**EXAMINATIONS COUNCIL OF SWAZILAND**

**JUNIOR CERTIFICATE EXAMINATION**

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CANDIDATE

NAME

CENTRE CANDIDATE

NUMBER NUMBER

**Integrated Home Economics** **539/02**

Paper 2 **October 2014**

  **2 Hours**

### INSTRUCTIONS TO CANDIDATES

1. Do **not** open this question paper until you are told to do so.
2. Write your **Name** and **Examination Number** in all your answer sheets.
3. This question paper contains **FOUR SECTIONS** - A,B,C and D.
4. Answer section A **in the grid** at the back of this paper and sections B, C and D in the paces provided.

**SECTION A** - MULTIPLE CHOICE - **COMPULSORY**

**SECTION B** - NUTRITION - Answer **ONE** question from this section.

**SECTION C** - FOOD PREPARATION - Answer **ONE** question from this section.

**SECTION D** - HEALTH AND HYGIENE - Answer **ONE** question from this section.

**FOR EXAMINERS USE ONLY**

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| --- |
| **SIGNATURES** |
|  | **MARKS** | **SIGNATURE** | **CHECKER** |
| **SECTION A** |  |  |  |
| **SECTION B** |  |  |  |
| **SECTION C** |  |  |  |
| **SECTION D** |  |  |  |
| **TOTAL MARKS** |  |  |  |

This question paper consists of **25** printed pages and **3** blank pages.

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

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**SECTION A - COMPULSORY : MULTIPLE CHOICE**

**QUESTIONS**

Answer **all** questions in this section.

Put an **X** for the correct answer in the **grid** at the back of this paper.

1. Phosphorus and …………..are needed for strong bones and teeth.

1. Sodium
2. Calcium
3. Iron
4. Chlorine

2. Lack of iodine in the diet results in …

1. muscular cramps
2. goitre
3. soft bones
4. anaemia

3. Iron is needed to make red blood cells which carry ………..….around the body.

1. hydrogen
2. carbon dioxide
3. oxygen
4. nitrogen

4. Two mineral salts found in drinking water are …………….and ……………..

1. iodine and fluoride
2. iodine and calcium
3. iodine and sodium
4. iodine and phosphorus

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**Candidate Number: ………………………………………………….………………………………**

1. Overnutrion is…………………………
2. the study of food and how it is used by the body
3. eating more food than the body requires
4. a substance that can be eaten and then used by the body
5. when one or more of the nutrients needed by the body are lacking
6. Whole wheat flour contains….. …that prevents constipation.
7. riboflavin
8. roughage
9. endosperm
10. germ
11. Which of these foods provides a lot of energy?
12. Sorghum
13. Butter
14. Soya beans
15. Meat
16. The absorption of cooked carbohydrates begins in the …
17. duodenum
18. mouth
19. small intestine
20. stomach
21. The regular contraction of the muscular walls during digestion is called …
22. emulsification
23. absorption
24. digestion
25. peristalsis

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

1. Which enzyme converts peptones into amino acids?
2. Erepsin
3. Maltase
4. Lactase
5. Invertase
6. The best method of cooking meals for a sick person is …
7. grilling
8. stir-frying
9. steaming
10. dry frying
11. An example of a balanced breakfast suitable for a teenage girl includes….
12. bread, polony, milk
13. soft porridge, milk, banana
14. milk porridge, boiled egg, orange
15. mabele sour porridge, bread, tea
16. The best method for cooking pancakes is …
17. stir frying
18. shallow frying
19. deep fat frying
20. dry frying
21. One of the following statements applies to the storage of eggs.
22. Keep eggs until the shell feels smooth
23. They should be stored with sharp side up
24. Keep them away from strong odours
25. They should be kept in a cool dry place

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

1. Which dish is best served with a white sauce?
2. steamed fish
3. macaroni cheese
4. beef stew
5. steamed pudding
6. Dental decay is caused by …
7. lack of calcium in the body
8. using teeth as nut crackers
9. eating too many sweets
10. failure to clean your teeth properly
11. Deodorants are used to …
12. stop excessive perspiration
13. prevent body odour
14. stop the flow of perspiration
15. prevents the growth of rash
16. The following diseases maybe transmitted through dirty hands.
17. pheumonia, bilharzia, diarrhoea
18. diarrhoea, cholera, bilharzia
19. intestinal worms, cholera, pneumonia
20. cholera, diarrhoea, intestinal worms

19 One of the following describes a child suffering from marasmus.

1. very alert and eager to eat
2. has general oedema
3. often cries and is miserable
4. has diarrhea and vomits

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

20. One of the following diseases is spread through sexual intercourse.

1. Whooping cough
2. Syphilis
3. Bilharzia
4. Tetanus

21. Flour containing gluten helps the bread to …

1. be rich and glossy
2. stretch and form the structure
3. become more tender when baked
4. be spongy and soft

