consider when buying toys for children. [3]
- 10 How do we check the temperature of water for bathing a baby? [1]
- 11 ... and ... are some of the ways in which children learn from family members. [2]
- 12 Identify any **two** ingredients for making Oral Rehydration Solution (ORS). [2]

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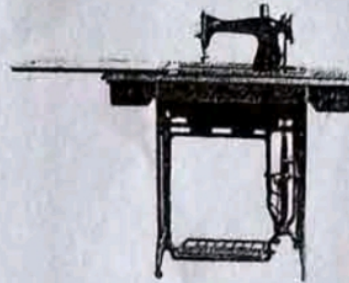
SECTION D: NEEDLEWORK AND CRAFTS [25 MARKS]

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

- 1 Name **one** method of making yarn into fabric. [1]
- 2 Identify the types of sewing machines (a) and (b) shown in Figure 2.



(a)



(b)

[2]

Figure 2

- 3 Explain the use of the following needlework tools:
 - (a) Measuring card [1]
 - (b) Tailor's chalk [1]
- 4 (a) What is a seam? [1]
- (b) Give **one** example of a conspicuous seam. [1]
- 5 Name **two** fasteners suitable for a baby's night dress. [2]
- 6 Identify **two** uses of a cross way strip. [2]
- 7 Give **two** examples of joining stitches. [2]
- 8 Identify **two** body measurements that should be taken when making a boy's shirt. [2]
- 9 Give **two** reasons for recycling articles. [2]
- 10 Mention **two** important points to consider before mending clothes. [2]
- 11 (a) Suggest any **two** items that can be made from sisal. [2]
- (b) Name **two** tools used in crocheting. [2]
- 12 Give **two** types of dyes. [2]