



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini Primary Certificate Examination

CONSUMER SCIENCER

627/01

PAPER 1

For Examination from **2025 - 2027**

Total Marks: 100

Confidential

MARK SCHEME

This document consists of **8** printed pages.

SECTION A: MULTIPLE CHOICE

1. Why is cooking food important? It renders it to be easily ...
A digested
2. Which of these measures is equivalent to a cup?
D 250 ml
3. The three basic food groups contain
D Protective, body building and energy food
4. Which is the best method of cooking sausages?
B dry frying
5. Why is surplus food preserved?
B To have the food when it is out of season
6. Someone who is unable to see well at night is lacking which vitamin?
A vitamin A
7. Choose a balance meal for a teenager
B fried liver, lettuce salad, porridge
8. Which method of cooking is suitable for cooking fish for an invalid?
C steaming
9. Choose one food that is an animal source
A. B honey
10. What is the correct taste for inkakha?
A Bitter
11. What is the final step when laundering garments
D storing
12. Which part of the sewing machine pulls the thread from the reel to the needle?
D take up lever
13. Why are clothes wringed after rinsing? In order to remove
- D water**
14. One of the following is not an embroidery stitch
A. D Top sewing stitch
15. Which method of controlling fullness is used when sewing grade 6 apron?
C Pleats
16. One of the following is not a rule for caring a sewing machine
D Sew too fast over a thick fabric
17. Which permanent stitch is used for folded edge of an apron?
C Hemming stitch
18. The pattern markings with abbreviation (-----) means
C Stitching line
19. How can an open seam be neatened?
D Overcasting

20. Which opening was used on grade 7 child's dress?
A Bound opening
21. Why is cast iron pot oiled before storage
C To prevent rusting
22. Which pair of equipment are labour saving devices?
B Mixer and blender
23. which of the following are basic needs
A food, shelter, clothing
24. choose the best method of buying bread from a supermarket
A cash
25. what is the name of payment received weekly
D wages

SECTION B: FOOD AND NUTRITION

1. Define the following nutritional terms

- (i) **Diet**- The kind of food that a person usually eats.
 (ii) **Nutrient**- Substances in food which the body needs for growth and to remain health. [2]

2. Sort the following food into animal or plant origin

Bread, honey, peanut butter, eggs

Animal	Plant
Honey	Bread
Eggs	Peanut Butter

[4]

3. State the importance of the following nutrients in the body

- (i) Calcium- Forms strong bones and teeth
 (ii) Vitamin C - Helps healing of wound
 - increase resistance to infections. [2]

3. Give any three symptoms of kwashiorkor deficiency in the body

- (i) Swollen belly
 (ii) Flaky skin
 (iii) Thin hair
 (iv) Retarded growth **Any three** [3]

5. Name the nutrient needed when

- (i) A wound fail to heal for a long time- Vitamin C
 (ii) Gums keeps swelling bleeding- Vitamin C
 (iii) A person with swelling at the base of the neck- Iodine
 (iv) A person with soft bones deformities- Vitamin D / Calcium [4]

6. List any three re-usable items used to cover food.

- Food tent/net
 - Food dome
 - Silicone food covers
 - Plate as a lid for a bowl
 - Food cloth
 - Air tight containers with lids
- Any three** [3]

7. Explain any two rules for steaming food

- Do not over fill the sauce pan with water
- When water dries up add hot water
- Water should boil continuously
- Food should not come into contact with water
- Pieces of food cooked should be of similar size
- Arrange pieces of food in the steamer so that there are spaces provided
- Steamers lid should fit tight

Any two**[2]****8. Define the following terms**

- (i) **hygiene-** Any practice that promote health and prevent germs from spreading
- (ii) **contamination-** A state of being made impure or dirty by polluting or poisoning

[2]**9. Describe how to taste food hygienically**

Using the two spoon method, use a sampling spoon to take small amount of food from the pot and place it into the tasting spoon. Use the tasting spoon to taste the food.

[3]**10. Name the equipment used to measure each of the following ingredients**

- (i) Flour- Cup, spoons, scales
- (ii) Milk – jugs, cups, bottles
- (iii) Fresh fish- scale

[3]

SECTION C: CLOTHING AND TEXTILE AND LAUNDRY

1. List two natural fibres

- wool
- silk
- linen
- cotton

Any two

[2]

2. Give two permanent stitches.

- back stitch
- running stitch
- hemming stitch
- top sewing

Any two

[2]

3. Complete the following table on natural fibres and their origin

Natural Fibre	Origin
Cotton	(i) Cotton Plant
(ii) Wool	Merino Sheep
Linen	(iii) Flax Plant
(iv) Silk	Silk Worm

[4]

4. State one use of the following sewing equipment.

- (i) **Seam ripper**
- For unpicking stitches
 - For opening button hole
- (ii) **Tape measure**
- For taking body measurement
 - For measuring fabric
- (iii) **Pins**
- For holding layers of fabric together
 - For securing pattern pieces
- (iv) **Thimble**
- For protecting finger when sewing

[4]

5. State three reasons for using a French seam on children's garments

- It does not have raw edges
- It is much stronger because of the two rows of stitching
- It is durables and can withstand regular washing.
- it is the best seam for delicate fabrics

Any three

[3]

6. **Re-arrange the following laundry steps:**

Airing, ironing, drying, wringing

- (i) Wringing
- (ii) Drying
- (iii) Ironing
- (iv) Airing

[4]

7. **Classify the following items into laundry agents and laundry equipment**

Clothes horse, bleach, soap, pegs

Laundry Equipment	Laundry Agents
Clothes horse	Soap
Pegs	Bleach

[4]

8. **Explain one use of the following;**

- (i) **Bleach** - It removes stubborn stains
- (ii) **Fabric softener**- It softens and relaxes the fibres in fabrics and give a fresh smell to the cloth
- (iii) **Detergent**- They remove dirty

[3]

9. **Mention four reasons for washing clothes**

- (i) To remove dirt
- (ii) To preserve the clothes
- (iii) To remove germs
- (iv) To give a pleasant smell

[4]

SECTION D: HOME MANAGEMENT

1. Define the following terms;

- (i) Wage- It is an income paid daily, weekly or fourth night
 (ii) Expenditure- Money spent

[2]

2. Give uses of the following cleaning equipment

- (i) Indoor long-handled broom- For sweeping indoors
 (ii) Toilet brush - For cleaning the inside of a toilet bowl
 (iii) Vacuum cleaner- For dusting , sweeping and cleaning the carpet, sofas and mattress.

[3]

3. Classify the following into either natural cleaning agent or commercial cleaning agents

Furniture polish, salt, wood ash, window cleaner, carpet cleaner

Natural cleaning agents	Commercial cleaning agents
Salt	Furniture polish
Wood ash	Window cleaner
	Carpet cleaner

[5]

5. State the difference between needs and want

Needs- Are things essentials and required to survive

Wants- are thing that are good or desired to have but they are not essential to life

[2]

6. Write the method of cleaning the chopping board made of wood

Scrub in the direction of wood grain

Rinse well and dry thoroughly with a damp cloth

Avoid drying indirect sunlight

[3]

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