



EXAMINATIONS COUNCIL OF ESWATINI
Certificate of Prevocational Qualification

FOOD & TEXTILES TECHNOLOGY

5926/02

Paper 2 Structured Questions

Specimen - 2025_2026

2 hours

Total: 100 Marks

Confidential

MARK SCHEME

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

SECTION A

Question		Answer	Mark	Guidance
1.	(a)	Vitamin which helps in the absorption of Iron. - Vitamin C	1	1 x 1 mark 1 mark for a correct answer
	(b)	Ways of maintaining freshness in bread when storing. - Bread should be stored in a covered container. - Bread should be stored in a bread bin. - Bread should be stored in a plastic bag. - Bread should be wrapped in a moisture-proof bag and stored in the freezer.	3	3 x 1 mark 1 mark for each correct point. Any three correct points
	(c)	Type of protein in beans. - Low Biological Value (LBV) Protein	1	1 x 1 mark 1 mark for a correct answer
	(d)	Functions of Thiamin in the body. - It helps to release energy from carbohydrates. - It helps the body to grow. - It helps the nerves to work properly.	2	2 x 1 mark 1 mark for each correct point.
	(e)	Steaming as a method of cooking. - Steaming is a gentle method of cooking where food is cooked in the steam coming from boiling water/ the food does not have direct contact with water. - To steam place food in a bowl or steamer and place over boiling water/steam may have direct or indirect contact with food	2	2 x 1 mark 1 mark for definition 1 mark for description
	(f)	Reasons why steaming is a suitable method of cooking food for convalescents. - Steamed food is easy to eat and digest, making it suitable for people with a health condition that affects their digestive system. - Food is unlikely to be overcooked, it will have a light texture and it will not develop a hard crust. - Fewer vitamins and other nutrients are lost as the food is not put directly into the water.	4	2 x 2 marks 1 mark for a point, 1 mark for an explanation.
	(g)	Principles of preservation - Heating – Food is heated to a particularly high temperature for a short length of time. to kill pathogenic microorganisms as well as some of those that cause natural food spoilage. - Reduction in temperature – Food is cooked then quickly cooled and stored at low temperatures.	4	2 x 2 marks 1 mark for high temperature 1 mark for a reason 1 mark for low temperature 1 mark for reason.

		<ul style="list-style-type: none"> - The cold temperatures reduce the growth of microorganisms. 		
	(h)	<p>Mandatory information is found on a food package.</p> <ul style="list-style-type: none"> - Nutritional facts - List of ingredients - Date of expiry - Net weight - Manufacturers address - Statement of identity 	3	<p>3 x 1 mark</p> <p>1 mark for each correct point.</p>
2	(a)	<p>Function of dressmaker's carbon paper</p> <ul style="list-style-type: none"> - To transfer pattern markings onto fabric. 	1	<p>1 x 1 mark</p> <p>1 mark for a correct answer.</p>
	(b)	<p>Rules for cutting out pattern pieces from fabric.</p> <ul style="list-style-type: none"> - Cut using sharp dressmaker's shears. - Cut using long even strokes. - Cut notches out 	2	<p>2 x 1 mark</p> <p>1 mark for each correct point</p>
	(c)	<p>Two sewing techniques applied on a collar to make it lie flat and smooth.</p> <ul style="list-style-type: none"> - Grading/Layering - Notching - Trimming 	2	<p>2 x 1 mark</p> <p>1 mark for a correct answer.</p>
	(d)	<p>Points to consider on the care of the scissors.</p> <ul style="list-style-type: none"> - Sharpen scissors regularly. - Use scissors only for the purpose for which they are intended. - Keep scissors in their cartoons shields when not in use, to protect them from rusting, dirt, and dust. - Apply a drop of lubricating oil to the hinge to ensure that the scissors will always cut smoothly and easily. 	3	<p>3 x 1 mark</p> <p>1 mark for each correct point.</p>
	(e)	<p>Reasons why the fabric does not move when sewing.</p> <ul style="list-style-type: none"> - The feed dog is down. - The presser foot is up. - The pressure on the presser foot is low. 	3	<p>3 x 1 mark</p> <p>1 mark for each correct point.</p>
	(f)	<p>Ways of neatening an open seam.</p> <ul style="list-style-type: none"> - By over-locking - By using zigzag stitch - By edge stitching - Serge - Binding - Pinking - Overcasting - Blanket stitch 	3	<p>3 x 1 mark</p> <p>1 mark for each correct point.</p>
	(g)	<p>How to take the following body measurements. Shoulders.</p>	4	<p>2 x 2 marks</p>

