

Candidate Number	Candidate Name										
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# JUNIOR SECONDARY CERTIFICATE

**HOME ECONOMICS**

**1400/1**

PAPER 1

1 hour 30 minutes

Marks 100

**2017**

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	
<b>Section A</b>	
<b>Section B</b>	
<b>Section C</b>	
<b>Total</b>	
<i>Marker</i>	
<i>Checker</i>	

This document consists of **11** printed pages.



**Republic of Namibia**  
**MINISTRY OF EDUCATION, ARTS AND CULTURE**

## SECTION A

For Examiner's  
Use

## Short-answer questions

1 Name the nutrient(s) which matches the function.

(a) a mineral essential for the formation of haemoglobin

.....

(b) builds and repair body tissue

.....

(c) promotes the release of energy from carbohydrates

.....

(d) promotes peristalses

.....

[4]

2 Choose **one** of the alternatives in brackets to complete the sentences.  
Underline the correct alternative.

(a) A deficiency of Vitamin D causes (rickets, osteomalacia, beri-beri) in children.

(b) A diet that provide the correct amount of nutrients for the needs of and individual is a (dietary guideline, balanced diet, dietary variety).

(c) The study of nutrients and their relationship with food, health and disease is called (diet, nutritional status, nutrition).

[3]

3 Name the deficiency disease associated with a lack of the following nutrients in the diet.

(a) Vitamin A .....

(b) Vitamin B<sub>3</sub>/niacin .....

(c) Vitamin C .....

(d) Iodine .....

[4]

4 Name **two** mineral elements which help to form healthy bones and teeth.

1.....

2.....

[2]

5 Underline **two** symptoms associated with lack of fibre in the diet.

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

[2]

6 State the cooking or recipe term for each of the following:

(a) a vegetable dish covered with a white sauce and breadcrumbs, and then baked in the oven

.....

(b) cubes of fried or toasted bread served with soups

.....

(c) to embed fat into meat

.....

(d) to quickly immerse in boiling water e.g. to remove the skin from tomatoes

.....

[4]

7 Give the correct amount of space when laying a table for family meals and special occasions.

(a) the space to put the plates from the edge of the table

.....

(b) space between people at the table to sit comfortably

.....

[2]

8 List **two** pathogenic organisms.

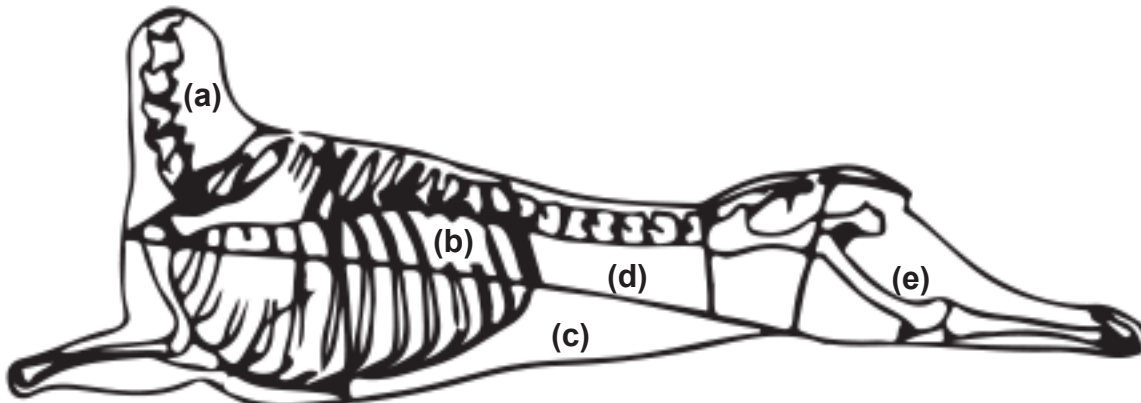
1.....

2.....

[2]

- 9 For each question there are four possible answers **A**, **B**, **C** or **D**. Choose the one you consider correct and encircle it.

(a) Study the diagram of a mutton carcass and answer the questions that follow.



