

Section A - Multiple Choice Questions

1. A balance meal has _____
 - a. A food nutrients required
 - b. All nutrients in recommended amount
 - c. Enough carbohydrates and fats
 - d. Enough carbohydrates and proteins

2. Which nutrients build the body tissues
 - a. Fats
 - b. Minerals
 - c. Carbohydrates
 - d. Proteins

3. Nutrition can be defined as study of _____
 - a. Food and how it is used by the body
 - b. Food that can be eaten for growth
 - c. Chemical substances found in food
 - d. Nutrients found in food that is eaten

4. Lack of calcium and vitamin
 - a. Tetanus
 - b. Rickets
 - c. Scurvy
 - d. Anaemia

5. The main reason for cooking food is to _____
 - a. Improve the colour
 - b. Reduce nutrients
 - c. Make it digestible
 - d. Add nutrients

6. Which one is a dry method of cooking food?
 - a. Stewing
 - b. Steaming
 - c. Baking
 - d. Boiling

7. This group of food has a lot of proteins.
 - a. Cabbage, meat, lettuce

- b. Emantulwa, apple, and oranges
 - c. Sweets, porridge and fish
 - d. Fish, beans, and cheese
8. One of the following is a balanced meal
- a. Fried egg, lettuce and bread
 - b. Fried egg, beans and cheese
 - c. Fried egg, cheese and thin porridge
 - d. Fried egg, polonies and thin porridge
9. All are pants to consider when planning meals expt.
- a. Where the meal will be eaten
 - b. The weather
 - c. What to wear
 - d. Money available
10. A snack is _____
- a. A sweet dish in a meal
 - b. The last in a meal
 - c. Food between the main meals
 - d. Food that balances a meal
11. Mass of ingredients is measured in _____
- a. Kilowatts
 - b. Kilo joules
 - c. Kilometres
 - d. Kilograms
12. Vegetables are more nutritious when _____
- a. Dried
 - b. Fresh
 - c. Boiled
 - d. Stewed
13. Which stitch is used to begin and end up other stitches when sewing?
- a. Running stitches
 - b. Blankets stitch
 - c. Back stitch
 - d. Even tacking
14. The fine hair – like strands in fabric construction
- a. Fibres
 - b. Yarns

- c. Fabrics
- d. Purling

15. Ladies clothes have buttons on _____

- a. Left side
- b. Right side
- c. Any side
- d. Both side

16. Patter making guide the sewer to _____

- a. Cut out the garment
- b. Straighten the fabric grain
- c. Get the true bias
- d. Preshrink the fabric

17. Which of the following is not a faster

- a. Button and button hole
- b. Button
- c. Button and loop
- d. Hook and eye

18. A crossway strip is cut on the true cross so that it

- a. Is stretches
- b. Is long
- c. Is light
- d. Is durable

19. Which of the following is used to finish raw edges?

- a. Press studs
- b. Bias binding
- c. Hook and eyes
- d. Button hole

20. Fabric softener is used for _____

- a. Removing stains
- b. Brightening clothes
- c. Colouring clothing
- d. Preventing static electricity

21. In order to use the salary wisely

- a. Borrow money
- b. Buy on credit
- c. Make a budget
- d. Spend money

22. _____ is not type of bank account.
- a. Savings
 - b. Budget
 - c. Fixed deposit
 - d. Current
23. Why coloured garments are dried in the shade?
- a. To retain colour
 - b. To soften them
 - c. To remove colours
 - d. To harden them
24. A solution of _____ is used to remove bad odour when cleaning a refrigerator
- a. Baking powder
 - b. Cream of tartar
 - c. Bicarbonate of soda
 - d. Sour milk
25. The physical changes that take place in boys and girls during puberty are brought about by _____.
- a. Adolescents
 - b. Hormones
 - c. Menstruation
 - d. Wet dreams

Section B Food and Nutrition

Define the following nutritional terms

Nutrition

Diet

Name the main nutrient that should be included in a diet of a person suffering from the following deficiency diseases.

Deficiency diseases	Main nutrient
Goitre	
Scurvy	
Kwashiorkor	

State any two factor that contribute to poor nutrition.

Mention three (3) ways of testing the freshness of an egg.

Give any two use of milk in cooking

What are the rules for frying ?Give any two

a. _____

b. _____

Water should not be used when reheating leftover food .Give two liquids that can be used.

State any two causes of food poisoning

Give three (3) methods of preserving food.

a. _____

b. _____

c. _____

State two reasons for using leftover food.

Mention two (2) places where baking can be done in a home where there no oven.

Section C Clothing and Textiles and Laundry

Give two (2) uses of the sewing equipment

Tweezer

Tailors

chalk

Natural fibres originate from plants and animals. Give one example of each.

Fibre	Example
Plant	
Animal	

A. Define a seam

b. Name one seam suitable for children's clothes

List any two stitches used to neatened on open single seam.

Give two functions of opening in a garment

Where do we cut crossway strip in a fabric

Where in a garment can we use a bias binding as an edge finish? Give two

List any three examples of fasteners in garments

- a. _____
b. _____
c. _____

B. Give two functions of softener in garments

Draw any type of a patch pocket.

Parts of a sewing machine	Functions
Balance wheel	Hold the needle firmly in position
Stitch length regulator	Hold the fabric firmly in position
C .Spool pin	Put the machine into motion
Presser foot	Alters the length of stitches hold the thread reel

Section D Home management and Family Life

A. Define the following

Salary

B. Wage

List two ways of generating income

Give two disadvantages of buying goods on credit

Give two disadvantages of buying on hire purchase

Complete the following sentences about banking by filling in the missing words from the list below.

Deposit slip, withdrawal slip, cheque account, saving account, fixed deposit account, and interest

A current accounts also called _____

When taking money to the bank, you have to fill in a _____ for the transaction.

Money is kept in the bank to get _____

A _____ is used to save money.

Why is it good to keep money at home, state two reasons?

Give two advantages of banking.

What is a budget?

Give two advantages of budgeting

List any three ways of saving/managing time

Why should the following items be included in a first aid kit?

Items	Reasons
Gloves	
Pain killers	
Plasters	