

GAUTENG DEPARTMENT OF EDUCATION
SENIOR CERTIFICATE EXAMINATION

FEB / MAR 2006

HOME ECONOMICS SG

TIME: 3 hours

MARKS: 200

INSTRUCTIONS:

- ALL the questions are COMPULSORY.
 - Start **each question** on a **new page**.
 - Number your answers exactly as the questions are numbered.
 - Answer **Question 1A (1.1 – 1.13)** (multiple-choice questions) of **Section A** on the **answer sheet** on the **inside cover** of your **answer book**.
 - Answer **Question 1B (1.14 – 1.18)** of **Section A** as well as **Sections B, C and D** in your **answer book**.
 - Use the suggested time guide below.
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SUGGESTED TIME GUIDE

QUESTION NUMBER		MARKS	TIME
Section A	Question 1	50	45 minutes
Section B	Question 2	30	27 minutes
	Question 3	30	27 minutes
Section C	Question 4	30	27 minutes
Section D	Question 5	30	27 minutes
	Question 6	30	27 minutes
	TOTAL	200	180 minutes

SECTION A

QUESTION 1A
MULTIPLE-CHOICE QUESTIONS

Indicate the correct answer by drawing a cross (X) over the corresponding letter on the **answer sheet** on the **inside cover** of your **answer book**. Where more than one cross appears in any answer, NO MARKS will be awarded for that question.

EXAMPLE: Microwaves are _____ waves.

- A. light
- B. radio
- C. infra red
- D. electro-magnetic

ANSWER:

A	B	C	<input checked="" type="checkbox"/>
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1.1 An intake of _____ will normally prevent **constipation**.

- A. wholewheat bread and spinach
- B. feta cheese and potatoes
- C. milk and refined grain
- D. fish and chips

1.2 The addition of **excess sugar** when making a milk tart filling will _____ .

- A. increase lumping of the starch granules
- B. result in a thicker filling
- C. hydrolyse the starch into dextrin
- D. retard gelatinisation

1.3 Meat that is **roasted in the oven** should be salted _____.

- A. before it is cut to help browning of the surface
- B. after the surface has been browned or browning will be prevented
- C. before the meat is put in the oven to prevent the loss of meat juices
- D. just before the meat has finished cooking otherwise it will be too dry

1.4 Which of the dishes below are suitable for a person on a **high protein diet**?

- A. Fruit salad and ice cream
- B. Egg and cheese sandwich
- C. Potato and green pepper salad
- D. Cauliflower and white sauce

- 1.5 Properties of fresh **salt water fish** are _____.
- A. pale white gills and a fresh smell
 - B. shiny, protruding eyes and bright pink gills
 - C. a sharp ammonia smell and a shiny moist skin
 - D. soft, limp body with dry, dull skin
- 1.6 Cheese is relatively **indigestible**, therefore it should _____.
- A. be grated and served at the beginning of a meal
 - B. be grated and served at the end of a meal
 - C. never be served with starch in the middle of a meal
 - D. be served in large amounts after a meal that was low in proteins
- 1.7 The baking temperature of **choux paste** should be **lowered** after 35 minutes to ensure that _____.
- A. the cavities of the puffs are dry and the walls are rigid
 - B. the puffs have risen properly, are light brown and have a crisp texture
 - C. the protein structure coagulates and that a light golden colour develops
 - D. sufficient steam forms and a good cavity forms in the middle
- 1.8 **Perfringen poisoning** occurs in _____.
- A. bean soup and lamb stew
 - B. rump steak and milk powder
 - C. egg custard and buttermilk
 - D. curried eggs and tinned sardines
- 1.9 Cardy is on a **slimming diet** and includes only **white fish** in her diet. Select from the list below the combination that fulfils her requirements.
- A. Haddock and herring
 - B. Trout and sardines
 - C. Hake and kingklip
 - D. Cod and salmon
- 1.10 Four rooms are the **same size** and have the same size window. Which room will be the **warmest** during the day? The room that is _____.
- A. north facing with pink walls
 - B. south facing with one inner wall of clinker brick
 - C. south facing with cream walls
 - D. north facing with pure white walls
- 1.11 Which one of the following statements is important for a **corridor-type kitchen**?
- A. The space between cupboards should be at least one metre.
 - B. This layout is often used in a large, spacious kitchen.
 - C. There is an automatic thoroughfare in the kitchen.
 - D. This kitchen is used in a flat where space is limited.

