

**EXAMINATIONS COUNCIL OF ZAMBIA**

**Examination for General Certificate of Education Ordinary Level**

**Home Management**

**6075/1**

**Paper 1 Theory**

**Thursday**

**21 JULY 2016**

Additional materials:  
Answer Booklet

**Time 2 hours**

**Instructions to Candidates**

- 1** Write your name, centre number and candidate number on the Answer Booklet in the spaces provided.
- 2** There are **ten** questions in this paper. Answer **five** questions.
- 3** Answer at least **two** questions from Section **A** and **two** from Section **B**. The other **one** can be from either Section.
- 4** Write your answers for each question on a separate page of the Answer Booklet provided.
- 5** Indicate the number of the questions you have answered on the left margin of the front page of the Answer Booklet in the order you have answered them.

**Information for Candidates**

The number of marks is given in brackets [ ] at the end of each question or part question. You should make use of illustrations. Answers in note form are acceptable.

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

## Section A

### Housecraft including Laundry work

Answer at least **two** questions from this section.

- 1 Preservation is vital in homes especially when there is plenty supply of foodstuffs.
  - (a) List **three** reasons why we preserve food. [3]
  - (b) Explain any **two** aims of preservation. [2]
  - (c) Describe any **three** methods of preservation. [3]
  - (d)
    - (i) During jam making, the jam should contain three ingredients that help form a gel, mention them. [3]
    - (ii) Explain the **three** ways of testing for setting point during jam making. [3]
    - (iii) Describe any **four** qualities of a good jam. [4]
    - (iv) Name **two** fruits that make very good jam. [2]

**[20 marks]**
  
- 2 Write short notes on the following:
  - (a) Synthetic detergents; [5]
  - (b) Drying equipment; [5]
  - (c) Choice of an iron; [6]
  - (d) Importance of care labels. [4]

**[20 marks]**
  
- 3
  - (a) Draw a plan of a bedroom, showing doors and windows. [10]
  - (b) Insert outlines of furniture required and show where lights and electric plugs would be fitted. [8]
  - (c) Suggest a suitable colour scheme. [2]

**[20 marks]**
  
- 4
  - (a) Name **four** conditions to which a good floor should conform. [4]
  - (b) Mention **four** reasons for using carpets. [4]
  - (c) What points would guide you in the choice of carpets? [4]
  - (d) Name **four** classes of linoleum and the characteristics for each. [4]
  - (e) Explain how you would weekly clean linoleum. [4]

**[20 marks]**

- 5 (a) Mention **two** classes of wood. [2]
- (b) Name and explain **three** ways of finishing wood. [3]
- (c) What causes the wood to:
- (i) roughen, [1]
  - (ii) discolour, [1]
  - (iii) warp? [1]
- (d) Write an informative paragraph on how to **clean** and **care** for an upholstered furniture. Give three points on each. [6]
- (e) Name the reagents that could be used to remove the following stains:
- (i) grass stains on a white cotton shirt; [1]
  - (ii) fruit juice from a stained table cloth (linen); [1]
  - (iii) mucus from a handkerchief. [1]
- (f) Name the methods of softening hard water permanently. [3]

[20 marks]

### Section B

#### Parenthood

Answer at least **two** question from this section

- 6 (a) Fibres are not fabrics until they are processed. Write down the stages that cotton fibres pass through before they become fabric. [4]
- (b) Explain the effects of burning tests on the following:
- (i) cotton, [2]
  - (ii) wool, [2]
  - (iii) silk, [2]
  - (iv) nylon. [2]
- (c) Mention articles commonly made from linen (at least **eight** items). [8]
- [20 marks]
- 7 (a) Elaborate on the importance of a well-balanced diet for an expectant mother. [4]
- (b) Mention at least **six** essential nutrients that she should include in her diet and reasons why? [12]
- (c) What mineral elements are found in the following foods?
- (i) Kidneys, [1]
  - (ii) Milk, [1]
  - (iii) Cod-liver oil, [1]
  - (iv) Nuts. [1]

[20 marks]

[Turn over]

- 8** Besides nutrients, certain foods also contain enzymes, anti-oxidants and friendly flora, all of which improve the health of people living with HIV/AIDS.

**(a)** What do you understand by the following terms? Give at least **three** examples of each.

**(i)** Enzymes, [4]

**(ii)** Anti-oxidants, [4]

**(iii)** Friendly flora, [4]

**(iv)** Nutrients. [4]

**(b)** Explain the importance of the mineral, 'zinc' to people living with HIV/AIDS. [4]

**[20 marks]**

- 9** What special advice would you give to an expectant mother with regards to the following?

**(i)** alcohol and smoking, [5]

**(ii)** exercise, [5]

**(iii)** German measles, [5]

**(iv)** post-natal care. [5]

**[20 marks]**

- 10 (a) (i)** What do we call the first milk that comes from the mother's breasts after giving birth? [1]

**(ii)** Write **two** functions of this type of milk. [2]

**(b)** Explain why breast milk is best for babies. Give **four** reasons. [4]

**(c)** Give **three** reasons why some children are bottle fed. [3]

**(d)** What are the disadvantages of bottle feeding? Write **three**. [3]

**(e)** Write any **five** general rules for weaning. [5]

**(f)** What do the following words mean?

**(i)** weaning, [1]

**(ii)** exclusive breastfeeding. [1]

**[20 marks]**