

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]