1.12 **Non-contact** people _____.

- A. easily share a work area and feel comfortable with people near to them
- B. shy away from contact with other people and choose to work alone
- C. do not enjoy working alone and easily share a work area
- D. enjoy having people near to them and choose to work in a small work area

1.13 A family interacts with the **political system** when their members _____.

- A. obtain support from the community and stand for election
- B. exchange money for labour and buy goods and services
- C. are registered on the voters' role and obey the laws
- D. take part in community activities and support their functions

13 x 2= (26)

QUESTION 1B

Answer this section in your answer book.

1.14 Match the **rule** in Column B with the **cooking method** in Column A. Write the question numbers (1.14.1 – 1.14.3) **below one another** in your **answer book** and the letter (A – E) of your choice next to the appropriate question number, e.g. 1.14.4 – F.

COLUMN A COOKING METHOD		COLUMN B RULE	
1.14.1	Steamed chocolate pudding	A.	The water must just cover the food.
1.14.2	Stew cooked in the pressure cooker	B.	Cover food with wax paper to prevent it from becoming soggy.
1.14.3	Stewed apricots	C.	Follow instructions carefully and do not fill the container more than three quarters.
		D.	Do not use a metal container.
		E.	The water must be boiling rapidly.

(3)

- 1.15 Match the **description** of change in Column B with the correct **egg foam stage** in Column A. Write the question numbers (1.15.1 – 1.15.4) **below one another** in your **answer book** and the letter (A – D) of your choice next to the appropriate question number, e.g. 1.15.5 – E.

THEN

Choose an **example** in Column C that uses the **stage** in Column A. Write only the Roman number (i – vi) next to the appropriate question number (1.15.1 – 1.15.4) e.g. 1.15.5 – E – vii

COLUMN A EGG FOAM STAGE		COLUMN B DESCRIPTION OF STAGE		COLUMN C EXAMPLE OF USE	
1.15.1	Foaming stage	A.	The mixture is glossy and smooth.	i.	Soft meringue
1.15.2	Dry foam stage	B.	The egg white becomes whiter and less foamy.	ii.	Mayonnaise
1.15.3	Soft peak stage	C.	The foam separates.	iii.	Cheese soufflé
1.15.4	Stiff peak stage	D.	The egg white is runny and flows easily.	iv.	Unusable
				v.	Clear soup
				vi.	Egg custard

(8)

- 1.16.

A young student moved into a large **bed-sitter** on the **south side** of a building.

With reference to the statement above, choose the **reason** from Column B that best suits the **colour and texture** used in Column A. Write the question numbers (1.16.1 – 1.16.4) **below one another** in your **answer book** and then the letter (A – B) of your choice next to the appropriate question number, e.g. 1.16.5 – E.

COLUMN A COLOUR AND TEXTURE		COLUMN B REASON	
1.16.1	Walls: light pink	A.	Light colours make a room more spacious OR
		B.	Light colours make a room smaller
1.16.2	Curtains: Rough texture, same colour as the walls	A.	Do not break the surface and give a spacious effect OR
		B.	Rough texture makes a room appear bigger
1.16.3	Carpet: Wall-to-wall maroon colour	A.	Room appears colder OR
		B.	Room appears warmer
1.16.4	Accessories: Large silver ornaments and green scatter cushions	A.	Warm and sunny OR
		B.	Provides emphasis and change

(4)

- 1.17 Select from the list below, FIVE factors that will make meat MORE tender. Write down the question number (1.17) and the FIVE letters (A – J) of your choice **below one another** in your answer book.

FACTORS INFLUENCING THE TENDERNESS OF MEAT	
A.	A large amount of connective tissue
B.	Addition of the enzyme papain
C.	Ripening or ageing of the meat
D.	Stewing at a moderate temperature
E.	Coarse grain of the meat
F.	Cutting the carcass before rigor mortis is complete
G.	Mincing the meat
H.	Marinating the meat in a tomato-based sauce
I.	A low glycogen content
J.	Amount of marbling present

(5)

- 1.18 Select from the list below FOUR input components that form **part of the management process**. Write down the question number (1.18) and the FOUR letters (A – H) of your choice **below one another** in your **answer book**.

