



EXAMINATIONS COUNCIL OF ESWATINI  
Eswatini Primary Certificate Examination

**CONFIDENTIAL**  
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**CONSUMER SCIENCE**

**MARK SCHEME**

**{627/01}**

**MARKS: 100**

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This document consists of **9** printed pages.

**SECTION A**

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## SECTION B

## 1. Definition of Nutritional terms

- (i) **Underweight** – weighing less than normal or healthy [1]
- (ii) **Diet** – kind of food that a person usually eats. [1]

## 2. Nutrient needed when:

- (i) **a wound fails to heal for a long time.**

Vitamin C [1]

- (ii) **gums keep swelling and bleeding.**

Vitamin C [1]

## 3. What happens when the body lacks the following nutrients:

- (i) Vitamin D – Rickets [1]
- (ii) Carbohydrates – low blood sugar / lack of energy [1]

## 4. Signs of

- (i) **Kwashiorkor:** swollen/big belly, flaky skin, thin hair, retarded growth.

(Any two) [2]

- (ii) **Goitre:** swelling at the base of the neck, tight feeling in the throat, hoarseness, difficulty swallowing, difficulty breathing

(Any two) [2]

## 5. Equipment used at home to measure:

- (i) **Flour:** A cup/tablespoon (Any one) [1]
- (ii) **Milk:** Jars /fizzy drink cans/cup (Any one) [1]

## 6. Difference between Household measures and Metric measures household:

- They are not made specifically for measuring.
- They are not graduated into equal parts/not calibrated.

(Any one) [1]

**Examples - Household**

tumblers/ coffee mugs / tea cups/ serving spoons/ desert spoons/ teaspoons / jars

**(Any one example) [1]**

**Metric Measures**

- They are specifically made for measuring.
- They are graduated into equal parts called scale markings or calibration.

**(Any one example) [1]**

**Examples**

- Food scales/measuring jugs/measuring cups/measuring spoons.

**(Any one) [1]**

**7. Reasons for measuring ingredients accurately.**

**(i)** To avoid cooking too much (wastage) or too little food.

**(ii)** To make sure that your dishes turn out successfully. **[2]**

**8. Importance of Fibre**

**(i)** Fibre helps to keep the digestive system healthy

**(ii)** It prevents constipation **[2]**

**9. Parts of a maize grain**

Part		Nutrient found
<b>A</b>	Seed coat/ Bran	Vitamin B, Mineral salts ,Fibre <b>(Any one)</b>
<b>B</b>	Endosperm	Carbohydrates
<b>C</b>	Germ	Protein, Vitamin B, Vitamin E , Fats <b>(Any one)</b>

**(Any one nutrient for each cereal part) [3]**

**10. Why steaming is the best method of cooking green leafy**

- because nutrients are not lost in the cooking process.
- makes the vegetables soft and easy to digest
- vegetables retain their shape and colour **( any two ) [2]**

**[Total Marks: 25]**

## **SECTION C – CLOTHING AND TEXTILES & LAUNDRY**

### **1. Definition of terms**

- (i) **Stitch** - A loop of thread or yarn made by pulling a threaded needle through fabric
- (ii) **Weaving** - The process of making fabric by crossing the weft threads over and under the warp threads. [2]

### **2. Type of garment or article made by:**

(i) **Cotton**

- |                  |            |   |
|------------------|------------|---|
| - Summer dresses | - Shirts   |   |
| - Sheets         | - Curtains |   |
| - Towels         |            | <b>(any one)</b> <span style="float: right;">[1]</span> |

**Linen**

- |                |   |
|----------------|---|
| - Table Cloths |   |
| - Napkins      |   |
| - Curtains     |   |
| - Bedding      |   |
|                | <b>(Any one)</b> <span style="float: right;">[1]</span> |

