

Candidate Number	Candidate Name										
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JUNIOR SECONDARY CERTIFICATE

HOME ECONOMICS

1400/1

PAPER 1

1 hour 30 minutes

Marks 100

2018

No additional material required.

INSTRUCTIONS AND INFORMATION TO CANDIDATES

- Candidates answer on the Question paper in the spaces provided.
- Write your 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.

For Examiner's Use	
Section A	
Section B	
Section C	
Total	
<i>Marker</i>	
<i>Checker</i>	

This document consists of **12** printed pages.



Republic of Namibia
MINISTRY OF EDUCATION, ARTS AND CULTURE

SECTION A

For Examiner's
Use

Short-answer questions

- 1 Choose from the given list of food a good source of each of the following nutrients.

carrots, egg yolk, meat, oats porridge, oranges, sea water fish, poultry

(a) Iodine

..... [1]

(b) Niacin

..... [1]

(c) Vitamin C

..... [1]

(d) Vitamin E

..... [1]

- 2 State **two** functions of fibre in the diet.

1.....

.....

2.....

..... [2]

- 3 Underline **two** vitamins present in oily fish.

Vitamin A Vitamin C Vitamin D Vitamin E [2]

- 4 State the cooking term for each of the following.

(a) Stiffly beaten egg white and sugar

..... [1]

(b) A light, puffed dish made by incorporating stiffly beaten egg white

..... [1]

(c) To embed fat into meat

..... [1]

(d) Quickly immerse in boiling water e.g. to remove the skins from tomatoes

..... [1]

5 The lack of vitamins results in deficiency diseases.

Name the disease which results from a lack of

(a) Vitamin A.

..... [1]

(b) Vitamin C.

..... [1]

(c) Vitamin D.

..... [1]

6 Choose **three** items below and describe how each could be used in shop layout and display to stimulate impulsive buying.

Check-out tills Atmosphere Special offers Bread

Expensive and less essential items Rearrange shelves

1..... [1]

2..... [1]

3..... [1]

7 List **two** factors that influence consumer's choice.

1.....

2..... [2]

8 State the illusions created by the following lines in interior design.

(a) Straight

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

(b) Diagonal

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

(c) Vertical

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

9 Choose and underline the correct answer to complete the sentences.

(a) Frozen chicken should be thawed (at room temperature, in the refrigerator) to prevent bacteria from multiplying. [1]

(b) (A high temperature, Grilling slowly) is the most hygiene way of cooking poultry. [1]

(c) The skin of the poultry should be (dry, moist) as a sign of freshness. [1]

(d) Holding the wings and legs of poultry close to the bulk is called (stuffing, trussing). [1]

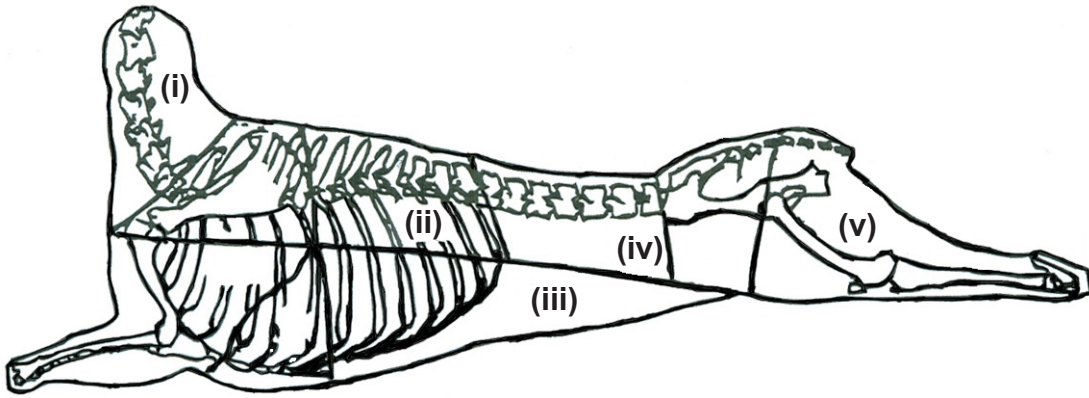
(e) The bacteria (Clostridium Botulinum, Salmonella) cause food poisoning when the chicken is not handled hygienically. [1]

10 Match the different cooking methods of fish in Column 1 with the correct description in Column 2. Write the correct letter next to the number (1 – 5).

Column 1	Column 2
Cooking method of fish	Description
1 Boiling	A Mostly suitable in preparing fish for the ill as it retains all nutrients
2 Frying	B Fish cooked in milk under boiling point
3 Grilling	C Fish is coated to prevent burning at high temperatures
4 Poaching	D Suitable when making/cooking fish soufflé
5 Steaming	E Especially suitable for cooking oily fish
	F Considerable loss of flavour makes this method unsuitable for cooking fish

[5]

11 (a) Study the diagram of a mutton carcass and name the cuts (i) – (v).