INPUT COMPONENTS OF THE MANAGEMENT PROCESS	
A.	The basic needs necessary to sustain life
B.	The yardstick or model by which comparisons are made
C.	The standard that determines a person's choice between alternatives
D.	A choice between different available alternatives
E.	Resources available to an individual or group
F.	The planning of a schedule that, when implemented, would result in a goal being achieved
G.	The goals an individual sets and strives towards
H.	The range of activities in a plan

(4)

TOTAL FOR SECTION A: [50]

SECTION B

QUESTION 2

Start Question 2 on a new page in your answer book.

- 2.1 Explain how micro-organisms can be used **advantageously** in the preparation, preservation and processing of food. (5)
- 2.2 Name FOUR **general rules** a restaurant can apply to prevent **food poisoning**. (4)
- 2.3 Explain the **changes** that take place when a loaf of bread is baked in an oven, with reference to:
- 2.3.1 Size (2)
- 2.3.2 Brown colour (2)
- 2.4 Name FOUR **goals** to aim for when **cooking vegetables**. (4)
- 2.5 A tart filling that is thickened with **starch** becomes **thinner** when stirred **quickly** for **too long**. Explain this statement. (4)
- 2.6 List FOUR aspects that need to be taken into consideration when **drawing up a menu**. (4)
- 2.7 Sara wants to prepare a dinner for her mother's 60th birthday. She does **not have too much money available**. Apply the **management steps** in meal planning, to ensure that Sara achieves her goals when planning the menu.

MANAGEMENT PRINCIPLES		APPLICATION
Goal setting	(1)	
Planning to obtain goals	(1)	
Implementation of plan	(2)	
Evaluation of result	(1)	

(5)
[30]

QUESTION 3

Start Question 3 on a new page in your answer book.

3.1 Study the recipe below and answer the questions that follow.

CHOUX PASTRY	
INGREDIENTS	METHOD
250 ml water 125 ml shortening	Step 1 Bring the water and shortening to the boil. Remove immediately from heat.
250 ml flour 5 ml salt	Step 2 Add the sifted flour and salt all at once. Heat, stirring vigorously until the mixture comes away from the sides of the pot.
3 – 4 eggs – beaten	Step 3 Remove from heat and leave to cool. Gradually add beaten eggs, stirring vigorously.
	Step 4 Drop spoonfuls of batter or pipe batter onto a greased baking tray.
	Step 5 Bake at 200°C for 10 minutes. Reduce temperature to 180°C and bake for a further 15 – 20 minutes.

- 3.1.1 Name the **gas** used in the recipe as a raising agent. (1)
- 3.1.2 Explain why the water and shortening are **boiled together** (step 1). (2)
- 3.1.3 Explain the importance of the **two different temperature** settings in step 5. (2)
- 3.1.4 Identify the **ingredient** that makes gelatinisation possible. (1)
- 3.1.5 Explain the following changes that take place in the choux pastry during the **gelatinisation process**:
- The granules swell. (2)
 - Viscosity increases. (2)
 - The mixture becomes translucent or shiny. (2)
- 3.1.6 Name TWO ingredients that will reduce the **thickening** of a **gelatinised starch mixture**. (2)
- 3.2 Name and describe TWO **methods** of milk **coagulation**. (4)
- 3.3 List FOUR processes that will make milk keep longer or improve its **eating quality**. (4)

- 3.4 Explain why lettuce goes **limp** when stored uncovered in the fridge. (2)
- 3.5 Copy the table below and answer the questions that follow.

COAGULATION	RAISING AGENT	EMULSIFIER

Select TWO dishes from the list below where **eggs** are used to illustrate each of the **functions** in the table.

Egg custard, fried fish, boiled eggs, mayonnaise, consommé, butter cake, scones, lemon soufflé, meringues, meatloaf, croquettes, whole-wheat rolls
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(6)
[30]

TOTAL FOR SECTION B: [60]

SECTION C

QUESTION 4

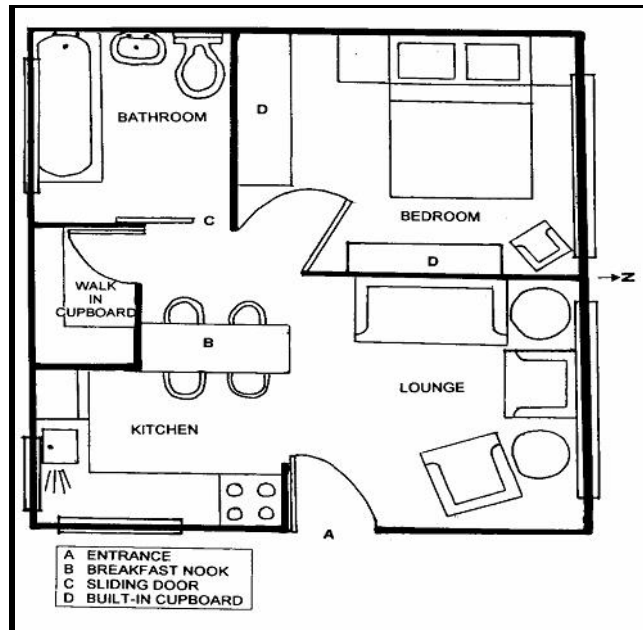
Start Question 4 on a new page in your answer book.

