



**DEPARTMENT
OF EDUCATION**

**LOWER
SECONDARY
SCHOOL
CERTIFICATE
EXAMINATION
(LSSCE)**

**HOME
ECONOMICS**

Wednesday

14th October 2015

Time allowed:

1 hour 30 minutes

1:00 pm – 2:30 pm

**Candidates are advised to
fully use the time
allocated**

HE

INSTRUCTIONS TO CANDIDATES:

(To be read out by the external invigilator before the start of the examination)

There are **36** questions in this paper. Attempt **ALL** questions even if you are not so sure of some of the answers.

The Examination is divided into three parts:

PART A: Multiple Choice (Questions 1 to 20)

PART B: Short Answer (Questions 21 to 35)

PART C: Extended Response (Question 36)

The Answer Sheet is part of the Examination Booklet. Take out the middle pages and remove the Answer Sheet by tearing along the perforation. You may use the blank sheet for rough work.

Write your province code, school code, candidate number, name and school name in the space given on the **ANSWER SHEET**.

For each question in **PART A**, choose the correct answer by writing the letter A, B, C or D in the space provided on the **ANSWER SHEET**.

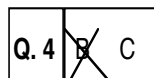
For each question in **PART B** and **PART C**, work out the answer and write the answer in the space provided on the **ANSWER SHEET**.

If you find a question very difficult, do not spend too much time thinking about it. Skip the question and go on with the rest of the paper. If you have time in the end, return to the difficult questions and think about them more carefully.

Write your answers in **BLUE** or **BLACK** ink (pen or biro).

If you decide to change an answer, make your correction as shown below so that it is clear to the markers what your final answer is. Do **NOT** use correction fluid on your answer sheet.

Example



Hand in **BOTH** the Answer Sheet and the papers used for rough work at the end of the examination.

Extra time will NOT be allowed to complete the examination under any circumstances.

Penalty for cheating or assisting to cheat in national examinations is non-certification.

**DO NOT TURN OVER THIS PAGE AND DO NOT
WRITE UNTIL YOU ARE TOLD TO START.**

PART A: MULTIPLE CHOICE QUESTIONS (QUESTIONS 1 to 20)**20 MARKS**

For each question, choose the correct answer and write A or B or C or D in the space provided on the ANSWER SHEET.

QUESTION 1

The permanent hand sewing stitch that is used instead of machine stitch is called a _____ stitch.

- A. back B. running C. tacking D. hemming

QUESTION 2

Herbs are aromatic leaves of various plants that are used in food preparation to add flavour, stimulate the appetite and aid digestion.

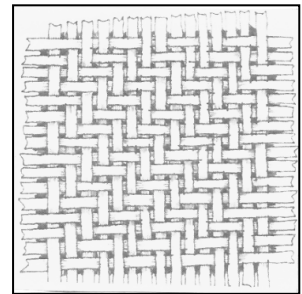
Which of these foods is an example of a herb?

- A. Chili B. Pepper C. Parsley D. Ginger

QUESTION 3

Weaving is the process by which two series of threads or strips are interlaced at right angles to each other.

Name the weave in the opposite diagram.



- A. Pile weave B. Twill weave C. Plain weave D. Basket weave

QUESTION 4

Which of the following is the reason why twill weave is suitable for fabrics to make jeans?

- A. Strong and durable. B. Soft and durable.
C. Strong and comfortable. D. Soft and comfortable.

QUESTION 5

It is always important that the diet of a pregnant woman is nutritionally sound, so that she produces a healthy baby and at the same time maintains her own health.

Which of the minerals below would her unborn baby need for the good growth of bones?

- A. Iodine B. Iron C. Phosphorus D. Calcium

QUESTON 6

Which of these is true about ‘fastenings’?

- A. Equipment used for sewing.
- B. Gatherings made by long machine stitches.
- C. Used to open and close openings on garments, which make the garments easy to put on and take off.
- D. Triangular folds of fabric coming to points, used in garments to shape the fabric over the body’s curves.

QUESTION 7

Which of these is an important factor to consider when presenting food for visual appeal?

- A. Colour
- B. Flavour
- C. Quality
- D. Quantity

For Questions 8, 9 and 10, refer to the different types of carbohydrates and their sources in the table below.

