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627/01

October/November 2024

**2 hours**

Candidates answer on the Question Paper.

## READ THESE INSTRUCTIONS FIRST

Write your name, centre number and candidate number in the spaces provided.  
Write in **dark blue** or **black** pen to write your answers. Use a soft pencil for any diagrams.

This paper is divided into **four sections A, B, C and D.**  
 Section A - Multiple choice  
 Section B - Food and Nutrition  
 Section C - Clothing and Textiles and Laundry  
 Section D - Home Management and Family Life Education

Answer **all** questions.  
 Answer **Section A** on the grid paper provided.  
 Answer **Section B, C** and **D** in the spaces provided.

The number of marks is given in brackets [ ] at the end of each question or part question.

For Examiner's Use	
<b>SECTION A</b>	
<b>SECTION B</b>	
<b>SECTION C</b>	
<b>SECTION D</b>	
<b>Total marks</b>	

This document consists of **14** printed pages amd **2** blank pages.

## SECTION A

## MULTIPLE CHOICE QUESTIONS

## INSTRUCTIONS

- Answer **all** questions in this section.
- The answers are letters **A**, **B**, **C** and **D**.
- In each case only **ONE** of the four answers is correct.
- Choose the correct one and mark the letter in the grid with a cross (X).
- Crossing of more than two answers is not allowed.

## Example:

30. Which food provides second-class proteins

- A** apples
- B** apricots
- C** beans
- D** spinach

30.	A	B	<del>C</del>	D
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**SECTION A – ANSWER GRID**

<b>1.</b>	A	B	B	D
<b>2.</b>	A	B	B	D
<b>3.</b>	A	B	B	D
<b>4.</b>	A	B	B	D
<b>5.</b>	A	B	B	D
<b>6.</b>	A	B	B	D
<b>7.</b>	A	B	B	D
<b>8.</b>	A	B	B	D
<b>9.</b>	A	B	B	D
<b>.10.</b>	A	B	B	D
<b>11.</b>	A	B	B	D
<b>12.</b>	A	B	B	D
<b>13.</b>	A	B	B	D
<b>14.</b>	A	B	B	D
<b>15.</b>	A	B	B	D
<b>16.</b>	A	B	B	D
<b>17.</b>	A	B	B	D
<b>18.</b>	A	B	B	D
<b>19.</b>	A	B	B	D
<b>20.</b>	A	B	B	D
<b>21.</b>	A	B	B	D
<b>22.</b>	A	B	B	D
<b>23.</b>	A	B	B	D
<b>24.</b>	A	B	B	D
<b>25</b>	A	B	B	D

**[Total: 25 marks]**

**SECTION A**

1. Which of the following is a starchy vegetable?
  - A Cabbage
  - B Carrots
  - C Potatoes
  - D Pumpkin
2. How does the body use nutrients in food?
  - A Repair of muscles, organs and skin
  - B Repair eyes and mouth
  - C Repair diseases
  - D Repair energy and growth
3. Choose the best source of Vitamin C from the list of foods below.
  - A Dates
  - B Marula
  - C Pineapples
  - D Strawberries
4. Why do we need Iodine in our diet?
  - A To carry oxygen from the lungs to the rest of the body
  - B To form strong bones and teeth
  - C To heal wounds faster
  - D To produce hormones
5. Gugu has pale skin and is always dizzy. Which deficiency disease is she suffering from?
  - A Anaemia
  - B Goitre
  - C Kwashiorkor
  - D Scurvy
6. Choose a cereal that produces macaroni.
  - A Maize
  - B Rice
  - C Sorghum
  - D Wheat
7. Which vegetable gives us Protein?
  - A Jugo beans
  - B Cauliflower
  - C Pepper
  - D Yams

