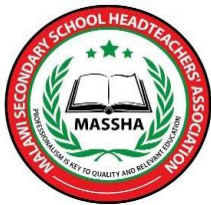


CENTRAL EAST EDUCATION DIVISION
2024 MALAWI SCHOOL CERTIFICATE OF EDUCATION



MOCK EXAMINATIONS
HOME ECONOMICS
PAPER 1
THEORY

Marking key.

SECTION A (70 MARKS)

Figure 1 is a diagram showing electrical kitchen labour saving devices. use it to answer questions below.

1a. Identify equipment labelled A and B.

A *Rice cooker*

B *Bread Toaster*

(2 Marks)

b. Give any two functions of equipment labelled C.

- stiring
- whisking
- beating
- kneading _____ (2 marks)

▪ Any two 1 mark each



c.Explain any two factors to consider when buying an electric cooker.

- **It should have different sizes of plates to accommodate a variety of pans**
- **It must be durable, smooth and easy to clean**
- **Must be insulated to avoid overheating the kitchen**
- **Control knobs should be well fitted and easy to operate**

Any two 2 marks each

(4 marks)

2 a.(i) Mention any two uses of shortening in flour mixtures.

- **To improve the quality of baked products**
- **To create a desired volume in baked products**
- **To retain freshness of baked products**
- **Add flavor and colour to the flour mixtures**

Any two 1 mark each

(2 marks)

(ii).Describe how air is incorporated in flour mixtures biologically.

Yeast is produced in the production of carbon dioxide/ under favourable conditions yeast grow and multiply/ giving off CO₂ which raises the flour mixture/.

(3 marks)

b. How do the following factors affect tenderness or toughness of meat.

(i).Age of the animal

Older animals have tougher meat than younger animals

(2 marks)

(ii).Activity of the animal

Animals subjected to tough tasks have long and thick fibres with large amount of connective tissues

(2 marks)

3. a.(i) State any two importance of good grooming.

- **It is a way of showing others that you respect yourself.**
- **It helps boosting a person's self-esteem and confidence**
- **It a way of keeping one's body health**



(2 marks)

b. Why are regular physical exercises important in adolescents.

- **Exercises boost the immune system**
- **Exercises prevent diseases such as heart diseases**
- **Exercises help one to lose and maintain weight**

(2 marks)

c. Describe the following effects of heat on starch.

(i). Gelatinisation

This is when cereals absorb moist heat, swell and burst forming a gel

(ii). Dextrinisation.

This happens when cereals are exposed to dry heat which the starch turns into dextrin (brown colour)

(3 marks)

4a. How do the following factors affect meal planning.

(i) Age

People from different age groups have different food and nutritional requirements (2 marks)

(ii) Occasion

Different occasions need special types of food to meet the requirements of people attending the occasion

(2 mark)

b. Explain any two reproductive health issues during adolescence.

- **Pregnancy - When adolescents become pregnant, they face a high risk of death due to prolonged and obstructed labour.**
- **Abortion – most adolescents carry unsafe abortions which lead to loss of blood and failure to conceive in future.**



- **Premarital Sex- premarital sex poses a risk to the health of adolescents as they may contract sexually transmitted diseases.**

(4 marks)

5.a.Why should frozen foods be thoroughly thawed before cooking.

This reduces cooking time as it ensures heat penetration in the food.

Food is easily cooked since it uses

(2 marks)

b.How do the following factors cause food related disorders.

(ii)Ignorance

Most Malawians have no knowledge on what food to eat and why, hence eat the same kinds of food.

(2 marks)

(ii).Poor food supply

Both rural /urban masses depend on buying food supplies which are most times poorly supplied

(2marks)

6a.Give any two types of toilets.

- **Pit toilets**
- **Bucket toilets**
- **Ecosan toilets**

(2 marks)

b.Explain any two importance of cleaning the toilet.

To maintain sanitation of an area and keepn away bad smells

Prevent conrtamination of food and water which may done by flies

Make them look clean and tidy

(4 marks)

7a.Why is a steam iron a labour saving device.



The heated water in it carries out as mist through holes hence one does not need to dampen the clothes.

(2 marks)

b.Explain any two problems that affect consumers at a market place.

- **Scarcity of products in the markets as some products that are needed by consumers are not available in the markets**
- **Inflation- this forces them to do with cheaper products that may not be of good quality.**
- **Price variation- every time they visit a market they find that the same products have varying prices in different places which makes it difficult for consumers to know whether they have fairly.**
- **Unfair measurement where products with incorrect weights are sold to the unsuspecting consumers**

(2 marks)

8.Why are the following needs important to the elderly.