		<ul style="list-style-type: none"> - Measure across the back from shoulder bone to shoulder bone. <p>Crotch depth</p> <ul style="list-style-type: none"> - While sitting on a flat surface, measure from the waist to the flat surface. 		<p>1 mark for measuring across the back and 1 mark for measuring from shoulder to shoulder.</p> <p>1 mark for measuring while sitting on a flat surface and 1 mark for measuring from the waist to a flat surface.</p>
	(h)	<p>How to sew a back stitch.</p> <ul style="list-style-type: none"> - Put a knot at one end of the sewing thread, push the needle into the fabric pick up 4 threads and pass over 4 threads of the fabric. - Make the next stitches by passing the needle back into the previous stitch then bring it out in front of the stitch that you have just made. Continue until the end of the seam. 	2	<p>2 x 1 mark</p> <p>1 mark for each correct point</p>
SECTION B				
3	(a)	<p>Deficiency disease of Vitamin D.</p> <ul style="list-style-type: none"> - Rickets 	1	<p>1 x 1 mark</p> <p>1 mark for correct answer</p>
	(b)	<p>Importance of the trapped air from the beaten egg in cake making.</p> <ul style="list-style-type: none"> - The trapped air causes the cake mixture to rise. - adds lightness/texture to the cake. 	2	<p>2 x 1 mark</p> <p>1 mark for causing the mixture to rise</p> <p>1 mark for adding lightness to cake</p>
	(c)	<p>How to cook vegetables to reduce the loss of vitamin C.</p> <ul style="list-style-type: none"> - Use as little water as possible when cooking - as vitamin C leaks into the cooking water and to save the water, use it in gravies and sauces. - Use as little time as possible when cooking vegetables - as heat destroys vitamin C. 	4	<p>2 x 2 marks</p> <p>1 mark for a point and 1 mark for a reason.</p> <p>2 marks for each well-described point.</p>
	(d)	<p>The effect of heat on the colour of green vegetables.</p> <ul style="list-style-type: none"> - When green vegetables are first put into boiling water, they become very bright green. - As heating continues, the colour changes to an olive green and then to a grey/green colour. 	2	<p>2 x 1 mark</p> <p>1 mark for short heating (bright green)</p> <p>1 mark for prolonged heating (olive green/grey green colour)</p>

	(e)	<p>Why breakfast is an important meal for a teenager.</p> <ul style="list-style-type: none"> - Breakfast is important as it provides nutrients after the body has been resting. - Breakfast provides part of the daily nutrient intake. - Key nutrients to be provided by breakfast meal for teenagers- protein, energy, vitamins, minerals such as iron, calcium. - Explain the usefulness of eating breakfast- - Breakfast also helps teenagers to concentrate for longer when they are studying at school, especially if it contains foods which take longer for the body to process and - so maintain the levels of glucose in the blood to provide energy and protein foods. - Explain the consequences of skipping breakfast- less energetic- dizziness, - less concentration, -less total intake of nutrients leading to malnutrition. <p>A well-explained point to include the importance or usefulness of taking a proper breakfast meal, and the consequences of missing or skipping breakfast meals.</p>	6	6 marks 1 mark for well well-explained point.
4	(a)	<p>Reason for sifting dry ingredients:</p> <ul style="list-style-type: none"> - To incorporate air - To remove impurities - To mix ingredients 	1	1 mark 1 mark for a correct answer.
	(b)	<p>Gelatinization.</p> <ul style="list-style-type: none"> - On wet heat starch granules soften, absorb water and swell, when heat is applied the starch grains burst and - Produce a substance called a gel which causes flour mixtures to thicken. 	2	2 marks for a well-explained answer. 1 mark for a brief/part answer.
	(c)	<p>Importance of the following information found on food packaging.</p> <ul style="list-style-type: none"> - Do not litter – dispose/throw the packaging in a dust bin. It can attract pests leading to poor hygiene and health issues/contaminating the environment. - Recycle – packaging can be re-used. It reduces the amount of waste/ pollution/and conserves the environment. - Flammable – packaging material catches fire easily /leading to fire hazards/accidents/can lead to air pollution. 	6	2 x 2 marks 1 mark for definition 1 mark for a reason