22. Handling the pastry mixture lightly …

1. prevents air from escaping
2. toughens the dough
3. prevents stickiness of dough
4. avoids knife edges

23. Over mixing biscuits dough results in …

1. more fluffy biscuits
2. very light, soft biscuits
3. heavy, tough biscuits
4. crumbly biscuits

24 Which rule is true when preparing vegetable salads?

1. Handle green vegetables as little as possible
2. Apply dressing immediately
3. Soak green vegetables for a long time in salty water
4. The garnish should indicate the main ingredients in the salad

25. The common preservative used in bottling fruits is …

1. sugar
2. salt
3. vinegar
4. cooking oil

**[Total 25]**

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

**SECTION B - NUTRITION**

This section consists of two questions of 25 marks each.

Answer only **one** question

**QUESTION 1**

A. List the **two** classes of protein

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….

 [2]

B. Define the following terms;

1. Starvation

…………………………………………………………………………………………….

…………………………………………………………………………………………….

1. Malnutrition

…………………………………………………………………………………………….

…………………………………………………………………………………………….

 [2]

C. Match the vitamins in **List A** with the best sources in **List B** using arrows.

 **List A List B**

 Vitamin B -group orange

 Vitamin A sunshine

 Vitamin C cheese

 Vitamin D bread

 Vitamin K spinach

 Tea [5]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

D. State **three** ways of purifying water for drinking.

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

 [3]

E. Outline **three** functions of water in the body.

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

 …….………………………………………………………………………………………

 [3]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

F. Give **three** functions of body-building foods.

 (i) …………………………………………………………………………………………….

 (i) …………………………………………………………………………………………….

 (i) …………………………………………………………………………………………….

[3]

G. Explain two points to consider when planning meals for toddlers (children under five years).

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

 [4]

H. Which food group is required to balance each of following meals?

1. Mashed potatoes and creamed spinach

………………………………………………………………………

1. Fried fish and potato chips

………………………………………………………………………

1. *Emasi* dish

………………………………………………………………………

 [3]

 **[Total 25]**

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

**QUESTION 2**

A. List any **two** basic food groups and give **one** example under each group.

1. Food group: ……………………………………………………………………..

Example: ………………………………………………………………………

1. Food group: ……………………………………………………………………..

Example: ………………………………………………………………………

 [4]

B. State **three** symptoms of the lack of vitamin C.

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….
3. …………………………………………………………………………………………….

 [3]

C. What is the difference between the following individuals?

1. Strict vegetarian

…………………………………………………………………………………………….

 …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. Lacto-vegetarian

….…………………………………………………………………………………………

…………………………………………………………………………………………….

 [4]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

D. State **three** functions of dietary fibre.

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….
3. …………………………………………………………………………………………….

 [3]

E. Discuss the digestion of protein in the stomach.

 …………………………………………………………………………………………………….

 …………………………………………………………………………………………………….

 …………………………………………………………………………………………………….

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

F. Give **three** points to be consider when planning meals for a diabetic person.

1. ……………………………………………………………………………………………
2. ……………………………………………………………………………………………
3. ……………………………………………………………………………………………

[3]

G. Explain **two** functions of fat.

…………………………………………………………………………………………….

…………………………………………………………………………………………….

…………………………………………………………………………………………….

 ……………………………………………………………………………………………..

 [4]

 **[Total 25]**

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

**SECTION C - FOOD PREPARATION**

Choose only **one** question.

**QUESTION 3**

A. List **two** types ofequipment used for measuring food or ingredients at home.

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….

 [2]

B. Give **three** reasons for measuring food when cooking.

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….
3. …………………………………………………………………………………………….

 [3]

C. Interpret the following abbreviations used when measuring food.

1. tbs …………………………………………………………………………………….
2. tsp …………………………………………………………………………………….
3. ml …………………………………………………………………………………….

 [3]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

D. State three methods of preparing baking tins before baking.

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….
3. …………………………………………………………………………………………….

 [3]

E. Give four reasons for cooking food.

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

 [4]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….………………………………**

F. State **two** functions of raising agents in flour mixtures.

1. …………………………………………………………………………………………….

….…………………………………………………………………………………………

 (ii) …………………………………………………………………………………………….

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

G. Match the raising agent in **List A** with the flour mixture in **List B**.

 **List A List B**

 Yeast Scones

 Bicarbonate of soda Swiss roll

 Baking powder Bread rolls

 Air Ginger bread

 [4]

H. Give **one** reason for each of the following faults in cake making.

1. Dry cake

…………………………………………………………………………………………….

…………………………………………………………………………………………….

1. Uneven rising

…………………………………………………………………………………………….

…………………………………………………………………………………………….

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

1. Coarse open texture

…………………………………………………………………………………………….

…………………………………………………………………………………………….

1. Badly shaped

…………………………………………………………………………………………….

…………………………………………………………………………………………….

