



EXAMINATIONS COUNCIL OF ESWATINI  
Junior Certificate Examination

**CONSUMER SCIENCE**

Paper 2 Specimen 2024-2026

***Confidential***

***MARK SCHEME***

***{540/02}***

***MARKS: 100***

## Section A - Home Management.

### Question 1

#### A. Definition of terms

- (i) **Refuse**- Waste or garbage that is considered useless.
- (ii) **Abrasive** - A substance that is capable of cleaning or polishing a hard surface. [2]

#### B. Materials for making kitchen equipment

Enamel, china wood, plastic, glassware, aluminium, tin

**Any two**

[2]

#### C. points to consider when choosing Kitchen ware

- Items should be easy to clean and store.
- The amount of storage space needed for the piece of equipment.
- Amount of power that the piece of equipment will consume.
- The source or availability of power in the form of gas or coal.
- The design or colour should blend with the style preferred.
- Affordability.

**Any three**

[3]

#### D. Cleaning a plastic ware

- Do not pour boiling water onto plastic as it may soften
- Wash plastic ware in soapy water.
- Rinse and dry well.
- If stained, soak plastic ware in bleach, then wash in soapy water and dry well.

[4]

#### E. Reasons for the following statements

- (i) Refuse bins are to raise from the ground because when left lying around provides food and breeding places for flies, rats and cockroaches.
- (ii) Avoid cleaning windows on rainy days as falling rain water makes streaks on the glass window panes.
- (iii) Rinse a glass well in hot water with a drop of lemon juice or vinegar to brighten the glass.

[2]

#### F. How to prevent mosquitoes in the home?

- Drain swampy areas around the home.
- Use mosquito nets over beds.
- Use mosquito repellents.
- Get rid of old bottles, tyres and tins that can hold water and allow mosquitoes to lay eggs.
- Spray homes.

**Any three**

[3]

#### G. Functions of the following parts of a parts of a kitchen sink.

- (i) Outlet pipe – it joins the sink basin to the drainage system.
- (ii) Plug – this stops water from running down the drain when washing or rising utensils.
- (iii) Tap – This draws water from the pipe into the house.

[3]

**H. Cleaning of a sink**

- Empty, wash and dry the sink basket or strainer.
- Scrub and wash drain boards using newspaper, remove grease on and in the sink and use mild abrasive.
- wash the taps and pipes, paying close attention to the base of the taps as scum tends to collect there.
- Rinse with hot water, first run hot water, following by cold water.
- dry the sink and polish the taps using a soft cloth, wipe down the surfaces around the sink.

[4]

**[Total 25 Marks]**

## Section B- Nutrition and Food Preparation

### Question 1

**(a) Define the following terms:**

**(i) Diet:** the total amount of food and drink we consume each day [1]

**(ii) Meal:** food served and eaten at any one-time e.g breakfast [1]

**(b)**

FOOD GROUPS	FUNCTIONS
<b>(i)</b>	Provide the body with heat Give the body strength and power to work (select 1)
<b>(ii) Protective Food</b>	
<b>(iii) Energy Giving Food</b>	

[3]

**(c) Foods that are prone to contamination**

- Meat (beef, chicken)
- offals (tripe, intestine, kidney, tongue, liver)
- fresh milk and milk products
- cooked food (stews, relishes) [4]

**(d) Points to consider when planning a main meal for an elderly person.**

- They need less energy giving food as their physical activity slows down
- They need extra amount of calcium and vitamin D to ensure healthy bones and teeth and to avoid weak and brittle bones
- They need extra iron to prevent anaemia
- They need Vitamin A and Vitamin C to fight infections
- They need Vitamin B group to assist with nerves

( select any three) [3]

**(e) Ways of preserving food for a long time at home**

**(i)** Drying **(ii)** freezing **(iii)** bottling/ canning [3]

**(f) Faults in bread making:**

**(i) Badly shaped:** - bread was over proofed  
- bread placed in cold oven  
(select 1) [1]

**(ii) Bread that is sour:** - dough left warm for too long  
- Rising and proofing too long  
( select 1) [1]

**(g) Ways of introduction air into a flour mixture**

- sift dry ingredients
- creaming fat and sugar
- whisking egg and sugar together
- adding a stiffly beaten egg white
- Rubbing fat into flour
- Folding and rolling pastry

**( select any 3)**

[3]

**(h) Steps in preparing short- crust pastry**

- sift flour and salt in a bowl to incorporate air and remove lumps
- add the fat into the flour and cut it into the flour with a blunt- bladed knife
- using fingertips, rub the fat into the flour and work the mixture until it resembles fine breadcrumbs
- make a well in the centre, add the cold water and mix into a stiff dough which leaves the sides of the mixing bowl clean.
- turn dough onto a floured board and knead out cracks.