	(d)	<p>Basic hygiene rules during food preparation.</p> <p>Personal hygiene</p> <ul style="list-style-type: none"> - Always wash hands before handling food and after using the toilet. - Cover cuts and sores with a waterproof plaster. - Wear clean clothes and apron. - Cover hair and tie long hair back. - Never cough or sneeze over food. - Fingernails must be kept short, and clean and no nail polish. - Do not cook food when having diarrhoea, vomiting, flu, COVID 19 <p>Kitchen hygiene</p> <ul style="list-style-type: none"> - Keep all equipment and surfaces such as cupboards, walls, floors, and working tops clean. - Kitchen bins should be regularly cleaned and disinfected. - Close all cracks in walls, floors and all working surfaces in the kitchen. - Keep pests, rodents, and pets away from the kitchen. <p>Food hygiene</p> <ul style="list-style-type: none"> - Avoid food contamination. - Prepare raw and cooked food in separate areas with separate equipment. - Wash fruits and vegetables in running water. - Keep food covered. - Use the first in first out rule for foods stored in the cupboard. - Use disposable gloves to handle food where appropriate. - Use fresh ingredients. - Do not lick cooking utensils when tasting food. <p>A well-explained hygiene rule to include stating the rule, reasons for observing the rule and consequences of not adhering to the rule.</p>	6	<p>High band (5-6 marks)</p> <p>An excellent answer with very good explanations demonstrating a thorough understanding of the following:</p> <ul style="list-style-type: none"> - hygiene rules during food preparation (at least all types of hygiene covered), <p>Middle band (3-4 marks)</p> <p>A sound answer with good explanations and demonstrating some understanding of the following:</p> <ul style="list-style-type: none"> - hygiene rules during food preparation, (at least 2 types of hygiene covered), <p>Low band (1-2 marks)</p> <p>Gives limited explanations and demonstrates limited understanding of the following:</p> <ul style="list-style-type: none"> - hygiene rules during food preparation (at least 1 type of hygiene covered), 	

5.	(a)		<p>The technique is applied on a garment to prevent the facing from showing on the right side.</p> <ul style="list-style-type: none"> - Under stitching 	1	<p>1 x 1 mark</p> <p>1 mark for correct technique</p>
	(b)		<p>A Casing.</p> <ul style="list-style-type: none"> - a tunnel of fabric used for inserting elastic, drawstring, or ribbon. - to reduce fullness around that part of the garment 	2	<p>2 x 1 mark</p> <p>1 mark for inserting elastic, drawstring, ribbon</p> <p>1 mark for reducing fullness</p>
	(c)		<p>How box pleats are made:</p> <ul style="list-style-type: none"> - Mark the fold line - Mark placement line on the fabric. - On the wrong side of the fabric fold the fold lines and bring them to the center on the placement line. - Pleats touching each other no gaping no overlapping. - Pin pleats in position by placing pins at right angles to the folds. - Tack along the stitching line and press. 	4	<p>4 x 1 mark</p> <p>1 mark for each correct point in a logical order [max 3]. Reward the longest sequence in the correct order.</p>
	(d)		<p>The place-on-fold marking is found on a pattern piece.</p> <ul style="list-style-type: none"> - Place on fold- indicates that the edge of the pattern piece must be placed on a fold of the fabric. - One must not cut on that edge. 	2	<p>1 x 2 marks</p> <p>2 marks for a well-explained answer.</p> <p>1 mark for a brief/part answer.</p>
	(e)		<p>The usefulness of information found on the front of the pattern envelope.</p> <ul style="list-style-type: none"> - <i>Style number or pattern number</i>- This number is useful so that the pattern can be easily identified on the pattern catalogue. It serves as a reference so that one can quickly find the exact pattern, he /she is looking for by brand name, number/name and size/ can easily adapt to the style you need. - <i>Company name</i> – the company's name that produces commercial patterns, for example, simplicity, McCall's, Burda, 	6	<p>High band (5-6 marks)</p> <p>An excellent answer with very good explanations demonstrating a thorough understanding of the following: -information found on the front of the pattern envelope</p>

