



EXAMINATIONS COUNCIL OF SWAZILAND

JUNIOR CERTIFICATE EXAMINATION

Home Economics Practical
Paper 1

539/01
October 2013

INSTRUCTIONS TO TEACHERS

1. The practical paper will consist of 12 tests, numbered 1 – 12.
2. At least one week or seven days before the commencement of the first session, the sealed packet of question papers will be opened by the **Head of the school in front of all candidates**. The first 12 candidates in their alphabetical order will draw questions, and the next lot will draw again from question 1 and so on e.g. if there are 25 candidates, candidates 1 – 12 will draw from questions 1 – 12 and candidates 13 – 24 draw from 1 – 12 again.
3. Candidates should write down in duplicate on the preparation sheets supplied.

Preparation Sheet 1- Choice of work
Preparation Sheet 2- Plan of work
Preparation Sheet 3- Shopping list

Candidates will be allowed $1\frac{3}{4}$ hours in which to plan their tests.
Recipe books and note books may be used during the examinations.

4. Planning sessions will be conducted in one day in all schools. The original planning sheets 1, 2 and 3 will be assessed by the Examiner (teacher) before commencement of practicals. The duplicates will be used by the candidates on the examination day. **Comments on the practical session should be written on the individual mark sheets immediately after which all originals of planning sheets 1, 2, 3 individual mark sheets and summary sheets should be sent to the Examinations Council of Swaziland.**
5. The duplicate copies of preparation sheets 1 and 3 and the question papers should be collected after the planning session, put in an envelope, sealed and kept by the Headteacher. The remaining copy of sheet 2 of each candidate should be given to the class teacher to prepare her/his shopping list. Candidate's shopping list must not be added to, but if any ingredient not on the list is/are provided, marks are to be subtracted accordingly.

This question paper consists of 5 printed pages and 3 blank pages.

EXAMINATIONS COUNCIL OF SWAZILAND
JUNIOR CERTIFICATE EXAMINATION - OCTOBER 2013

INTEGRATED HOME ECONOMICS - PAPER I

PRACTICAL TESTS

MARKS : 100

Planning Session : 1 $\frac{3}{4}$ Hours
Practical Session : 2 $\frac{1}{2}$ Hours

INSTRUCTIONS TO CANDIDATES

When you know which test is assigned to you, read it carefully.

Choose your dishes and with the help of your note books and cookery books do the following on the forms provided.

1. (a) Make sure you write your examination **number** and **name** on all your answer sheets.
Write the number of the test on each sheet.
- (b) All sheets must be in **duplicate**.
(Use carbon paper)
2. (a) On **Sheet 1** write down the choice of work and recipes of the dishes you have decided to prepare.
- (b) On **Sheet 2** write a plan of work to show the order in which you will carry out the practical.
- (c) On **Sheet 3** make a shopping list showing quantities of ingredients for the whole test.
3. (a) Hand in all papers to the invigilator, that is, the question paper, choice of work, order of work and shopping list.
- (b) You may **not** take away any paper and you may **not** bring fresh notes to practical test.

TEST 1

Prepare the following items to carry for your Home Economics Educational trip:

- A. Fish cakes, sausage rolls and sandwiches.
- B. Prepare a fruit punch.
- C. Clean a sink in the Home Economics department.

TEST 2

- A. Prepare, cook and serve a tasty stew using chicken.
- B. Serve the stew with suitable accompaniments for your parent's supper meal. Include a hot drink.
- C. Wash a coloured cotton pillowcase.

TEST 3

- A. Using a coating batter prepare, cook and serve one **sweet** and one **savoury** dish.
- B. Serve the savoury dish with suitable accompaniments to make a light lunch meal for a friend.
- C. Wash and sterilize a feeding bottle.

TEST 4

- A. Prepare, cook and serve a light lunch dish for your grandparents using a savoury sauce. Serve the dish with a suitable salad and other dishes to complete the meal.
- B. Prepare a sponge cake and serve it with tea on a tray.
- C. Clean a water glass jug.

TEST 5

- A. Prepare a midday meal to share with your brother using tripe and serve it with suitable accompaniments.
- B. Bake biscuits using the melting method.
- C. Clean a pastry board.

TEST 6

- A. Prepare, cook and serve a balanced lunch meal for your father using grilling as a method of cooking.
- B. Serve a nourishing drink.
- C. Wash and finish a cotton tray cloth with a coffee stain.

TEST 7

- A. Prepare, cook and serve a main meal for a teenager who is a lacto- vegetarian.
- B. Serve the meal with a fruit salad.
- C. Wash a stained aluminium pot.

TEST 8

- A. Prepare, cook and serve a balanced meal for a 19 month old baby.
- B. Bake a chocolate cake using the creaming method.
- C. Clean a wooden handled broom.

TEST 9

- A. Prepare a balanced packed meal for a pregnant mother. Include a fruit drink.
- B. Prepare and serve a custard sauce.
- C. Clean a casserole dish.

TEST 10

- A. Prepare, cook and serve yeast rolls. Serve them with grilled chicken and a vegetable soup.
- B. Prepare and serve a green salad.
- C. Clean a pair of synthetic socks.

TEST 11

- A. Prepare, cook and serve a savoury dish using short crust pastry.
- B. Prepare and serve two types of salads.
- C. Clean a painted table in the Home Economics laboratory.

TEST 12

- A. Show your skill by preparing, cooking and serving two dishes where eggs are used as a meat substitute.
 - B. Serve one of the dishes in (a) with a carbohydrate and a green salad to complete meal for an elderly couple.
 - C. Wash and finish a knitted woollen scarf.
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