- (i) Cut number (c) is
- A fillet.
  - B flank.
  - C loin.
  - D neck.
- [1]
- (ii) The best cooking method for cut number (a) is
- A braising.
  - B grilling.
  - C shallow frying.
  - D stewing.
- [1]
- (b) Which of the following is an effect of moist heat on meat protein?
- A Collagen is changed into gelatine.
  - B The flavour becomes more caramel, because lactose caramelises.
  - C The meat absorbs the liquid and swells.
  - D The surface of the meat is sealed by searing.
- [1]
- (c) To marinate means
- A fat is deposited between the muscle fibres and improves flavour and juiciness.
  - B meat is soaked in a liquid mixture of oil, vinegar and flavouring agents.
  - C strips of bacon are placed on the meat to prevent the meat from drying out.
  - D strips of fat are inserted into the meat to increase juiciness and flavour.
- [1]

10 Select from the list the guidelines for selecting poultry. Underline the correct statements.

- Chicken should have a moist skin.
- The breastbone should be hard.
- There should be an unpleasant odour.
- Chicken should be well frozen.
- It should contain pinkish ice.
- Chicken should be plump in appearance.

[3]

11 Choose from the list the advertising approach which best fits the descriptions below.

Agony appeal, abrasive advertising, humorous approach, self-actualisation appeal, identification with persons or situation

- (a) Celebrities, experts and the common man are used to portray a typical problem situation which was solved by using the advertised product.  
 .....
- (b) These advertisements may be used for products which relieve physical discomfort. The advertiser has sympathy and offers a solution.  
 .....
- (c) The irritation by these advertisements creates a lasting image e.g. soap powder advertisements using the perfect housewife appeal.  
 .....
- (d) These advertisements rely on most people's desire to achieve something and to be someone e.g. correspondence courses.  
 .....

[4]

12 List the steps in budgeting.

.....

.....

.....

.....

.....

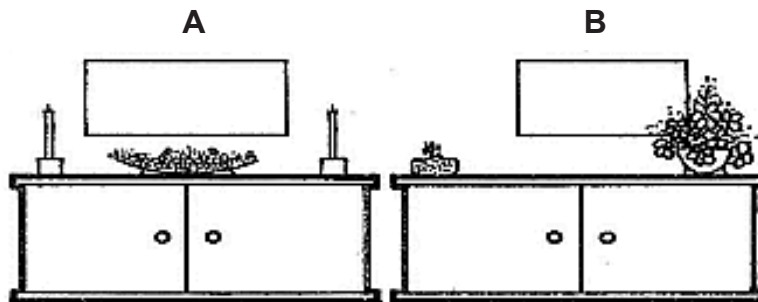
[5]

13 Choose from the list and underline **three** non-productive activities.

- sell patchwork cushions at the school's bazaar
- make your own clothes
- receive an annual bonus
- receive a housing subsidy
- use vegetables from own garden
- utilise the local library

[3]

14 Study the sketch below and identify the **two** types of balance.

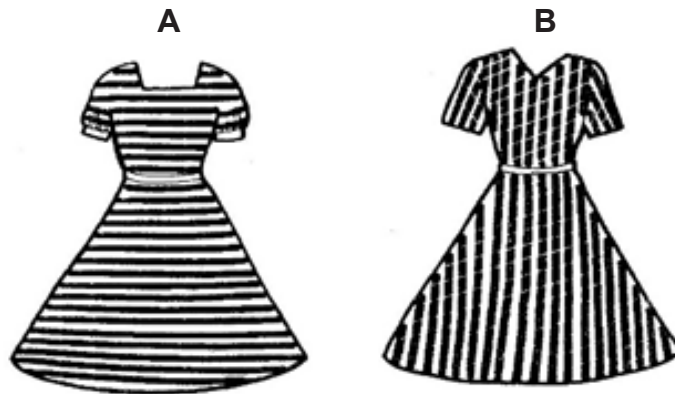


A .....

B .....

[2]

15 Study the pictures and list the illusion/feeling created by each type of line.



A .....

B .....

[2]

[2]

16 List **two** other types of line that can be used in clothing.

1 .....

2 .....