TYPE OF CARBOHYDRATE	SOURCE	SOLUBILITY	TASTE
<u>X</u>	Grains, root vegetables, legumes	Does not readily dissolve in water	Not sweet to taste
Sugars	Added sugars and naturally occurring sugars found in foods: <ul style="list-style-type: none"> • Fructose in honey and fruit • Glucose in honey and fruit • Lactose in <u>Y</u> • Maltose in malt • <u>Z</u> in sugar 	Readily dissolves in water	Sweet to taste

QUESTION 8

Which of the following is a type of carbohydrate represented by X?

- A. Oils
- B. Nuts
- C. Starch
- D. Fibres

QUESTION 9

Y is a food that contains lactose and it correctly represents

- A. milk.
- B. sugar.
- C. fruit.
- D. honey.

QUESTION 10

Which of the following is true about Z?

- A. Sucrose
- B. Lactose
- C. Maltose
- D. Fructose

QUESTION 11

Natural fibres come from natural sources such as grass, animal hair, plant seedpods and minerals in the earth.

Which of the following is an example of a mineral fibre?

- A. Silk
- B. Angora
- C. Cotton
- D. Asbestos

QUESTION 12

Which of the following are decorative stitches?

- A. Stem and satin stitches
- B. Chain and backstitch
- C. Slip and close hemming
- D. Tacking and running stitches

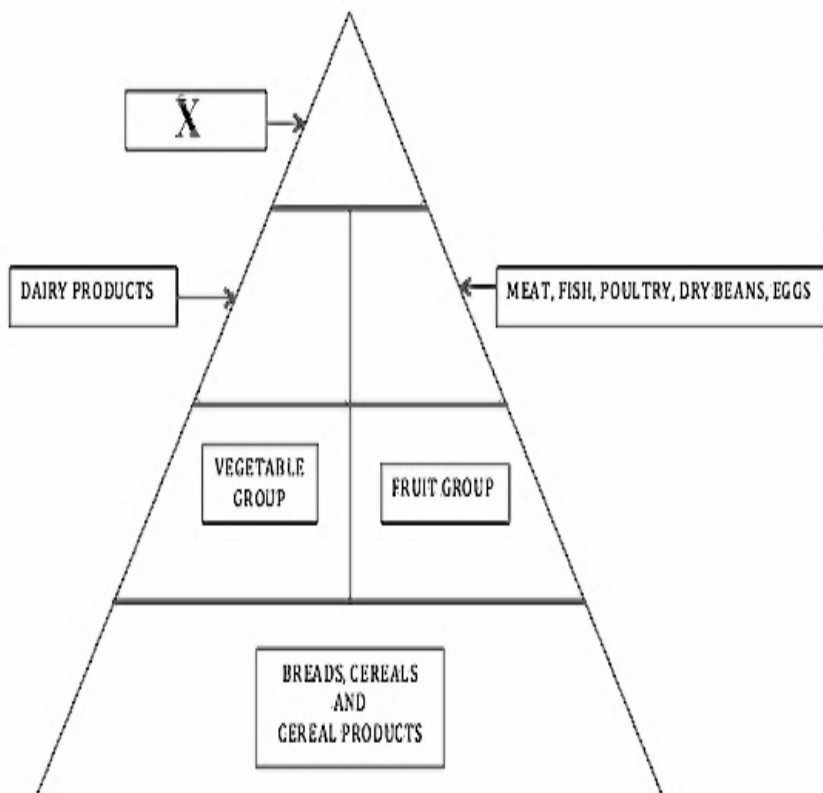
QUESTION 13

The following are good sources of Vitamin D₁ except

- A. eggs.
- B. oily fish.
- C. sunshine.
- D. citrus fruits.

For Questions 14, 15 and 16, refer to the food pyramid below.

A food pyramid tells us how much we should eat. The widest part at the base of the pyramid contains foods that should be eaten in large proportions. The middle parts of the pyramid contain foods that should be eaten moderately and the tip of the pyramid contains foods that should be eaten in less amounts.



QUESTION 14

Identify one food below that should be eaten in large proportion.

- A. Milk
- B. Bean
- C. Apple
- D. Cornflakes

QUESTION 15

Which two products below should be eaten moderately?

