

Centre Number	Candidate Number	Candidate Name
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NAMIBIA SENIOR SECONDARY CERTIFICATE

HOME ECONOMICS ORDINARY LEVEL

4343/1

PAPER 1

2 hours 15 minutes

Marks 200

2017

Additional Materials: Non-programmable calculator

INSTRUCTIONS AND INFORMATION TO CANDIDATES

- Candidates answer on the Question Paper in the spaces provided.
- Write your Centre Number, Candidate Number and Name in the spaces at the top of this page.
- Write in dark blue or black pen.
- You may use a soft pencil for any rough work, diagrams or graphs.
- Do not use correction fluid.
- Answer **all** questions.
- The number of marks is given in brackets [] at the end of each question or part question.
- You may use a non-programmable calculator.

This document consists of **19** printed pages and **1** blank page.



Republic of Namibia
MINISTRY OF EDUCATION, ARTS AND CULTURE

SECTION A

Answer **all** questions.

FOOD AND NUTRITION

1 Give **one** word for each of the following descriptions.

(a) The usual pattern of food intake.

.....

(b) Any condition caused by excess or deficiency of food, energy or nutrients.

.....

(c) The state of complete physical, mental and social well-being.

.....

[3]

2 Underline the word in brackets which completes the sentence correctly.

(a) (Collagen, lactalbumin, gluten) is a protein found in meat and fish.

(b) Water is vital to life because (50%, 60%, 70%) of the human body is water.

(c) (Chloride, iodine, iron) is a component of haemoglobin that transports oxygen around the body to every cell.

(d) The absorption of calcium is controlled by (vitamin B, vitamin C, vitamin D).

(e) The minimum recommended number of portions per day for meat and meat alternatives is (2, 3, 4).

[5]

3 (a) Name the disorder or the deficiency disease which could result from a lack of the following nutrients.

(i) Iodine

.....

(ii) Vitamin D

.....

(iii) Vitamin B₃ (niacin)

.....

[3]

(b) Underline the **two** symptoms associated with lack of fibre in the diet.

- dryness of hair and skin
- digestion problems
- oedema in the limbs and face
- small and hard faeces

[2]

(c) State **two** food sources high in fibre.

1.....

2.....

[2]

4 (a) State the BMI indicators for

(i) underweight

(ii) obesity

[2]

(b) State **three** purposes for which the body requires energy.

1

2

3

[3]

5 (a) State the recipe term for the following descriptions:

(i) baking in a waterbath

.....

(ii) baking a pastry shell without filling

.....

(iii) a mixture of vinegar or wine and herbs for covering raw meat before cooking

.....

(iv) stiffly beaten egg white and sugar

.....

[4]

(b) State the **three** methods of heat transfer when cooking food.

1

2

3

[3]

(c) Suggest **one** method of cooking for each of the following:

(i) soufflé

.....

(ii) pancakes

.....

(iii) doughnuts

.....

[3]

(d) Suggest equipment to use for each of the following:

(i) cleaning a mixture from a mixing bowl

.....

(ii) weighing a piece of meat

.....

[2]

6 Choose **one** of the fats and oils from the list below for the uses which follow.

lard, cream, margarine, dripping, vegetable oil

(a) for the manufacturing of butter

.....

(b) for salad dressing

.....

(c) to cream with sugar when making butter cake

.....

[3]

7 (a) State the **three** structural parts of a cereal grain.

1.....

2.....

3.....

[3]

(b) Name the process by which starch thickens liquid.

.....

[1]

(c) Give an example of each of the following types of sauces.

Type of sauce	Example
(i) starch as a thickening agent
(ii) eggs as a thickening agent

[2]

8 (a) Flour mixtures are classified as batters and doughs.

Name an example of each of the following:

(i) thin batter

.....

(ii) medium batter

.....

(iii) thick batter

.....

[3]

(b) Name the raising agent used in

(i) traditional bread.

.....

(ii) French omelette.

.....

(iii) choux paste.

.....

(iv) butter cake.

.....

[4]

[48]

FAMILY EDUCATION

- 9 (a) Underline **two** factors that may influence gender roles within the family.
- custom and tradition
 - body stature
 - maturity
 - dual role
- [2]

- (b) Give **one** word for each of the following descriptions:
- (i) The process through which a person learns the skills, values, beliefs and behaviour needed.

.....

- (ii) The way the body responds to circumstances causing a variety of physical and emotional symptoms.

.....

- (iii) A social interaction in which persons seriously disagree.

.....

- (iv) The picture a person has of himself or herself.

.....

[4]

- (c) State **two** physical effects of unhandled stress on a person.

1

2

[2]

[8]

MANAGEMENT AND HOUSING

- 10 Give **one** word for the following statements:

- (a) Criteria against which the achievement of a goal can be measured.

.....

- (b) To arrange activities in a certain order to reach a goal.

.....

- (c) Laying out money for profit, resulting in a net addition to capital.

.....

- (d) Income before deductions.

.....

- (e) Economic protection against disability and old age.

.....

[5]

11 (a) For each of the following examples, state whether physical, mental or emotional demands are made. A demand may be used more than once.

(i) performing repetitive and boring tasks

.....

(ii) trying to study with a lot of loud background noise

.....

(iii) picking up papers

.....