(i).Nutrition needs - **to maintain their health as the body weakens with the ageing process**

(2 marks)

(ii).Physical Needs - **this slows the process of body withering and strengthen their muscles**

(2 marks)

9.Why are the following entrepreneurship skills important.

(i)Communication skills –**it ensures that the business is successful in its operations as the entrepreneur is able to persuade others while selling.**

(2 marks)

(ii).Budgeting skills – **helps the entrepreneur to assess the financial situation and make achievable goals of the business.** (2 marks)



10.a.How do the following factors make women at risk of HIV infection.

i.Economic factors- **Pregnant women who are not financially stable do get screened due to the same hence infect their babies during birth.**

ii.Social factors - **a few women have low knowledge on how they can prevent their babies from being infected due to low literacy levels.**

(2 marks)

11 a.Explain any two ways of managing leftover foods.

- **Reduce the quantity of food being cooked by preparing food that will be enough for members of the family**
- **Ensure that you put the left overs on plan so that one can know exactly when they will be used**
- **Left over foods should be stored appropriately to avoid spoilage**
- **Use of recipes that incorporate left over food**

(4 marks)

b.Explain any two guidelines for packing meals.

Pack food that is enough for the number of people who are going to eat the meal

All vegetables and fruits should be washed and rinsed properly using clean water before packing

Heavy food should be packed at the bottom of the container whereas light foods on top.

A drink or a beverage should be included in every packed meal

(4 marks)

SECTION B (30 MARKS)

12(a).Describe the following indicators of nutrition status

(i)Clinical indicators



These are signs and symptoms that are used to determine whether one has deficiency of certain numbers in the body. (2 marks)

(ii)Anthropometric indicators

This is a technique of determining the level of malnutrition in a certain population and whether it is a problem or not (2 marks)

(b)Explain any two importance of reproductive health services for adults and elderly.

it will help the adults and the elderly to know their health status and how to handle them

women know the acceptable and best birth control methods that are safe for them

chronic disease such as cancer are detected at early stages in adults and elderly

(4 marks)

(c)Explain any two roles of Malawi Bureau of standards in food processing.

Standardize the quality of food products I the processing industries

Establish hygiene standards in food processing and packaging.

Ensures the designed level of quality in the food products by visiting food industries

Provide testing services of locally available or imported food products with a view to determine whether they comply with Malawian standards.

(4 marks)

(d)i.Define the term franchise.

It is a form of business organization in which a firm which is already successful enters into a continuing relationship with other businesses.

(1 mark)



ii. Give any two advantages of a franchise.

The business enterprise is already established and has good reputation

It is less costly to buy a franchise than starting one's own business.

The franchise offers professional help that the business may not be able to get on its own (2 marks)

13.a. Explain how the following factors influence consumer behavior at the market place.

(i) Brand - **Brand- certain brands have been on the market for a long time and consumers believe they are the best**

(2 marks)

(ii) Advertisement

It influences buying behavior of consumers as it attracts the attention of consumers (2 marks)

b. Explain any two ways of generating savings.

- **Opening a saving account where a certain amount is kept for future use**
- **Avoid debts as they hinder one to generate savings** (4 marks)

c. State any two disadvantages of life insurance.

- **Low income earners may find it difficult to pay premiums monthly**
- **Insurance cover may not necessarily benefit the insured**
- **The process of acquiring an insurance policy is expensive to low income earners** (2 marks)

d .i. Explain any two importance of equal participation in decision making

leads to healthy family as all needs are met for each individual

it ensures that the resources that are available are distributed appropriately

it helps in building trust among family members

ii. Give any one function of vitamin C in the body.



- **It helps in the formation of collagen**
- **Needed for protein metabolism**
- **Keeps immune system health**
- **Helps in iron absorption**

(1 mark)

14 .a.Explain five ways of how air is incorporated mechanically into flour mixtures.

- **Sifting – this is when flour is passed through a sieve**
- **Kneading – this is process of working with dough into uniform mass by folding, pressing and stretching using hands.**
- **Creaming – fat and sugar until creamy**
- **Beating – eggs into creamed fat and sugar results in more air being incorporated into flour mixtures**
- **Whisking – when flour mixtures are whisked during the process of mixing they trap air and hold it.**

(10 marks)

b. Describe the following feeding options for babies born to HIV infected women.

i. Heat treated expressed breast milk

Breast milk placed in sterilized bottle and placed in boiling water to destroy the HIV

(2 marks)

ii. Wet nursing

HIV negative woman is allowed to breastfeed the baby

(2 marks)

C .Define a Pickle.

Food stored in brine (salt solution)

(1 mark)