[5]

**Question 2****(a) Define**

- (i) **Direct Steaming:** the steam comes in direct contact with the food [1]
- (ii) **Menu:** A list of dishes or foods that are served during a meal [1]

**(b) Effects of heat when cooking root vegetables**

- cell walls are softened, making the food more digestible
- starch grains burst, releasing the starch e.g. potatoes
- water soluble vitamins B and C and some minerals may dissolve in the cooking water
- Vitamin C and some B group vitamins are lost
- over cooking causes vegetables to breakup.

( select any two) [2]

**(c) (i) how to make a nourishing beverage****Banana Milk shake [1]**

- Peel the banana and mash them into a pulp. Mix the milk with the mashed banana [3]

**Or**

**Egg Drink**

- Bring the milk to the boil.
- Stir the egg, sugar, and milk together until well mixed, sprinkle with little nutmeg

**(d) Match the vitamins in list A with their main sources in list B.****LIST A**

Vitamin C

Vitamin E

Vitamin B

Vitamin K

**LIST B**

Strawberries, blackjack

Wheat germs oil, spinach

Pork and bread

Liver, dairy products [4]

**(e) Difference between coating and pouring batter**

Coating batter- it uses less liquid than pouring batter. It is used to coat meat, fish and fruits.

Pouring batter- it uses more liquid than coating batter. It is used in making pancakes.[2]

**(f) Explaining the following statements**

- (i) Adding salad dressing just before serving to prevent vegetables from turning dark and making them soft instead of being crisp [2]
- (ii) Coating of fish before frying to prevent the fish from absorbing fat. [2]

**(g) Balanced lunch for manual worker**

Porridge  
Fried T-bone meat  
Lettuce salad with French dressing  
Orange Juice [3]

**(h) How to prepare a gingerbread**

- Preheat oven to 180 and line a baking tin
- Sift the dry ingredients into a bowl
- Melt sugar, syrup and margarine in a saucepan, cool. Add to flour mixture and add beaten egg and mix thoroughly with another additional liquid to give a smooth thick batter.
- Bake for about one hour. [4]

**Question 3****A. Definition of terms**

- (i) **Nutrition** – It is the study of food and how the body absorbs and uses food for processes such as growth, repair of body tissues or cells, energy and protection against diseases. [1]
- (ii) **Nutrients**- The chemical substances that make up food are called nutrients. [1]

**B. One example of the following vitamins**

- (i) **Fat soluble vitamins**- Vitamin A, B, C and D ( select one) [1]
- (ii) **Water soluble vitamins**- Vitamin B1, B2, B3 and Vit C ( select one) [1]

**C. Functions of the following nutrients**

- (i) **Calcium**- Forms strong bones and teeth  
 - For proper working of muscles and nerves  
 - For normal clotting of blood. [2]
- (ii) **Phosphorus**- Combines with calcium to form strong bones and teeth  
 - Keeps body fluid regular  
 - Produces energy from food [2]

**D. Importance of personal hygiene when handling food**

- Always wash hands for 10-20 seconds with soap and water before touching or working with food
- Blow your nose with tissues and wash your hands afterwards.
- Keep your nails clean and short.
- Cover or tie back long hair to prevent it from falling into the food.
- Dress cuts with a water proof dressing.
- Never prepare food while suffering from an infectious disease.
- Do not touch your body while preparing food such as scratching your hair or picking your nose. ( select any four) [4]

**E. Three micro- organisms that cause food spoilage**

- Bacteria
- Yeast
- Mould [3]

**F. Wrinkle Test**

Put a little jam on a plate or saucer and allow to cool. Push the jam with a spoon or a fingernail: if it forms wrinkles, it has reached setting point. [3]

**G. Classification of salads according to ingredients**

- Mixed vegetables- coleslaw, lettuce
- Cooked salads- tuna and pasta
- Plain Salads – onion and tomato salads, beetroot salad [3]

**H. Reason for each of the each****(i) Sunken fruits-** fruits being too wet and heavy

- The mixture being too soft to hold fruit.
- Too much raising agent
- Too hot an oven

**(ii) Short and Crumbly**

- Too much fat used
- Too little water used

**(iii) Sour bread**

- The dough was left warm for too long.
- Rising and proving took too long and the gases that were produced during those steps increased too much.