



FOOD & TEXTILES TECHNOLOGY

5926/01

Paper 1 Multiple choice

Specimen - October / November 2025- 2026

1 hour

Total: 40 Marks

READ THESE INSTRUCTIONS FIRST

You answer on the answer sheet

You will need a multiple-choice Answer Grid

This paper consists of 40 multiple-choice questions.

Four possible answers are given for each question. Choose the **best** answer and shade your choice in the oval under the correct letter in soft pencil **HB** on the separate multiple-choice Answer Grid provided.

Read **all** questions **in each section**.

Answer all questions.

SECTION A – FOOD TECHNOLOGY

SECTION B – TEXTILES TECHNOLOGY

EXAMPLE: 41. Which of these foods is a good source of Vitamin A?

- A** Banana
- B** Butternut
- C** Peas
- D** Rice

41	A <input type="radio"/>	B <input checked="" type="radio"/>	C <input type="radio"/>	D <input type="radio"/>
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For Examiner's Use	
Marks	

This document consists of **7** printed pages and **1** blank page.

PAPER 1- Multiple Choice

Answer **all** questions in this paper.

Shade the answer in the grid provided.

- 1 Which vitamin helps in the clotting of blood?
 - A. Vitamin A
 - B. Vitamin B
 - C. Vitamin D
 - D. Vitamin K

- 2 Which food is a source of vitamin D?
 - A. Beans
 - B. Berries
 - C. Liver
 - D. Potatoes

- 3 What is the lack of water in the body called?
 - A. Constipation
 - B. Degradation
 - C. Dehydration
 - D. Electrolytes

- 4 What is the importance of a food pyramid?
 - A. It helps to prevent constipation.
 - B. It guides us towards eating a variety of foods.
 - C. It helps increase cholesterol levels.
 - D. It guides us towards increasing sodium intake.

- 5 Which method of cooking is most suitable for cooking tough cuts of meat?
 - A. Frying
 - B. Simmering
 - C. Stewing
 - D. Roasting

- 6 Which is an advantage of grilling meat?
 - A. Grilled meat is unlikely to burn and be overcooked.
 - B. Grilled meat can be healthy, as excess fat is drained.
 - C. Grilled meat is coated to avoid loss of flavour and nutrients.
 - D. Tough cuts of meat can be cooked quickly and fast.

- 7 Which of the following conditions favours the growth and reproduction of microorganisms?
- A. Food, warmth, moisture
 - B. Warmth, moisture, spores
 - C. Temperature, warmth, moisture
 - D. Spores, food, temperature
- 8 Which cake-making method is used for gingerbread?
- A. Creaming
 - B. Melting
 - C. Rubbing in
 - D. Whisking
- 9 Which container is suitable for use in a microwave oven?
- A. Stoneware
 - B. Plastic bags
 - C. Paper napkins
 - D. Paper plate
- 10 Which cutting technique is used for cutting cabbage when preparing a coleslaw salad?
- A. Chopping
 - B. Shredding
 - C. Slicing
 - D. Mincing
- 11 Why is boiling considered a moist method of cooking?
- A. It is a quick and popular method of cooking.
 - B. Hot steam is used when cooking food.
 - C. Food is cooked dry in an open saucepan.
 - D. Liquid is heated to a boiling point
- 12 Why is it important that teenagers eat breakfast?
- A. It provides a range of vitamins and minerals needed to maintain healthy skin.
 - B. It provides energy and prevents the body from becoming anaemic.
 - C. It provides the body with nutrients that will help control body weight.
 - D. It provides the body with the energy to concentrate longer when studying.
- 13 Why is iron especially important for teenage girls?
- A. So that it prevents them from becoming anaemic when they have their periods.
 - B. So that it prevents them from becoming overweight and being stunted.
 - C. So that it prevents them from becoming hungry and losing concentration at school.
 - D. So that it prevents them from having heart problems and high blood pressure.

