INSTRUCTIONS:

1. Write your Student Enrolment Number (SEN) on the top right hand corner of this page.
2. This paper consists of THREE SECTIONS and is out of 70 Skill Level.

<table>
<thead>
<tr>
<th>SECTIONS</th>
<th>TOPICS</th>
<th>TOTAL SKILL LEVEL</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>FOOD AND NUTRITION</td>
<td>23</td>
</tr>
<tr>
<td>B</td>
<td>HOME AND MANAGEMENT</td>
<td>24</td>
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<tr>
<td>C</td>
<td>CLOTHING AND TEXTILES</td>
<td>23</td>
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<td>TOTAL</td>
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<td>70</td>
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3. Answer ALL QUESTIONS. Write your answers in the spaces provided in this booklet.
4. Use a BLUE or BLACK ball point pen only for writing. Use a pencil for drawing if required.
5. If you need more spaces for answers, ask the supervisor for extra paper. Write your Student Enrolment Number (SEN) on each addition sheet, number the questions clearly and insert them in the appropriate part of your booklet.
6. Check that this booklet contains pages 2-15 in the correct order and that pages 14-15 has been deliberately left blank.
SECTION A: FOOD AND NUTRITION

Read the questions carefully and answer them in the spaces provided.

1. For people to be well nourished and healthy, the food they eat must be safe and of good quality. You have learned that various types of micro-organisms are involved in spoilage.

   a. Define food spoilage.

      ________________________________________________________________

      ________________________________________________________________


   b. Identify any three micro-organisms that cause food spoilage.

      ________________________________________________________________

      ________________________________________________________________

      ________________________________________________________________


   c. List at least TWO (2) suitable conditions that influence the growth of microorganisms.

      ________________________________________________________________

      ________________________________________________________________

      ________________________________________________________________

      ________________________________________________________________


   d. Describe how the bacteria called salmonella can enter food.

      ________________________________________________________________

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2. Home preserving is a way of using a surplus of food. The above diagram shows the different methods of preserving foods.

a. Choose a food to preserve. _________________________________

b. Choose a suitable method of preserving this food. ________________________________

c. Describe one special point you would need to consider when preserving food by this method.

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Skill level 3

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d. Explain how does the method of preserving which you have chosen can stop the food from spoiling.

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Skill level 3

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3. The best way to guarantee that you get all the VITAMINS you need is to eat a varied diet.
   
a. Identify any **TWO (2)** best food sources of Vitamin B1.
   
   ___________________________________________________________
   ___________________________________________________________

b. Name the nutritional related disease that cause by the severe deficiency of Vitamin B1.
   
   ___________________________________________________________
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5. Describe the function of Vitamin B1 in the body.

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4. Describe how the human bodies digest carbohydrate.

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5. Family’s meals have to be planned, however, and individual needs have to be considered. Discuss FOUR (4) factors to be considered while planning a suitable meal for the family.

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6. Scones, muffin, and pancakes are all made with flour and shortening. Most of them have liquid and a raising agent.

Identify the method of mixing ingredients for making:

a. **scones**

______________________________________________________________________

______________________________________________________________________

b. **sponge cakes**

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SECTION B: HOME MANAGEMENT

1. This is a selection of washing products that most people choose as their laundry agent and stain removing agents.

a. Define stain.

b. Describe how dirty laundry should be managed before being washed.

c. Describe how laundry agents remove dirt from clothes.
d. Explain what to consider before removing any stain.

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2. Selection criteria are standards for judging the qualities of goods. The selection criteria allow the consumer to see whether the goods will suit their needs.

a. Apart from cost. List any four criteria for choosing these household goods
   
   i. **Saucepans**

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   ii. **Bedding**

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b. Choose **ONE** (1) from the two goods in (a) above and explain how it contributes to your choice of goods.

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3. Money often seems to flow through the fingers. It is therefore necessary for people to plan the way they spend their money.

a. In the home expense differentiate between fixed expenses and variable expenses.

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b. List any **FOUR** (4) characteristics of finding a piece of land for a family dwelling.

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4. Use this floor plan to answer this question.

a. Examine the floor plan given and critically make judgment on the location of the kitchen.

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Skill level 4

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</table>
1. In the space provided beside each definition, write the term being defined.

   a. ______ A long stitch used to hold seams together before sewing.

   b. ______ A shaped piece of fabric used to finish off sections of a garment.

   c. ______ Refer to the narrow woven border on the lengthwise edge of the fabric.

2. All patterns have written instructions for cutting and sewing. The instructions follow a set of directions.

   a. Name the pattern marking symbols below.

<table>
<thead>
<tr>
<th>Symbols</th>
<th>Names</th>
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<tbody>
<tr>
<td>i</td>
<td>a.</td>
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<tr>
<td>ii</td>
<td>b.</td>
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<td>iii</td>
<td>c.</td>
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<tr>
<th>Skill level 1</th>
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<th>b.</th>
<th>c.</th>
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</table>
b. Choose any **TWO** (2) symbols from (a) above and describe what they tell you to do.

<table>
<thead>
<tr>
<th>Symbols</th>
<th>What they tell you to do</th>
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<tbody>
<tr>
<td>a.</td>
<td></td>
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<td>b.</td>
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3. Textile fibres are classified according to their composition and origin. Complete this textile fibre tree.

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Skill level 2 | a. | b. |
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Skill level 1 | A | B | C |
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4. Yarns are made into fabrics by a number of different methods.
   
a. Name the **TWO (2)** most common ways of turning yarns into fabrics.
   _______________________________________________________
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b. Fabric constructions will end up producing different types of outfit.

![Image of a child wearing a white sweater and hat]

Describe the fabric characteristics this garment would need?

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5. Define these terms.
   
a. **Fibre blend**

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b. **Lustre**

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   Skill level 1
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c. **Dye-fast**

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6. Explain any **THREE (3)** reasons why manufacturers use fiber blend.

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