8. Which of the following is a symptom of food poisoning?
- A Throat infection
  - B Lose of hair
  - C Stomach cramps
  - D Retarded growth
9. Choose the best cooking method for tender cuts of meat.
- A Dry frying method
  - B Steaming method
  - C Baking method
  - D Grilling method
10. Which dishes can be made from leftover potatoes?
- A Fritters
  - B Salads
  - C Stews
  - D Stock
11. Which of the following is an example of a nourishing beverage?
- A Coffee
  - B Fruit juice
  - C Milk shake
  - D Soft drink
12. Choose the best property of cotton.
- A It is cool in summer and warm in winter
  - B It does not wrinkle easily
  - C It is strong and washes easily
  - D It is comfortable to wear.
13. One of the following is a function of a seam.
- A To holds the pieces of a garment together
  - B To neaten raw edges
  - C To position buttonholes
  - D To repair seams
14. Edges of garments can be finished by using one of the following.
- A Gathers
  - B Pleats
  - C Hems
  - D Darts

15. Which part of a sewing machine directs the thread through the machine, from the spool pin to the needle.
- A Balance wheel
  - B Feed dog
  - C Spool pin
  - D Thread guide
16. Choose a mineral-based stain from the following:
- A chewing gum stain
  - B rust stain
  - C sweat stain
  - D wax stain
17. Identify the laundry step that is used to loosen dirt.
- A Washing
  - B Rinsing
  - C Soaking
  - D Stain removal
18. Why do we iron clothes?
- A To remove dirt
  - B To kill germs
  - C To loosen starch
  - D To repair rips and tears
19. Which laundry substance removes stubborn stains?
- A Fabric softener
  - B Soap
  - C Water
  - D Bleach
20. What does the abbreviation K stand for in knitting?
- A Knit
  - B Treble knit
  - C Chain stitch
  - D Slip stitch

- 21.** One of the following is a problem that is likely to be faced by adolescents.
- A** Low rate of pregnancy
  - B** Boasted self-esteem
  - C** Difficult relation with parents
  - D** Feelings of happiness
- 22.** Which is the best way of managing time?.
- A** Using needs first before wants
  - B** Drawing a budget
  - C** Postponing due activities
  - D** Using labour-saving devices.
- 23.** When is a blended family formed?.
- A** A minor child has become the head of the family.
  - B** Family members beyond the immediate family.
  - C** Two single-parent' families combine to form a new family.
  - D** Father, mother and their children living together.
- 24.** Your school is situated in a rural area and the source of water is a river.  
What is the best way of purifying water at no cost? Adding.....
- A** Chlorine
  - B** Ash
  - C** Bleach
  - D** Salt
- 25.** What type of hygiene are you practicing when collecting litter around your area?
- A** Chlorine
  - B** Ash
  - C** Bleach
  - D** Salt

**[Total: 25 marks]**

## SECTION B

## NUTRITION AND PREPARATION

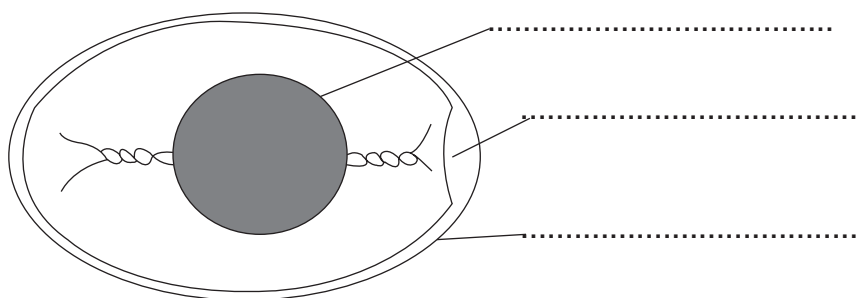
1. (i) Name any **three** (3) uses of eggs.

1 .....

2 .....

3 ..... [3]

- (ii) Label the structure of an egg below.



[3]

2. Choose the type of food from the list below. Write the name of the food group shown in the food pyramid.

**Food:** sorghum; caterpillars; cow peas; butter; sugarcane; potatoes.

Bread, cereals and starchy vegetables	Meat, fish, poultry, eggs and pulses	Fats, oils and sugars
.....	.....	.....

