

PAPER 2
SECTION A
(CORE SKILLS)
[COMPULSORY]
[20 marks]

1 hour 15 minutes

1. (a) (i) Complete the table below on some food nutrients and their major sources.

NUTRIENT	TWO SOURCES
Proteins	
	Shea butter, coconut oil, margarine, etc
Iron	
	oranges, lemons, tangerines, etc

[2 marks]

- (ii) Give **two** major nutrients that can be obtained from each of the foods below.

FOOD ITEM	TWO MAIN NUTRIENTS
Egg	
Milk	
Coconut	
Palm oil	

[2 marks]

- (b) (i) State **two** uses of buttons in sewing articles.

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- (ii) Identify the **two** main uses of permanent stitches. [2 marks]

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- (c) Your school workshop has no proper storage facilities for tools. The tools are mixed up and kept together causing them to be destroyed early.

[2 marks]

- (i) Write a design brief for the above problem.

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- (ii) Write **two** analysis questions on material.

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(iii) Write **two** specifications on ergonomics

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[3 marks]

(d) State one use of each of the following tools and materials.

(i) Paper;

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(ii) Pencil;

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(iii) Pastel:

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[3 marks]

(e) (i) Distinguish between *packaging* and *exhibition*.

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(ii) State **two** benefits of packaging your products.

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(iii) State **two** reasons for organizing exhibitions.

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[3 marks]

(f) State **three** ways of relating well to the customers of your business.

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[3 marks]

Turn over

SECTION B
[50 marks]

Answer two questions only from this section

2. (a) Give **four** causes of skipped stitches in sewing.

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[4 marks]

- (b) State **four** reasons why a needle may break when sewing.

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[4 marks]

- (c) Describe the following types of collars:

- (i) Flat collars:

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- (ii) Turnover collars:

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- (iii) Standing collars:

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[6 marks]

- (d) (i) State **two** advantages of woollen cloth.

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- (ii) In what **two** ways can you take care of woollen cloth?

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[4 marks]

- (e) Mention **four** characteristics of nylon fabrics.

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[4 marks]

- (f) State **three** ways to care for nylon fabrics.

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[3 marks]

3. (a) Outline **three** uses of the food processor equipment.

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[3 marks]

Turn over

(b) (i) State **three** ways of softening meat

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(ii) List **six** suitable methods of cooking meat.

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(c) (i) *What are convenience foods?*

[6 marks]

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(ii) Give **three** reasons why convenience foods are very popular.

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(d) State **three** disadvantages of convenience foods.

[4 marks]

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(e) Outline **four** good practices to observe in the use of a refrigerator.

[3 marks]

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(f) Explain the following forms of frying and give **one** rule associated with each:

(i) Deep frying:

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(ii) Shallow frying:

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(iii) Dry frying:

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[6 marks]

4. (a) (i) Describe **three** ways to offer first aid in case there is a kitchen accident.

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(ii) List **six** items that should be kept in the first aid box

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[6 marks]

(b) Give **three** methods of egg preservation.

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[3 marks]

Turn over

(c) Give **four** uses of milk.

[illegible]

[4 marks]

(d) State **six** sources of vitamin B2 in a diet.

[illegible]

[3 marks]

(e) (i) What is *darning*?

(ii) State three reasons why the following are not true.

(ii) State **three** general guidelines for darning

This image shows a single sheet of white paper with six horizontal dotted lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

(f) Outline how you would mend your underwear when the elastic band is cut or loose. **[5 marks]**

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A series of ten horizontal dotted lines for handwriting practice, with a vertical dashed line on the right side.

END OF ESSAY TEST

[4 marks]

Answer all the questions

Each question is followed by four options lettered A to D. Find the correct option for each question and shade in pencil on your answer sheet the answer space which bears the same letter as the option you have chosen. Give only one answer to each question. An example is given below.

Moist heat causes to the human skin.

- A. bruises
- B. scalds
- C. cuts
- D. burns

The correct answer is scalds which is lettered B and therefore answer space B would be shaded.

☐ A ☒ B ☐ C ☐ D

Think carefully before you shade the answer spaces; erase completely any answer you wish to change.

Do all rough work on this question paper.

Now answer the following questions.