		<p>Butterick, Vogue, and Simplicity- one can re-order using the exact pattern reference.</p> <ul style="list-style-type: none"> - <i>Photographs or sketches of the front view of the finished garment</i>- it helps one to know exactly what pattern style one is getting/ can easily adapt. - Pattern size – for example, size 1,2,3,4 to help one choose a size range that has the size he /she wants to make/ saves money for buying other pattern sizes. - <i>Photos</i> -Most pattern envelopes will show a model wearing the garment options/styles so you can get a feel for how it will look on you. - <i>Style Variations</i> -Usually style is offered in different options, like long-sleeved and short-sleeved or with and without a collar, each option or view is given a letter/ one can adapt to current trends. <p>A well-explained point will include the name of the information, what it means and the importance of the information.</p>		<p>(at least 3 pieces of information), -explain how the information can be useful (explain at least 3 usefulness of the information),</p> <p>Middle band (3-4 marks)</p> <p>A sound answer with good explanations and demonstrate some understanding of the following: -information found on the front of the pattern envelope (at least 2 pieces of information), -explain how the information can be useful (explain at least 2 usefulness of the information),</p> <p>Low band (1-2 marks)</p> <p>Gives limited explanations and demonstrate limited understanding of the following: -information found on the front of the pattern envelope (at least 1 piece of information), -explain how the information can be useful (give at least 1 usefulness of the information),</p>
6	(a)	<p>Why linen is suitable for summer wear.</p> <ul style="list-style-type: none"> - Linen is a good conductor of heat and is cool to wear in summer. 	2	<p>2 x 1 mark</p> <p>1 mark for each correct explanation.</p>

		<ul style="list-style-type: none"> - Linen readily absorbs moisture. It helps to cool the body in summer. - It is lightweight, and breathable allowing air flow. - Linen is stronger wet than dry and cannot tear due to perspiration. <p>(Any two correct points)</p>		
	(b)	<p>The class of fibres cotton belongs to is:</p> <p>-Plant/Vegetable Fibres</p>	1	<p>1 x 1 mark</p> <p>1 mark for correct point.</p>
	(c)	<p>Functions of interfacings on garments.</p> <ul style="list-style-type: none"> - To prevent stretching in certain parts of the garment such as necklines. - To give shape to collars and cuffs, add stiffness and crispness. - To give edges and corners a neat appearance and stiffen them. - To avoid conspicuous seam joins, and to hide visible seam allowances. 	4	<p>4 x 1 mark</p> <p>1 mark for each correct function.</p>
	(d)	<p>A shaped facing.</p> <ul style="list-style-type: none"> - A shaped facing is a separate piece of fabric cut from a pattern to the same shape - and on the same grain as the garment edge, it will neaten off. - Interfacing should be applied to the facing piece of fabric before any stitching. 	2	<p>1 x 2 marks</p> <p>2 marks for a correct description.</p> <p>1 mark for a brief/part answer.</p>
	(e)	<p>How to prepare and attach an in-seam pocket.</p> <ul style="list-style-type: none"> - Cut on straight grain. - Transfer all pattern markings using carbon paper and a tracing wheel. - Staystitch curved sides - With right sides together, matching notches, pin and tack; and machine stitch the seam to points where the pocket opening begins and ends (marked on the pattern by dots). Secure threads firmly. - From the wrong side of each seam allowance between the dots, insert the pocket pieces, machine stitch and press the seam. 	6	<p>1 mark for each correct point in a logical order. [max 5 points]</p> <p>1 mark_ Reward the longest sequence in the correct order.</p>

			<ul style="list-style-type: none">- Under stitch the opening for the pocket to lie flat.- Join the two sides of the pocket together, tack and machine stitch at the seam allowance to make a closed seam.- Trim to 1cm seam allowance and neaten using machine zigzag/ overlocked.		
--	--	--	--	--	--