(iv) performing a task without enjoying it

.....

[4]

(b) Give **one** example of physical needs according to Maslow.

.....

[1]

(c) Underline **two** examples of social/love needs according to Maslow.

- to protect privacy
- to express real feelings
- to learn how to communicate
- to develop self-confidence

[2]

12 (a) Identify the following types of housing:

(i) semi detached houses

.....

(ii) block of flats

.....

[2]

(b) List **two** ways in which housing can be acquired.

1

2

[2]

[16]

CLOTHING AND CONSUMER EDUCATION

13 Underline the correct answer.

(a) A choice of as the basis of wardrobe planning, helps stretch the life span of one's fashionable items.

- warm colour
- fashion fads
- classic styles
- fashion accessories

[1]

(b) A young adult going for an interview for a job must

- dress to show individuality.
- wear dramatic clothing.
- wear very bright colours.
- dress neatly and conservatively.

[1]

(c) The reason why a policeman wears a uniform is for

- modesty.
- hygiene.
- attractiveness.
- identification.

[1]

14 (a) In each of the following examples state whether psychological, social or economical factors influence the consumers' choice.

(i) The wise consumer knows how to select quality clothes to suit the purpose.

.....

(ii) People tend to imitate one another; it can be a symbolic group such as film stars.

.....

(iii) The person tries to preserve his/her self-image by buying products that are congruent with his/her image and avoid those that are not.

.....

[3]

(b) Name **two** types of economical factors that influence consumers' choices.

1.....

2.....

[2]

[8]

SECTION B

FOOD AND NUTRITION

15 Water is vital for life.

(a) Describe **three** functions of water in the body.

1.....

2.....

3.....

[3]

(b) Name the condition which results from a deficiency of water.

.....

[1]

(c) Give **two** symptoms of the condition identified in **(b)**.

1.....

2.....

[2]

(d) Identify with reason **two** groups of people who have a particular need for water.

Group 1.....

Reason.....

.....

Group 2.....

Reason.....

.....

[4]

16 All meals should be balanced.

(a) Define a *balanced meal*.

.....
.....

[1]

(b) Identify with examples **three** other factors which influence meal and menu planning.

Factor 1

Example

.....

Factor 2

Example

.....

Factor 3

Example

.....

[6]

(c) It is recommended that the intake of sugar should be lowered.

(i) Give **two** reasons for eating less sugar.

1

2

[2]

(ii) List **two** ways of reducing sugar.

1

2

[2]

17 Food can become unfit for use for many reasons.

(a) State **two** causes of food spoilage.

1

2

[2]

(b) State **two** symptoms of food poisoning.

1

2

[2]

(c) State with reason guidelines for thawing high risk foods.

.....
.....
.....
.....

[2]

18 Sterilising increases the shelf life of fresh milk.

(a) Describe the process of sterilising of milk.

.....
.....

[1]

(b) Give advice on the storage of fresh milk.

.....
.....
.....
.....
.....
.....
.....

[3]

(c) Explain the term *scorching* which happens when milk is heated.

.....
.....
.....
.....
.....
.....
.....

[3]

(d) Explain the effect of heat on the colour of milk.

.....
.....

[1]

(e) How does the nutritional value of whole (full) milk differ from that of skim-milk?

.....
.....

[1]

19 Meat, poultry, fish and pulses all belong to the Meat and Meat Alternative food group.

(a) Name the main nutrient in this food group.

..... [1]

(b) Describe the effect of moist heat on meat.

.....
.....
..... [2]

(c) Explain *ripening of beef*.

.....
.....
..... [2]

(d) Define *stuffing*.

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

(e) Define *meat analogue*.

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

20 Flour mixtures need a gas to rise.

(a) State **two** ways to incorporate air into flour mixtures.

1.....
2..... [2]

(b) Explain the physical changes in baked products due to the action of the raising agents.

.....
.....
.....
.....
.....
..... [3]

[48]

FAMILY LIFE EDUCATION

21 Read the following case study and answer the questions that follow.

The family So-Oabes consists of father, mother and two teenagers, Lisa and John. Mr So-Oabeb runs his own business, is the chairperson of the Schoolboard and a member of the soccer club as well as a political party. Mrs So-Oabes is on the committee of the local home for the aged.

As they are keen on outdoor activities, Mr So-Oabeb recently bought a tent to enable the family to go camping together. The children were taught not to litter.

(a) Identify the family type.

..... [1]

(b) In which stage of the family cycle is the So-Oabes family?

..... [1]

(c) Make a list of **two** ways in which Mr and Mrs So-Oabes show that they are community minded.

1.....

2..... [2]

(d) Give **one** way in which they display family unity.

..... [1]

(e) Identify **two** instances where Mr So-Oabeb fulfilled the consumer role in the community.

1.....

.....

2.....

..... [2]

(f) Name **one** possible cause of conflict in the family.

..... [1]

[8]

CLOTHING AND CONSUMER EDUCATION

24 (a) Give advice on choice of clothing to the person with an apple figure type.

.....
.....
.....
.....
.....
.....

[3]

(b) State **three** factors that will influence wardrobe planning.

1.....
.....
2.....
.....
3.....
.....

[3]

25 State **two** advantages of cash transactions.

1.....
.....
2.....
.....

[2]

[8]