[3]

3. Complete the table below on nutrients:

Nutrients	Sources	Functions
Fats	.....	.....
.....	Meat, egg, fish, beans, lentils	Build body tissues

[3]



4. Define the terms below:

(i) Traditional food - ..... [1]

(ii) Invalids - ..... [1]

(iii) One pot meal - ..... [1]

5. Discuss **three** (3) factors to be considered when planning meals.

(i) ..... [1]

(ii) ..... [1]

(iii) ..... [1]

6. Write **True** or **False** for the following statements.

(i) If you eat breakfast, there is no need to eat lunch. .... [1]

(ii) Manual workers are people who work hard with their bodies. .... [1]

(iii) A snack is a larger amount of food that a person eats between meal times. .... [1]

7. Arrange the sequence of washing the following kitchen utensils.

Cutlery; pots and pans; glasses; cups and saucers.

1 ..... [1]

2 ..... [1]

3 ..... [1]

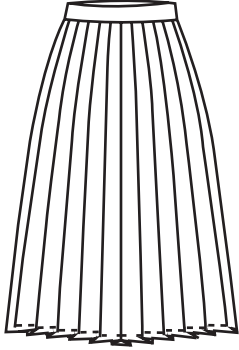
4 ..... [4]

**[Total: 25 marks]**

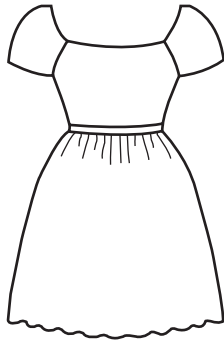
## SECTION C

## CLOTHING &amp; TEXTILES AND LAUNDRY

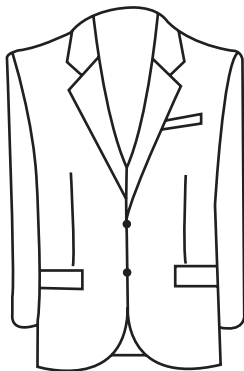
1. Name the different methods of disposing fullness in the garments shown below.



(i) ..... [1]



(ii) ..... [1]



(iii) ..... [1]

2. State **one** (1) use of the following needlework tools.

(i) Magnet

.....  
..... [1]

(ii) Seam ripper

.....  
..... [1]

(iii) Dressmaker's shears

.....  
..... [1]

3. Why is it important to use a pattern when preparing to sew a child's dress?

(i) ..... [1]

(ii) ..... [1]

4. Complete the table below by drawing the relevant pattern markings.

Name of symbol	Pattern marking
(i) Place on fold	
(ii) Double notch	
(iii) Cutting line	

[3]

5. Name any **two** (2) Embroidery stitches.

(i) ..... [1]

(ii) ..... [1]

6. State **two** (2) uses of a bias binding when sewing a child's dress.

(i) ..... [1]

(ii) ..... [1]

7. Which fastener is used on each of the following garments?

(i) School shirt - ..... [1]

(ii) School tracksuit top - ..... [1]

8. Give any **two** (2) functions of openings in the garment.

(i) ..... [1]

(ii) ..... [1]

9. Define laundry

.....

..... [1]

10. State the steps that should be followed when removing the candlewax stain on a shirt.

.....

.....

.....

.....

.....

..... [3]

11. State **two** (2) reasons for airing clothes

(i) ..... [1]

(ii) ..... [1]

## SECTION D

## HOME MANAGEMENT AND FAMILY LIFE EDUCATION

1. Define the term hygiene.

.....  
 ..... [1]

2. Give **one** (1) kitchen utensil made from each of the following materials

(i) Stainless steel - ..... [1]

(ii) Plastic - ..... [1]

(iii) Wood - ..... [1]

3. State **two** (2) ways of disposing waste that can help to generate income.

(i) ..... [1]

(ii) ..... [1]

4. State **three** (3) reasons for providing First Aid to an injured or sick person.

(i) ..... [1]

(ii) ..... [1]

(iii) ..... [1]

5. Give any **three** (3) methods of buying goods.

(i) ..... [1]

(ii) ..... [1]

(iii) ..... [1]

6. State any **three** (3) symptoms of bilharzia

(i) ..... [1]

(ii) ..... [1]

(iii) ..... [1]

7. Draw up a budget to show how you are going to spend E100 pocket money.

INCOME	EXPENSES

[5]

8. Give any **three** (3) functions of a family.

- (i) ..... [1]
- (ii) ..... [1]
- (iii) ..... [1]

9. When should hands be washed?

- (i) ..... [1]
- (ii) ..... [1]

[Total:25 marks]



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