- (i) [1]
- (ii) [1]
- (iii) [1]
- (iv) [1]
- (v) [1]

(b) Complete the table by stating the colour for the Namibian grading system for meat.

Grading	Colour
AAAA	
ABAB	
CCC	

[3]

12 Write down the steps in the correct order when planning a wardrobe. Write the numbers only.

1. Allocate the available money
2. Put the plan into action by purchasing clothes
3. Identify and determine your clothing needs
4. Make a final decision on what clothes to purchase
5. Check your existing clothes by sorting and making an inventory

- (a) [1]
- (b) [1]
- (c) [1]
- (d) [1]
- (e) [1]

13 Select a demand caused by dual role performance for each statement.

Demands: physical, social, economical, intellectual, psychological, emotional
--

- (a) Mary has to plan and organise the daily meals.
..... [1]
 - (b) Mother experiences feelings of anxiety because she cannot manage a home and a career.
..... [1]
 - (c) Megan wants to remain healthy and fit to manage her responsibilities.
..... [1]
 - (d) Susan use child-care facilities to make her task as a mother easier.
..... [1]
- [50]**

SECTION B

For Examiner's
Use

14 Study the following menu and answer the questions that follow.

<p>SUPPER</p> <p>Grilled beef</p> <p>Green beans with fresh cream</p> <p>Pumpkin served with extra margarine</p> <p>White rice</p> <p>Tomato squares with salt crystals</p> <p>***</p> <p>Full cream ice-cream and super sweet chocolate sauce</p>

(a) Identify the dietary goal which was **not** followed in each of the following dishes.

(i) Super sweet chocolate sauce

..... [1]

(ii) White rice

..... [1]

(iii) Green beans with fresh cream

..... [1]

(iv) Tomato squares with salt crystals

..... [1]

(b) Define the term *menu*.

.....
 [2]

(c) Describe how the following factors will influence menu planning.

(i) Nutritional needs

..... [1]

(ii) Food budget

..... [1]

15 Define the term *roux*.

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

16 Comment on the necessity of the Food and Nutrition Guideline for Namibia.

(a) Eat more fish

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

(b) Eat fruits and vegetables every day

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

17 Describe the effect of dry heat on starch.

..... [4]
.....
.....
.....
.....
.....
.....
.....
.....
.....

18 Study the following list of clothes and sort them into three groups to make an inventory. Place the clothes under the correct heading.

A jersey for when it is cold, a blouse missing a button, one pair of school socks, a skirt to mix and match, too small jeans, a T-shirt.

Usable clothes	Clothes in need of repair	Needs for season

[6]

19 Read the following case study and compile a budget for Mariana.

Mariana gets an allowance of N\$200 per month. She goes to the movies at least once a month. The ticket and popcorn at the movies cost N\$60. Transport to get to Grove Mall and back is N\$30. She owes Peter N\$20. Her toiletries for the month add up to N\$50 and she spends N\$40 at the tuck shop at school. She plans to do baby-sitting for her sister for N\$40.

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[6]

20 Study the picture and answer the questions that follow.



(a) Define the *dual role concept*.

.....

[2]

(b) Describe **two** ways to cope with the demands of a career and a family.

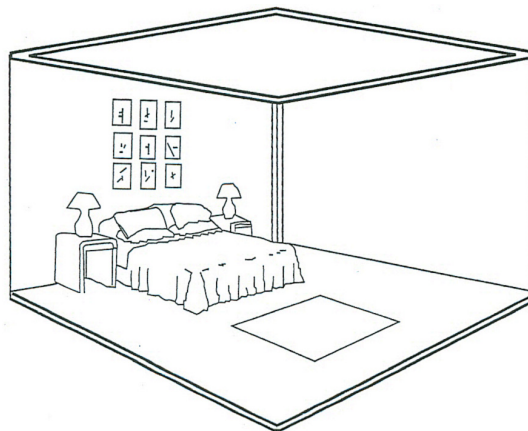
1.....

2.....

[4]

21 Study the picture below and answer the questions that follow.

Sammy and Jeromy plan to refurnish their bedroom according to this picture they found in a magazine.



(a) Name the type of art principle created in the room.

.....

[1]

(b) Describe briefly how the named principle has been achieved.

For Examiner's Use

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

[2]

(c) Sammy and Jeromy had made sure that the size of pictures on the wall were in relation to the size of the room.

Which art principal did they apply with the pictures?

.....

[1]

[40]

