INTERNAL & EXTERNAL CANDIDATES

MARKS: 100

TIME: 2 HOURS 30 MINUTES

INSTRUCTIONS

1. Pull out the Answer Booklet from the question paper.

2. Write your name, examination number, school/centre name and code on the front page of the Answer Booklet.

3. Write all your Answers in the Answer Booklet.

4. Candidates are advised to spend 1 hour 15 minutes on all the questions in section A, B and C and 1 hour 15 minutes in section D.

5. Please note that Section D Needlework consists of Theory questions and a small piece of Practical work to be done by hand.

6. Cell phones are not allowed in the examination room.
Section A [24 marks]

NUTRITION AND COOKERY

1  List down any two nutrients which help to form strong bones and teeth.  [2]

2  What nutrient deficiency would cause the following:
   (a)  scurvy,
   (b)  goitre.  [2]

3  Beverages perform different functions in our bodies. Name the three classes of beverages giving an example of each.  [6]

4  Mention any two signs of kwashiorkor.  [2]

5  Give one suitable method of cooking each of the following:
   (a)  Tough meat;
   (b)  Fish for an invalid;
   (c)  Sausage rolls;
   (d)  Fresh maize.  [4]

6  What equipment would you use to carry out the following:
   (a)  Cutting vegetables and meat on;
   (b)  Grinding food for example, grains.  [2]

7  Approximately how much are these handy measures?
   (a)  One teaspoon liquid;
   (b)  One small teacup of flour.  [2]

8  Give two uses of eggs in cookery.  [2]

9  Write two points to consider when planning meals for an invalid.  [2]
Section B  [18 marks]

LAUNDRY AND HOUSECRAFT

10  Give two (2) reasons for sorting clothes before washing.  [2]

11  What do the following laundry symbols on clothes mean?

   (a) 

   (b) 

   (c) 

   (d) 

   [4]

12  Write down one reason why hard water is not good for laundry work.  [1]
13  The picture below shows a dinner table set for one person. Label A, B and C.

PARTY MEAL OR FORMAL DINNER

14  What agent is used to dissolve grease when cleaning a 'U' bend sink?  [1]

15  (a) What is dry waste?  [1]
(b) Mention two ways of disposing off dry waste.  [2]

16  Match the accidents in column A with the first aid step of treatment in column B.

<table>
<thead>
<tr>
<th>COLUMN A</th>
<th>COLUMN B</th>
</tr>
</thead>
<tbody>
<tr>
<td>A minor burn or scald</td>
<td>Encourage the affected person to cough.</td>
</tr>
<tr>
<td>Chocking</td>
<td>Immerse affected part in cold water immediately.</td>
</tr>
<tr>
<td>Sunburn</td>
<td>Flush with clean, plain water for ten minutes before going to the hospital.</td>
</tr>
<tr>
<td>Foreign body in the eye</td>
<td>Apply calamine lotion to the affected parts.</td>
</tr>
</tbody>
</table>

[3]  [4]  [18]
Section C  [18 marks]

HYGIENE AND PARENTHOOD

17 State two (2) reasons why breast feeding is important. [2]

18 Mention two (2) occasions when bottle feeding should replace breast feeding. [2]

19 What is the name of the first set of teeth? [1]

20 Write true or false against the following statements.
   (a) In order to have healthy teeth, you should always eat sweet foods. [3]
   (b) Brush your teeth up and down using a tooth brush.
   (c) Teeth are strengthened by eating foods rich in calcium.

21 Complete the immunization chart.

<table>
<thead>
<tr>
<th>AGE</th>
<th>IMMUNISATION</th>
<th>PROTECTS AGAINST</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 months</td>
<td>DPT booster</td>
<td>Diptheria, whooping cough and tetanus/ polio</td>
</tr>
<tr>
<td></td>
<td>Polio booster</td>
<td></td>
</tr>
<tr>
<td>(i)</td>
<td>BCG</td>
<td>(ii)</td>
</tr>
<tr>
<td>9 months</td>
<td>(iii)</td>
<td>Measles</td>
</tr>
</tbody>
</table>

22 Give any two (2) signs of pregnancy. [2]

23 Why is the ante-natal clinic important. Give two (2) reasons. [2]

24 Outline the three (3) stages of labour. [3] [18]

[Turn over]
Section D

NEEDLEWORK THEORY: [30 MARKS]

25 Name any four (4) types of needles used in needlework. [4]

26 (a) State any two ways of controlling fullness. [2]
(b) Give a reason why fullness should be controlled. [1]

27 Give one example of each of the following tools:
(a) Marking tool [4]
(b) Sewing tool
(c) Cutting tool
(d) Measuring tool

28 (a) ________________ protects the middle finger when sewing. [2]
(b) ________________ is used for threading ribbon and elastic.

29 Name the type of fastening used on the garment below. [2]

30 What are the three main methods of transferring pattern markings? [3]

31 Match the type of pleat in A with its description in list B.

<table>
<thead>
<tr>
<th>LIST A</th>
<th>LIST B</th>
</tr>
</thead>
<tbody>
<tr>
<td>(i)</td>
<td>(i)</td>
</tr>
<tr>
<td>Knife pleat</td>
<td>Formed by two knife pleats facing opposite direction.</td>
</tr>
<tr>
<td>(ii)</td>
<td>(ii)</td>
</tr>
<tr>
<td>An inverted pleat</td>
<td>A single pleat</td>
</tr>
<tr>
<td>(iii)</td>
<td>(iii)</td>
</tr>
<tr>
<td>Box pleat</td>
<td>Formed by two knife pleats facing each other</td>
</tr>
</tbody>
</table>

[3]
32  (a)  What is a seam?  
    (b)  Give two (2) examples of seams.  

33  The ____________ lies vertical, where as the ____________ lies  
    horizontal in any given fabric.  

34  (a)  What are embroidery stitches used for?  
    (b)  Give one (1) example of an embroidery stitch.  

35  The two basic and common stitches used in knitting are __________ and  
    __________.  

[30]
36 NEEDLEWORK PRACTICAL [10 MARKS]

You are going to make the front part of this baby dress.

(a) You have been given two pieces of material.
   (i) Front bodice (yoke)
   (ii) Front skirt (skirt piece)

(b) Processes involved:
   (i) Making an inverted pleat on the skirt.
   (ii) Joining the yoke to the skirt.
   (iii) Neatening the seam with blanket stitch.
   (iv) Making a decorative stitch on the yoke.
   (v) Even tacking on the hem.
   (vi) Hemming on the skirt hem.

INSTRUCTIONS
1 Make an inverted pleat on the centre of the skirt. Using diagonal stitch only for 2cm going down.
2. Join the yoke to the skirt using back stitch with R.S. facing each other.

3. Neaten the seam with blanket stitch.

4. Make a hem at the bottom of the skirt piece.
   Fold under the turning allowance of 0.5 on the wrong side.
   Make another turning on the wrong side with a width of 1cm and tack in position using even tacking.
   (DO NOT REMOVE TACKING)
   Then work hemming stitch halfway the end.

5. Turn the sample to the right side and work out any decorative stitch of your choice along the seam joining the yoke and the skirt as shown.

6. Remove all pins and needles.
   Stitch your work in your Answer Booklet in the space provided.
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