- 14 What causes well-risen scones to be dry and taste soapy?
- A. Only the bicarbonate of soda was used as a raising agent.
 - B. Sour milk has been used to mix them instead of milk.
 - C. The oven was not hot enough when the scones were put in.
 - D. The oven door was open before the gluten set.
- 15 Which step incorporates air into the dough when making pastry?
- A. Creaming fat and sugar
 - B. Shaping the dough
 - C. Sifting the flour
 - D. Whisking egg whites
- 16 What does yeast produce when it breaks down sugar?
- A. Carbon dioxide
 - B. Carbon monoxide
 - C. Nitrogen
 - D. Oxygen
- 17 Which food can be preserved by bottling?
- A. Beetroot
 - B. Fish
 - C. Meat
 - D. Sausages
- 18 What is the importance of proving during bread making?
- A. Helps to hydrate starch during baking.
 - B. Helps the dough to double in size.
 - C. Prevents the dough from being sticky.
 - D. Produces carbon dioxide under anaerobic conditions.
- 19 Which is the best way of conserving energy (fuel) in a catering business?
- A. Cook vegetables in one saucepan.
 - B. Cook vegetables in separate saucepans.
 - C. Reheating food in an oven.
 - D. Reheating vegetables in a saucepan
- 20 Which of the following is a disadvantage of convenience food?
- A. They are costly
 - B. Can be used in emergencies
 - C. They are readily prepared
 - D. Can be used for entertainment

SECTION B – TEXTILES TECHNOLOGY

21 What is the name of the pressing equipment shown in Figure 1?



Figure 1

- A. Ironing board
- B. Sleeve board
- C. Steam press
- D. Steam iron

22 Which tool is used for neatening and decorating seams?

- A. Dressmakers' shears
- B. Pinking shears
- C. Paper Scissors
- D. Seam ripper

23 Which pattern marking will be used when assembling a garment?

- A. Grainline
- B. Lengthening lines
- C. Notches
- D. Place on fold

24 Which pattern marking will be used when altering a pattern piece?

- A. Grainline
- B. Lengthening lines
- C. Notches
- D. Place on fold

25 What is the other name for diagonal tacking?

- A. Basting
- B. Even tacking
- C. Uneven tacking
- D. Hemming

26 Which of the following characteristics is unique to natural fibres?

- A. Absorb moisture, comfortable to wear
- B. Are heat sensitive
- C. Build up static electricity
- D. Dry quickly after being washed

- 27 Which of the following is found on the front of the pattern envelope?
- A. Fabric recommendation for each view
 - B. Front view illustrations of the garment.
 - C. Layout direction for each pattern.
 - D. Side-view illustrations of the garment
- 28 When pinning the pattern to the fabric, pattern pieces should
- A. All should be placed on the fabric before pinning any of them.
 - B. Be pinned and cut out one at a time.
 - C. Be placed on the fabric, pinned and cut out one at a time.
 - D. Be placed on grain, pinned and cut out individually.
- 29 How should notches be cut when cutting out pattern pieces?
- A. Across the seam allowance
 - B. In, toward the seam allowance
 - C. Straight across the notch
 - D. Out, away from the seam allowance
- 30 Which statements are true about using carbon paper to mark pattern symbols?
- A. The garment must be laundered before using marking symbols.
 - B. Always use a colour that is the same as the fabric.
 - C. Marking should always be done on the right side of the fabric
 - D. Markings should always be done on the wrong side of the fabric
- 31 What does the term grading mean in garment construction?
- A. Clipping through various layers of seam allowance
 - B. Trimming each layer of seam allowance to different width
 - C. Trimming each layer of seam allowance to different length
 - D. Trimming garment seam allowance individual
- 32 Why should buttons and buttonholes be evenly distributed on a shirt?
- A. To make garment easy to wash
 - B. To make the garment easy to press
 - C. To prevent gaping on the shirt
 - D. To prevent tearing of the shirt
- 33 How should the size of stitches used for gathering be compared to those used for seams?
- A. Medium size
 - B. Longer size
 - C. Shorter size
 - D. Same size

- 34** What is the main reason for using interfacing in a garment?
- A. Disposes fullness
 - B. Finishes raw edges
 - C. Provides comfort
 - D. Provides shape
- 35** Which of the following garment areas should usually be interfaced?
- A. Collar
 - B. Sleeve
 - C. Skirt front
 - D. Skirt back
- 36** How should vertical darts be pressed?
- A. Centre of the garment
 - B. Left of the centre
 - C. Right of the centre
 - D. Opposite sides
- 37** Examples of natural fibres are:
- A. Silk, cotton, acrylic
 - B. Polyester, cotton, viscose
 - C. Wool, silk, viscose
 - D. Wool, silk, linen
- 38** Which type of collar is mostly used on formal shirts?
- A. Flat collar
 - B. Peter Pan collar
 - C. Rolled collar
 - D. Stand collar
- 39** How is the length of a buttonhole determined?
- A. Circumference of the button add 3mm
 - B. Circumference of the button
 - C. Diameter of the button
 - D. Diameter of the button add 3mm
- 40** Which one is a notion among the following?
- A. Dressmaker's shears
 - B. Pins
 - C. Tape measure
 - D. Thread

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