

Candidate Number	Candidate Name										
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JUNIOR SECONDARY CERTIFICATE

HOME ECONOMICS

1400/1

PAPER 1

1 hour 30 minutes

Marks 100

2014

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	
Section A	
Section B	
Section C	
Total	

<i>Marker</i>	
<i>Checker</i>	

This document consists of **10** printed pages.



Republic of Namibia
MINISTRY OF EDUCATION

SECTION A

Short-answer questions

1 Match the classification of nutrients in the list below with their descriptions. Write the correct letter (**A – F**) in the given space.

classification of nutrients	answer	description
(a) Monosaccharide		A Consist of Vitamins B and C.
(b) Saturated fats		B Are the building blocks of the body.
(c) Protein		C They are solid at room temperature.
(d) Water-soluble vitamins		D Consist of Vitamins A and D.
		E A class of carbohydrates known as simple sugars.
		F They are liquid at room temperature.
		G A class of carbohydrates known as complex sugars.

[4]

2 State the **four** Namibian food groups in the order they should be represented in the diet with their recommended portions.

- 1.....
- 2.....
- 3.....
- 4.....

[8]

3 State health disorders associated with the following dietary components.

- Sugar
- Salt
- Fat

[3]

4 State the Namibian Food and Nutritional guideline that applies to

(a) spreading food intake evenly throughout the day.

.....

(b) reducing salt intake.

.....

(c) using alcohol.

.....

[3]

5 Underline, from the given list, **three** food sources of fibre.

milk, lentils, meat, apples, whole wheat muffin, white bread

[3]

6 Give the menu or recipe term, from the given list, for each of the following descriptions.

meringue, blanching, au gratin, casserole, bake blind

(a) A vegetable dish covered with a white sauce and breadcrumbs and baked in oven.

.....

(b) Egg white and sugar stiffly beaten together and bake at a low temperature until dry.

.....

(c) Food cooked in an oven proof dish in the oven and served from the oven to the table.

.....

[3]

7 Identify the following mixing techniques.

(a) combining sugar and shortening with a wooden spoon.

.....

(b) combining sugar and shortening by heating it.

.....

[2]

8 List **three** preservation principles to prevent growth and contamination of micro-organisms in food.

1.....

2.....

3..... [3]

9 Identify the following processes of the effect of heat on starch.

(a) the swelling of starch granules as they soak up water when heated.

.....

(b) the breaking up of starch molecules by dry heat.

..... [2]

10 Poultry contains a lot of bacteria and should be handled very carefully.

At which temperatures should the following been done?

(a) Cooking chicken

(b) Stuffed chicken

(c) Empty cavity [3]

11 Choose from the list of statements, **two** reasons why lemon juice is used in the preparation of fish. Underline the correct statements.

A It keeps the nutrients in.

B It shortens the cooking time.

C It prevents fish from sticking to the pan.

D It minimize the absorption of fat.

E It whiten the fibres of the fish. [2]

12 Choose a phrase from the given list to fit to each of the descriptions on consumerism.

peer group, influence of personality, status group, market segmentation

(a) Teenagers tend to buy similar clothes.

.....

(b) Extroverts are interested in products which enhance their social life.

..... [2]

13 Order the following steps in budgeting correctly by writing the numbers 1 – 5 next to the appropriate step.

..... Determine the amount to save

..... List the expenses: fixed, flexible and daily needs

..... Balance income and expenditure

..... Determine goals and needs and set priorities

..... Estimate income [5]

14 State two art elements.

1.....

2..... [2]

15 (a) Define the term wardrobe.

.....

..... [2]

(b) Identify, from the following statements, three characteristics of a well-planned wardrobe. Encircle the correct statements.

- A It should contain garments for every expected occasion.
- B Half of the clothes should be in classic style as not to outdate quickly.
- C Most of the clothes should be articles that reflects the fashion.
- D The quality of garments in the wardrobe is more important than the quantity.
- E Clothes that are too large should be kept for when the wearer gains weight again.

[3]

[50]

SECTION B

For Examiner's Use

16 Study the following menu and answer the questions that follow.

MENU

LUNCH

Coated fish fingers

Roasted stuffed chicken
Roasted potatoes
Mashed pumpkin
Carrot and pineapple salad

Canned peaches
Custard

15/10/2013

(a) Evaluate this menu according to any **three** aesthetic principles.

- 1.....
-
- 2.....
-
- 3.....
-

[6]

(b) State any other **two** factors that can influence menu planning.

- 1.....
- 2.....

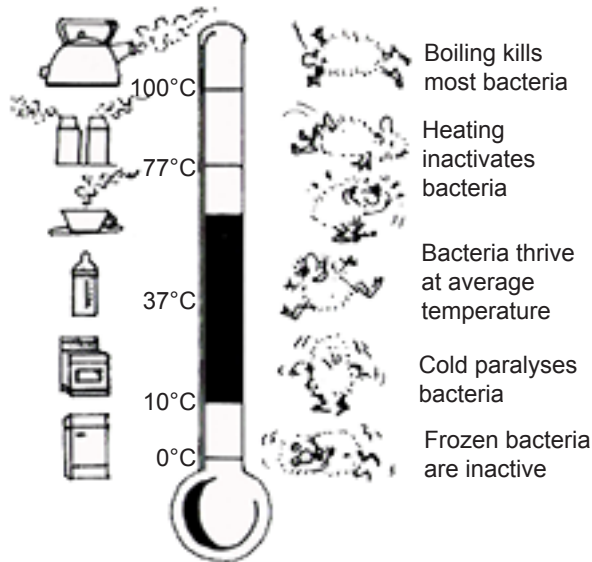
[2]

17 State **three** functions of water in the body.

- 1.....
- 2.....
- 3.....

[3]

18 Study the following thermometer and answer the questions that follow.



The effect of temperature changes on bacteria

(a) Which temperature is most favourable for bacterial growth?

.....

(b) What temperature should cooked food reach to ensure it is safe to eat?

.....

(c) Suggest an ideal temperature for a refrigerator.

.....

(d) What happen to bacteria at 77°C?

.....

[4]

19 List **three** properties of a good white sauce.

- 1.....
- 2.....
- 3.....

[3]

20 (a) List **four** guidelines for the selection of meat.

- 1.....
-
- 2.....
-
- 3.....
-
- 4.....
-

[4]

(b) Identify the most suitable cooking methods for the following cuts of mutton.

(i) loin chop

.....

(ii) flank

.....

[2]

21 (a) Describe how psychological factors influence consumers' choice.

-
-
-
-
-
-
-

[3]

(b) How can a consumer use advertisements to his/her own advantage?

-
-
-
-
-
-
-

[3]

22 Budgeting is very important in our daily lives.

List **four** advantages of budgeting.

- 1.....
.....
- 2.....
.....
- 3.....
.....
- 4.....
.....

[4]

23 Describe ways to apply the following art principles in interior design.

(a) Emphasis

-
-
-

[3]

(b) Balance

-
-
-

[3]

[40]