 [4]

**[Total 25]**

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

**QUESTION 4**

A. Define the following terms:

1. Soup

…………………………………………………………………………………………….

………………………………………………………………………………………….…

[1]

(ii) Stock

…………………………………………………………………………………………….

…………………………………………………………………………………………….

[1]

B. Give a reason for serving soup at the beginning of a meal.

 …………………………………………………………………………………………………….

…………………………………………………………………………………………………….

[1]

C. Explain **two** reasons for preserving food.

1. …………………………………………………………………………………………….

…….……………………………………………………………..………………………..

1. …………………………………………………………………………………………….

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

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

D. Explain how to prepare a pouring batter using the following ingredients:

 100g flour

 1 egg

 250ml milk

 teaspoon salt

 …………………………………………………………………………………………………….

 …………………………………………………………………………………………………….

 …………………………………………………………………………………………………….

 …………………………………………………………………………………………................

 …………………………………………………………………………………………………….

…………………………………………………………………………………………………….

…………………………………………………………………………………………………….

 [5]

E. Discuss **three** points to be considered when laying a table for dinner.

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

[6]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

F. Give **three** reasons for coating food before frying.

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

 [3]

G. Describe **two** ways by which water-soluble vitamins can be lost during the preparation of green vegetables.

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

 [4]

 **[Total 25]**

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

**SECTION D - HEALTH AND HYGIENE**

Choose **one** question from this section.

Answer either question **5** or **6**.

**QUESTION 5**

A. Identify **three** common accidents in the kitchen.

1. ……………………………………………………………………………………………
2. ……………………………………………………………………………………………

 (iii) ……………………………………………………………………………………………

 [3]

B. State **four** general precautions that should be followed to avoid accidents in the home.

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….
3. …………………………………………………………………………………………….
4. …………………………………………………………………………………………….

 [4]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

C. What is the difference between an airborne and waterborne disease? Give **one** example in each case.

……………………………………………………………………………………..……………..

…………………………………………………………………………………….……………...

……………………………………………………………………………………………………

……………………………………………………………………………………………………

 [4]

D. State **three** ways of preventing food poisoning when preparing food.

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….
3. …………………………………………………………………………………………….

[3]

E. What do the abbreviations HIV stand for?

 H…………………………………………………………………………………

 I…………………………………………………………………………………

 V………………………………………………………………………………..

 [3]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

F. State **two** ways of preventing HIV/AIDS.

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

 [4]

G. State **one** function for each of the following parts of the skin.

(i) Pores

………………………………………………………………………………………..…..

(ii) Hair

……………………………………………………………………………………………

1. Oil gland

……………………………………………………………………………………………

1. Dermis

……………………………………………………………………………………………

 [4]

 **[Total 25]**

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

**QUESTION 6**

A. State **three** signs and symptoms of syphilis.

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….
3. …………………………………………………………………………………………….

 [3]

B. Explain the treatment of the following diseases:

1. Scabies

…………………………………………………………………………………………………….

…………………………………………………………………………………………………….

 ii) Diarrhoea

 …………………………………………………………………………………………………….

 …………………………………………………………………………………………………….

 [4]

C. Discuss **three** points on care of the teeth.

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

1. …………………………………………………………………………………………….

…………………………………………………………………………………………….

 [3]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

D. State **two** common causes of cancer in Swaziland.

1. …………………………………………………………………………………………….
2. …………………………………………………………………………………………….

 [2]

E. Describe the side effects of these drugs and give an example in each case.

1. Stimulants

……………………………………………………………………………………….…..

……………………………………………………………………………………………

1. Depressants

…………………………………………………………………………………..……….

…………………………………………………………………………………………...

1. Inhalants

………………………………………………………………………………………….

………………………………………………………………………………………….

 [6]

**Candidate Name: …………………………………………..…………………………………………**

**Candidate Number: ………………………………………………….……………………………….**

F. Which disease is characterized by each of the following symptoms?

1. constant coughing.

…………………………………………………………………………………………….

1. lack of appetite and enlargement of the abdomen.

……………………………………………..………………………………………….…..

.

1. painless sores on the genital area.

…………………………………………………………………………………………….

1. passing urine with blood drops.

……….…………………………………………………………………………………....

 (v) occasional and sharp pain on the shoulder and chest.

 …………………………………………………………………………………………….

[5]

 G. What is the difference between whooping cough and diphtheria?

1. whooping cough

…………………………………………………………………………………………….

 …………………………………………………………………………………………….

(ii) diphtheria

………………………………………………………………………………………….

………………………………………………………………………………………….

 [2]

 **[Total 25]**

**Candidate Name: ………………………………………………………………………………**

**Candidate Number:..……………………………………………………………………………**

**J. C. INTEGRATED HOME ECONOMICS PAPER 2**

**ANSWER GRID**

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|  | **A** | **B** | **C** | **D** |
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