### **3. Properties of wool**

- |  |  |
|--|--|
| - soft, smooth and absorbent               | - Easily damaged by chemicals                        |
| - does not wrinkle easily                  | - Poor conductor of heat                             |
| - absorbs moisture and allows it to escape | - can be damaged by moth grubs                       |
| - does not burn but melts                  | - elastic and regain original shape after stretching |
| - acts as an insulator                     |  |

**(Any two)** [2]

### **4. Where facings can be attached on a child's dress**

- |            |            |
|------------|------------|
| - Neckline |            |
| - Armhole  |            |
|            | <b>[2]</b> |

**5. Functions/uses of a seam ripper**

- is used for unpicking stitches
- for opening button holes

**[2]****6. Sewing tool to measure the length and breadth of a fabric**

- Tape Measure

**[1]****7. Importance of keeping sewing tools in a box.**

- (i) To make sure that the items do not get lost
- (ii) To make sure that the items do not get damaged
- (iii) For easy reach when sewing **(Any two)**

**[2]****8. Reasons why finishes are sewn/ applied on garments**

- So that garments look neat.
- So that garments last longer

**[2]****9. Difference between a permanent and an embroidery stitch****Permanent stitches**

- Sewn in one colour
- Some stitches are not decorative

**[2]****Decorative stitches**

- Sewn in different colours
- All stitches are decorative

**[2]****10. Reasons for washing clothes**

- Preserve clothes / last longer/ durable
- Germs are killed
- Dirt and soluble stains are removed
- Give clothes a pleasant smell
- Keep clothes in good condition

**(Any four)****[4]****[Total Marks: 25]**

**SECTION D : HOME MANAGEMENT AND FAMILY LIFE EDUCATION****1. Name two (2) basic needs of a person**

- Shelter
- Food
- Clothing

**(Any two)****[2]****2. Why some people think an extended family is best**

- Household chores are shared.
- Grandparents look after their grandchildren when their parents are at work.
- Family members get to know other family members (socialization aspect)
- Grandparents speak on behalf of the family.
- Traditions and customs are easily passed on to young family members
- Children are trained in social behaviour and discipline is instilled.

**(Any two)****[2]****3. Functions of a family**

- Family keeps us safe
- They listen to us and make us feel important
- Build our self-esteem and give us confidence.
- Teach us values that guide us through life.
- Teach us about our culture and its customs traditions and beliefs.
- Teach us about our religion.
- It gives a sense of belonging

**(Any three)****[3]****4. Naming equipment under each heading / class****(i) Large and stores food**

- Refrigerator
- Cupboards

**(Any one)****[1]**

**(ii) Labour saving and does not use electricity**

- Tin opener
- Potato peeler
- Hand whisker
- Mincer
- Hand blender

**(Any two) [2]****5. Importance of a kitchen**

A kitchen is a room where food is prepared and cooked and also contains items used for preparing and cooking food

**[2]****6. Method of cleaning a wooden-chopping board.**

- (i)** Scrape off the food remains.
- (ii)** Wash in warm soapy water scrubbing along the grain.
- (iii)** Rinse well.
- (iv)** Dry thoroughly with a damp cloth.

**[4]****7. Adolescent stage defined**

A stage when boys and girls develop into mature young men and women.

**[1]****8. Reasons for proper managing of time**

- To be able to finish all the tasks put in front of you.
- To avoid working behind time.
- Shows good qualities / acceptable behaviour

**[3]****9. Advise during adolescence for someone with a problem of peer pressure**

- Seek help if they feel overwhelmed by the changes they are going through during puberty,
- learn to accept themselves
- keep or stick to their values
- learn to say no

**(Any two) [2]**



**10. Procedure for removing a chewing gum stain using the freezing method**

- (i)** Place the item in a freezer bag and seal it.
- (ii)** Freeze for 2 hours or put ice on top of the chewing gum.
- (iii)** Scrap off the gum using a blunt knife to scrape off the gum.
- (iv)** Launder the item accordingly.

**[4]****[Total Marks: 25]**