END TERM 3 2026

GRADE 10

HOME SCIENCE

PAPER 1

TIME: 2 HOURS 30 MINUTES | TOTAL MARKS: 100

Name	_____
Assessment Number	_____
Class / Stream	_____
Date	_____

INSTRUCTIONS

- Answer all questions.
- Write clearly and use relevant Home Science terminology.
- Where a question asks for explanations, develop each point clearly.
- Observe all safety requirements in practical situations.

SECTION A — SHORT STRUCTURED QUESTIONS

Answer all questions.

1. Define a balanced diet and state two characteristics of a balanced diet. **(2 marks)**

2. State two functions of proteins in the body. **(2 marks)**

3. Give two factors that should be considered when planning family meals. **(2 marks)**

4. State two safe practices when storing cooked food. **(2 marks)**

5. Give two ways of conserving water in the home. **(2 marks)**

6. State two principles of effective household budgeting. **(2 marks)**

7. Give two ways of maintaining hygiene in the kitchen. **(2 marks)**

8. Differentiate between natural and synthetic textile fibres. **(2 marks)**

9. State two examples of natural textile fibres named in the Grade 10 Home Science Curriculum Design. **(2 marks)**

10. State two safety precautions when handling sewing tools and equipment. **(2 marks)**

SECTION B — APPLICATION AND SOURCE-BASED QUESTIONS

Answer all questions.

11. Study the situation below and answer the questions that follow.

FAMILY FOOD CHOICE
A family has limited income but wants meals that provide adequate nutrients. The household also wants to reduce food waste, practise safe food handling and make economical use of available resources.

(a) Explain two principles the family should apply when planning nutritious meals on a limited budget. **(4 marks)**

(b) Explain two measures that can reduce food waste in the household. **(4 marks)**

12. A learner is preparing a Home Science practical activity involving textile fibres and sewing.

(a) Explain two methods that may be used to identify natural textile fibres. **(4 marks)**

(b) Explain two safety precautions when using sewing tools and equipment. **(4 marks)**

13. Study the household-resource situation below.

HOUSEHOLD MANAGEMENT
A household must allocate income to food, clothing, education, housing, transport, health and savings. The family also wants to reduce unnecessary expenditure and use resources sustainably.

(a) Explain three factors that should guide household expenditure decisions. **(6 marks)**

(b) Explain two ways of conserving household resources. **(4 marks)**

14. Answer the following questions on food, nutrition and health.

(a) Explain two effects of poor nutrition on an individual's wellbeing. **(4 marks)**

(b) Explain two practices that promote food hygiene and safety. **(4 marks)**

15. Answer the following questions on clothing and textiles.

(a) Explain two differences between woven, knitted and crocheted textile constructions. **(4 marks)**

(b) Explain two ways in which textile knowledge can contribute to creativity or income generation. **(4 marks)**

SECTION C — EXTENDED APPLICATION

Answer all questions.

16. A household wants to improve the quality of life of its members while making efficient use of limited resources.

(a) Explain four principles of effective home management that the household should apply. **(8 marks)**

(b) Explain two ways in which planning and budgeting can improve household wellbeing. **(4 marks)**

17. Nutrition decisions affect individual and family health.

(a) Explain four factors that influence food choices and meal planning. **(8 marks)**

(b) Suggest two measures that can promote healthy and safe eating habits in a family. **(4 marks)**

18. Clothing construction requires appropriate fibres, tools, equipment, skills and safety practices. The Curriculum Design also identifies realia such as cotton, linen, wool, silk, sisal, bamboo, hyacinth and banana, as well as staple and filament yarns.

(a) Explain four considerations when selecting textile fibres or fabrics for a clothing item. **(8 marks)**

(b) Explain two reasons for observing safety when handling sewing tools and equipment. **(4 marks)**

19. Home Science can contribute to sustainable living, creativity and self-reliance.

(a) Explain three ways Home Science skills can support self-reliance and income generation. **(6 marks)**

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(b) Explain two ways households can practise sustainable use of resources. **(4 marks)**

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END OF QUESTION PAPER