- A. Rice and fish.
- B. Bread and butter.
- C. Chicken and cheese.
- D. Weetbix and carrots.

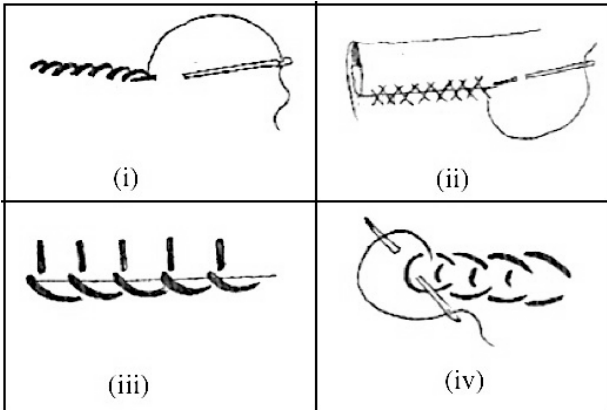
QUESTION 16

The tip of the food pyramid labelled **X** shows the group of foods that must be eaten in small amounts.

What is the name of this food group?

- A. Proteins
- B. Carbohydrates
- C. Fats & Oils
- D. Water & Minerals

For Questions 17 and 18, refer to the four different kinds of stitches below.



QUESTION 17

Stitch number (ii) is called the _____ stitch.

- A. stem
- B. chain
- C. blanket
- D. herringbone

QUESTION 18

Blanket stitch is correctly represented by number

- A. (i).
- B. (ii).
- C. (iii).
- D. (iv).

QUESTION 19

A deficiency in the mineral iodine in diet leads to _____.

- A. goiter
- B. anaemia
- C. diabetes
- D. high blood pressure

QUESTION 20

A fibre was tested and it was identified by its unique property to be suitable for making bath towels, tea towels, face cloths, nappies and mops.

Name the *property* of this fibre that enables those items to take in or soak water.

- A. Absorbent.
- B. Strong and durable.
- C. Strong and luxurious.
- D. Strength, longevity and ability to absorb shock load.

PART B: SHORT ANSWERS (QUESTIONS 21 - 35)**15 MARKS**

For each question, work out the answer and write the answer in the space provided on the Answer Sheet.

QUESTION 21

What is the unit measurement used to measure energy?

QUESTION 22

What type of food packaging is suitable for pickles or jam?

QUESTION 23

What is the name of the main utensil used to cook egg omelet?

QUESTION 24

Name the fibre that is suitable for clothing items for people in tropical countries?

QUESTION 25

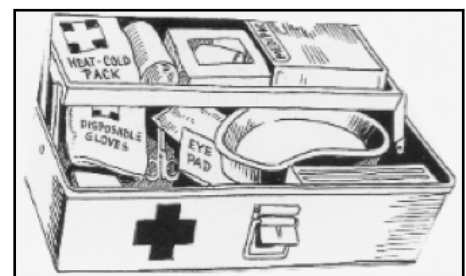
A sample breakfast comprising of one bun, two eggs and a cup of milk was given to an eight year old child.

Which of those foods given provides large quantity of Vitamin D?

QUESTION 26

The opposite diagram shows a box containing basic items such as antiseptic cream or liquids, cotton wool, gauze bandages, band aids and scissors used for treating accidents at home.

What is the name of this box?

**QUESTION 27**

From what organism is *silk* obtained?

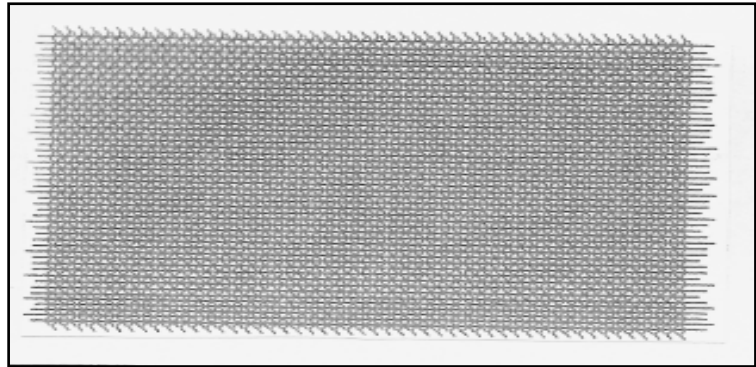
QUESTION 28

Which mineral is needed for healthy gums, teeth and bones?

