

Centre Number	Candidate Number	Candidate Name
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NAMIBIA SENIOR SECONDARY CERTIFICATE

HOME ECONOMICS ORDINARY LEVEL

6155/1

PAPER 1

1 hour 30 minutes

Marks 100

2022

No additional materials are required.

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.

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

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



Republic of Namibia
MINISTRY OF EDUCATION, ARTS AND CULTURE

SECTION A

Answer **all** questions.

FOOD AND NUTRITION

1 (a) Carefully study the image below.



(i) Identify the possible deficiency disease illustrated by the image.
..... [1]

(ii) Identify the possible cause of the deficiency mentioned in **(a)(i)**.
..... [1]

(iii) List **two** good food sources to prevent the condition mentioned in **(a)(i)**.
1 [2]
2.....

- 2 Read the table below and match nutrients in column A with the function/characteristics/deficiency of the nutrient in column B. Write the correct Roman numbers from column B, in the spaces provided.

Column A	Answers	Column B
(a) protein		(i) preserves eyesight
(b) vitamin C		(ii) builds bones and teeth
(c) calcium		(iii) marasmus
(d) vitamin A		(iv) help to form genetic materials
(e) iron		(v) a source of the fat soluble A and D
(f) iodine		(vi) easily destroyed by oxidation, prolonged heat
(g) vitamin B12		(vii) promote growth, build new tissues and renew worn-out ones.
(h) lipid		(viii) anaemia
(i) riboflavin		(ix) goitre
(j) carbohydrates		(x) keep mucus membrane healthy

[10]

- 3 Classify the following protein food source as high biological value or low biological value. Indicate with a tick (✓).

Proteins	High Biological Value	Low Biological Value
(a) fish		
(b) nuts		
(c) soya beans		
(d) rice		

[4]

- 4 Complete the table by stating the colour for the Namibian grading system for meat.

Grading	Colour
(a) AAA
(b) ABAB
(c) CCC

[3]

5 State the term for each of the following descriptions.

(a) Oil or melted fat just covering the surface of a frying pan or saucepan.

.....
.....

[1]

(b) Usually done with a fork, whisk or egg beater to obtain a smooth mixture or to incorporate air.

.....
.....

[1]

(c) To heat sugar until a brown liquid is formed.

.....

[1]

FAMILY LIFE EDUCATION

6 Define the following terms.

(a) *Dual role*

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

[2]

(b) *Nuclear family*

.....
.....

[1]

(c) Underline the statement that does not contribute towards ways that strengthens family unity.

- Express yourself
- Be open minded
- Lack of solidarity

[1]

MANAGEMENT AND HOUSING

7 Give **one** word for the following statements.

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

.....

[1]

(b) Keeping money safe and use it for unexpected, as well as future use.

.....

[1]

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

.....

[1]

8 Label the type of housing below.



..... [1]

9 List **three** ways in which housing can be acquired.

1

.....

2

.....

3

.....

[3]

10 Underline the most important need that must be satisfied first, according to Maslow Hierarchy.

- Esteem needs
- Love and belonging needs
- Physiological needs
- Safety needs
- Self-actualisation needs.

[1]

CLOTHING AND CONSUMER EDUCATION

11 Define the following terms.

(a) *wardrobe*

.....
.....

[1]

(b) *Food additives*

.....
.....

[1]

12 List **two** rights of a consumer.

1
.....

2
.....

[2]

[40]

SECTION B

FOOD AND NUTRITION

13 Distinguish between food with high energy value and food with low energy value.

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

[2]

14 Explain how the following factors will influence meal planning of the family.

(a) Nutritional need of the family.

.....
.....

[1]

(b) Skill and knowledge of the cook.

.....
.....

[1]

15 Food can cause serious health problems if not handled safely.

Define *pathogenic organisms*.

.....
.....

[1]

16 (a) Identify the suitable method of cooking for each of the following.

(i) Swiss roll

.....

[1]

(ii) Bran pudding

.....

[1]

(iii) Doughnuts

.....

[1]

(iv) Cinnamon dumplings

.....

[1]

(b) Identify the method of heat transfer and explain how heat is transferred, for the following cooking methods.

(i) Grill

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

[2]

(ii) Simmer

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

[2]

17 Cereals are the major staple food for more than half of Namibians.

(a) Explain the term *dextrinisation*.

.....
.....

[1]

(b) Briefly describe the value of cereals in the diet.

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

[2]

(c) Describe **two** practical ways of preventing the formation of lumps, when preparing white sauce.

1

.....

2

.....

[2]

18 Identify and explain the method of tenderising meat, displayed in the image below.



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

[2]

19 State **two** guidelines of purchasing frozen fish.

1

2

.....

[2]

20 Vitamin C is viewed as the most valuable of all vitamins.

Describe **two** ways to reduce the loss of vitamin C in the food preparation and cooking process.

1

2

.....

[2]

FAMILY LIFE EDUCATION

21 Discuss the characteristics of a mature person.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

[4]

MANAGEMENT AND HOUSING

22 (a) Distinguish between gross income and net income.

Gross income.....

.....

Net income.....

.....

[2]

(b) Explain the importance of insurance.

.....

.....

.....

.....

[2]

(c) Which type of insurance will apply to the following statement?

The insured person receives a cash amount if he or she is totally and permanently unable to follow his or her regular or a similar profession.

.....

.....

[1]

(d) Define *cash transaction*.

.....

.....

[1]

(e) State **two** advantages of cash transactions.

1.....

 2.....

[2]

CLOTHING AND CONSUMER EDUCATION

23 (a) List **two** characteristics of a well-planned wardrobe.

1.....

 2.....

[2]

(b) Identify and describe the figure type below.



.....

[2]

[40]

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