[2]

[50]

## SECTION B

For Examiner's  
Use

## Structured Questions

17 Study the following breakfast menu and answer the questions that follow:

<p>MENU</p> <p>BREAKFAST</p> <p>Orange Juice</p> <p>Maize meal Porridge with Milk and Sugar</p> <p>Fried Liver Cakes Tomato and Onion Sauce</p> <p>Toast Butter and Jam</p> <p>Coffee</p> <p style="text-align: right;">20 October 2017</p>
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- (a) Name **one** food dish on the breakfast menu that is rich in each of the following nutrients.
- (i) Vitamin C .....
- (ii) Protein ..... [2]
- (b) Evaluate this breakfast menu according to the following aesthetic principles:
- (i) Colour ..... [1]
- (ii) Cooking methods ..... [1]
- (c) Give **one** reason why breakfast is considered to be the most important meal of the day.
- ..... [1]

18 Study the recipe below and answer the questions that follow:

**FRIED HAKE FILLETS**

1. Sprinkle both sides of the fillets with salt and pepper and then sprinkle lightly with lemon juice.
2. Cover the fillets with cake flour and dip them into beaten egg.
3. Heat 50 ml oil in a frying pan and fry the fillets for 4 minutes on each side.
4. Drain and serve.

(a) Explain the term *fillets*.

..... [1]

(b) List **two** functions of the lemon juice.

1.....

2..... [2]

(c) List **two** reasons for covering the fillets with cake flour and beaten egg.

1.....

2..... [2]

19 Describe the processes of:

(a) Gelatinisation

.....

..... [1]

(b) Dextrinisation

.....

..... [1]

20 Complete the following table:

Micro-organism	Foods on which they grow and spoil	Good uses
Bacteria		
Moulds		

[4]



21 State **three** guidelines for the hygienic handling of fresh poultry during preparation before cooking.

1.....

2.....

3.....

[3]

22 Dual roles require a lot of demands.

(a) Define *dual role*.

.....

.....

[2]

(b) List **three** ways of coping with the demand of dual role performance.

1.....

2.....

3.....

[3]

23 The layout of shops and advertisements are specially planned to tempt consumers.

Give reasons why each of the following techniques will tempt consumers to buy impulsively.

(a) Shelves are often rearranged.

.....

.....

[2]

(b) Special offers are placed at the end of shelves.

.....

.....

[2]

24 List **three** advantages of budgeting.

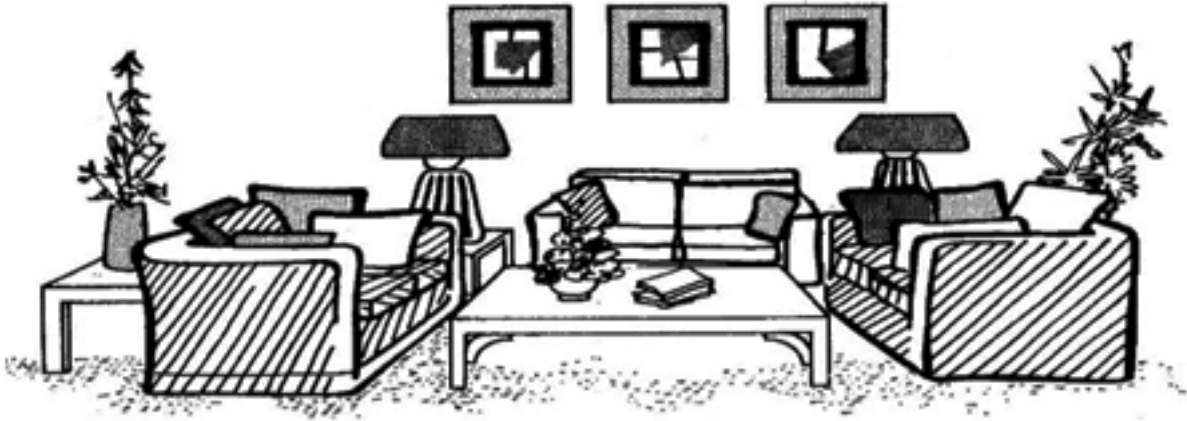
1.....

2.....

3.....

[3]

25 Discuss the use of **two** art principles in this interior design.



1 .....

.....

2 .....

.....

[4]

26 List the steps in planning a wardrobe.

.....

.....

.....

.....

.....

[5]

[40]