QUESTION 29

Different fabric types are produced by different methods of joining the yarns together.

What method is shown in the opposite illustration?



QUESTION 30

There are different methods of repairing holes or tears and the method you choose might depend on the size of the damage.

Name the type of fabric repair technique where a piece of material is used to mend a hole or break.

QUESTION 31

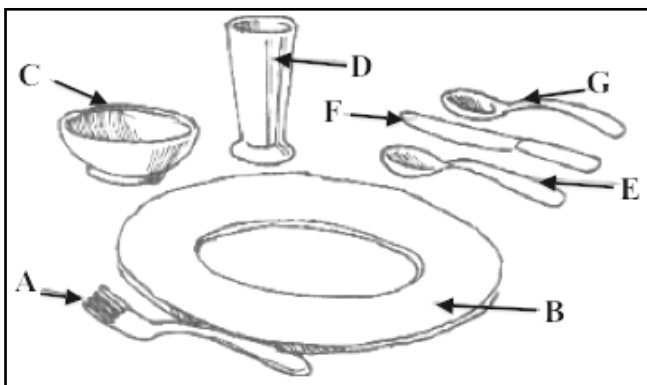
A vegetarian has special nutritional requirements. His food intake will be high in fruits and vegetables. As he cannot take animal protein, his protein intake will come from _____ proteins.

QUESTION 32

Nutrients are essential to life and they are substances found in plant and animal foods.

What is the study of nutrients in food and their relationship with our body called?

For Questions 33 and 34, refer to the pictures of some eating and drinking utensils below.



QUESTION 33

Utensil C is made specifically to contain _____.

QUESTION 34

When doing dishwashing, which utensil should be washed first?

QUESTION 35

Miriam wants to bake a chocolate cake and she needs a tablespoon of chocolate essence. She could not find a tablespoon so she had to resort to a teaspoon.

If a teaspoon is equivalent to 5 milliliters and a tablespoon 15 milliliters, how many teaspoons of chocolate essence would Miriam need?

PART C: EXTENDED RESPONSE**5 MARKS**

For this question, write the answer in the space provided on the Answer Sheet.

QUESTION 36

Here is a recipe on stir-fried vegetables. The steps are not in their correct order. Rearrange them by writing the numbers according to the correct order of preparation.

STIR-FRIED VEGETABLESIngredients:

¼ cup oil	8 shallots
2 finely sliced onions	1 capsicum
1 tablespoon finely chopped ginger	¾ cup water
1 crushed garlic clove	1 stock cube
1 finely sliced cabbage	1 tablespoon soy sauce
3 carrots	

Method:

- (i) Heat oil in a wok or frying pan and add onion, ginger and garlic and cook for a minute.
- (ii) Wash and slice all vegetables finely.
- (iii) Season with soy sauce.
- (iv) Stir in water and crumbed stock cube until the vegetables are just tender (about 3 minutes).
- (v) Add the remaining vegetables and toss lightly.

END OF EXAMINATION

LOWER SECONDARY SCHOOL CERTIFICATE EXAMINATION – 2015

HOME ECONOMICS – ANSWER SHEET



YEAR		PROV.		SCHOOL			CAND No.		
1	5								
NAME									
SCHOOL									

MARKER 1

PART A: (QUESTION 1 TO 20)

Write the letter of your answer next to each question number below.

1	
2	
3	
4	
5	

6	
7	
8	
9	
10	

11	
12	
13	
14	
15	

16	
17	
18	
19	
20	

PART B (QUESTION 21 TO 35)

Write your answer next to each question number below.

21	
22	
23	
24	
25	

26	
27	
28	
29	
30	

31	
32	
33	
34	
35	Teaspoon (s)

PART C (QUESTION 36)

Write your answer next to each question number below.

36	1	
	2	
	3	
	4	
	5	



MARKER 2

DO NOT WRITE ON THIS PAGE

YOU MAY DO YOUR ROUGH WORK ON THIS PAGE

CAREFULLY TEAR ALONG THIS PERFORATION

YOU MAY DO YOUR ROUGH WORK ON THIS PAGE