1. Which of the following foods should be eaten in large quantities?
 - A. Rice
 - B. Fufu.
 - C. Meat
 - D. Carrots
2. Salting is a suitable method of preserving
 - A. cassava.
 - B. stews.
 - C. fish
 - D. pepper
3. When a machine-stitched seam is worked by hand, it is called
 - A. run-and-fell seam.
 - B. overlaid seam.
 - C. flat seam.
 - D. French seam.
4. Red colour can be extracted naturally from
 - A. fresh pawpaw leaves.
 - B. fresh seed of avocado pear.
 - C. fresh bougainvillea flower.
 - D. milk bush flower.
5. Which of the following projections shows views in two dimensions?
 - A. Isometric
 - B. Orthographic
 - C. Oblique
 - D. Perspective
6. Which of the following serves as a source of energy for a torchlight?
 - A. Bulb
 - B. Capacitor
 - C. Cell
 - D. Inductor

The factor to consider when specifying for size of a unit is

- A. appearance
- B. construction.
- C. function.
- D. Ergonomics

To protect electric appliance from voltage fluctuations, one must use.....

- A. voltage adopter
- B. amplifier
- C. Voltage stabilizer
- D. all the above

Stains on equipment can be removed by the use of

- A. finishes.
- B. abrasives.
- C. polishes.
- D. cutting tools.

Over nutrition usually results in

- A. obesity.
- B. Kwashiorkor.
- C. good health.
- D. tiredness.

The choice of a seam depends on the types of

- A. fabric
- B. thread
- C. pattern
- D. stitches

What is the basic principle of design adopted when one object becomes the centre of attraction?

- A. Rythm
- B. Balance
- C. Dominance
- D. Harmony

The surface development of a milk tin is

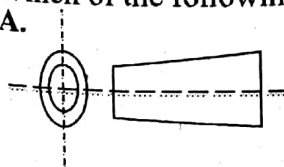
- A. square in shape.
- B. triangular in shape.
- C. rectangular in shape.
- D. circular in shape

Which of the following foods should be eaten by an anaemic patient?

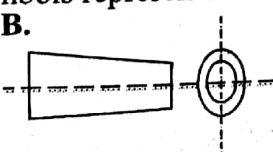
- A. Jollof rice and carrot
- B. Fish and tomatoes
- C. Liver and green beans
- D. Chicken and chips

Which of the following symbols represents the first angle projection?

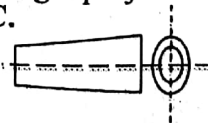
A.



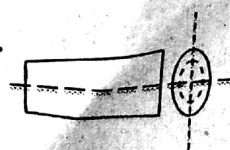
B.



C.



D.



Turn over

16. The food mixer **cannot** be used for
 A. mixing pastry and cakes.
 B. frying foods in hot fat.
 C. mashing potatoes.
 D. beating egg whites.
17. To push a needle through thick or tightly woven fabrics, use the
 A. tracing wheel.
 B. seam ripper.
 C. clipper.
 D. thimble.
18. Before winding the bobbin, you must
 A. loosen the balance wheel.
 B. push threads away.
 C. place reel on the spool pin.
 D. bring down the needle.
19. When frying foods, it is advisable to
 A. fill up the pan half way with oil.
 B. fill up every space in the pan.
 C. put food into very hot oil.
 D. use perforated spoon to lift food.
20. Interlacing is used in collars and cuffs to
 A. stiffen them.
 B. decorate edges.
 C. give them body.
 D. close opening and trimmings.
21. A very fresh egg will **not**
 A. float in salt solution.
 B. sink in salt solution.
 C. be heavy.
 D. have yolk float on thick white when broken.
22. The hand sewing machine
 A. can do embroidery work as well.
 B. sews faster than other machine types.
 C. gives the worker both hands free to guide the fabric.
 D. can be used everywhere.
23. The best seam to use on a fine fabric which frays easily is
 A. French seam.
 B. plain seam.
 C. overlaid seam.
 D. double stitched seam
24. The carbohydrate and fat portion of a dish form the
 A. accompaniment.
 B. main dish.
 C. snack.
 D. appetizer.
25. Which type of stitch is shown below?

 A. chain stitch.
 B. overcasting.
 C. lazy daisy.
 D. even tacking
26. Ripe banana can **best** be stored at home
 A. on a rack.
 B. in a refrigerator.
 C. by drying it.
 D. in a safe
27. Which one of the following is **not** a symptom of deficiency of iodine?
 A. Mental retardation.
 B. Retarded growth in children
 C. Swelling in the neck.
 D. Slow healing of wounds.
28. The most suitable utensil for dry frying is
 A. non-sticks pan.
 B. steel pan.
 C. pressure cooker.
 D. light pan.
29. The purpose of a tension disc on a sewing machine is to
 A. regulate the tightness and looseness of the thread.
 B. control the movement of the take-up lever.
 C. tighten or loosen to allow or disallow movement.
 D. hold fabric firmly in position.
30. The main meal of a dish should be rich in
 A. carbohydrate.
 B. water.
 C. protein.
 D. oil

END OF PAPER