- 4.1 The following ingredients were used to prepare a casserole:

Stewing steak, stock cubes, textured plant protein, potatoes, onions, peas and carrots
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- 4.1.1 Define **textured plant protein**. (2)
- 4.1.2 Identify FOUR ingredients from the list that will **expand** the dish. (4)
- 4.1.3 Explain why meat analogues are in **demand** these days. (3)
- 4.2 Explain why **moderate heat** should be used to cook **meat dishes**. (2)
- 4.3 Name FOUR guidelines to remember when **buying fresh** fruit. (4)

- 4.4 Thabang and Beverly are young newly-weds. They want to change a garage into a small flat. Thabang is still studying and Beverly's favourite hobby is preparing unusual meals. The plan below was drawn up by an architect.



- 4.4.1 A decision was made to install **fluorescent lights** in some of the rooms. Explain the **advantages** of using fluorescent lights. (3)
- 4.4.2 Name THREE ways in which **good ventilation** can be introduced into the **kitchen**. (3)
- 4.4.3 Explain, using relevant examples, why the **traffic lanes** in this plan could be considered good. (4)
- 4.5 Explain the **value** for Thabang and Beverly in **sharing** the **responsibility** of managing the house. (5)

[30]

TOTAL FOR SECTION C: [30]

SECTION D

QUESTION 5

Start Question 5 on a new page in your answer book.

- 5.1. Copy the table below in your **answer book** and give an example for each of Maslow's Hierarchy of **human needs**.

MASLOW'S HIERARCHY OF HUMAN NEEDS		EXAMPLE
5.1.1	Physical	
5.1.2	Safety	
5.1.3	Social	
5.1.4	Esteem/ego	
5.1.5	Self actualisation	

(5)

- 5.2. Explain how a family can **evaluate** whether their budget will be successful.

(4)

5.3.

Sara and Jim and their two school-going children live in a flat. Both parents work and the family cannot afford the services of a domestic helper. It is essential that all family members contribute to the household tasks.

- 5.3.1 Name FIVE **guidelines** that should be taken into consideration when **household tasks** are **divided** between family members.

(5)

- 5.3.2 Sara's **positive attitude** helps her to be more effective in the performance of household tasks. Suggest FIVE other **human resources** that will assist her.

(5)

- 5.3.3 Identify and briefly discuss FOUR emotional demands that could have a **negative influence** on the performance of routine household tasks.

(4)

- 5.4 Explain why a busy bank teller experiences muscle fatigue in her feet after standing all day at work.

(4)

- 5.5 Define **proportion** in design principles.

(3)

[30]

QUESTION 6

Start Question 6 on a new page in your answer book.

- 6.1 Linda and Petrus want to establish ways in which they can achieve unity in their **family**. Explain how unity can be achieved through.

6.1.1 Family traditions

(3)

6.1.2 Family symbols

(3)

- 6.2 An inability to **communicate** is a basic cause of conflict. Name and discuss the parts of the communication process/cycle. (8)
- 6.3 Electrical points (sockets) are potentially dangerous. Name FIVE **precautionary measures** that can be taken to prevent **electrical accidents**. (4)
- 6.4 Neo, a grade 12 learner wants to study further after matric, but does not have money. She can study part time and work full time to earn enough money OR she can take out a study loan at the bank and study full time.

Using the steps below (A-E) of the decision making process, help Neo to solve her problem.

STEPS IN DECISION-MAKING PROCESS		
A.	Identify the problem.	(1)
B.	Identify the alternatives.	(1)
C.	Consider the consequences of the alternatives.	(4)
D.	Make a decision.	(1)
E.	Evaluate the decision.	(1)

- 6.5 Name FOUR **socialising agents** in a Grade 12-learner's life. (4)
[30]

TOTAL FOR SECTION D: [60]

TOTAL: 200