

GRADE
9+

Extended Programme

FOOD & TEXTILES STUDIES

Practice Paper 1
40 Minutes

Read these instructions first

- Write your name in the space provided below.
- Use black or blue ink.
- HB pencils may be used for the diagrams / sketches only.
- Do not use correction fluid.
- Read each question carefully.
- All answers must be written in the spaces provided.
- Answer all questions.
- The number of marks is given in the brackets [] at the end of each question or part question.
- The total mark for this paper is 25 marks.

Name of student :

Question 1 (5 marks)

Circle the correct answer. An example has been provided.

Example: An example of a micronutrient is

- A protein
 - B carbohydrate
 - C fat
 - D iodine
-

1. The deficiency disease of Vitamin A is

- A goitre
- B night blindness
- C rickets
- D hypertension

2. One personal factor that affect food choice is

- A peer influence
- B advertisement
- C social occasion
- D lifestyle of a person

3. Which of the following technological device provides entertainment?

- A Kettle
- B Television
- C Air conditioner
- D Blender

4. The interlacing of two sets of yarn is called

- A knitting
- B felting
- C weaving
- D selvedge

5. A modern fabric used to make swimsuit is

- A spandex
- B kevlar
- C satin
- D nomex

(5 marks)

Question 2 (6 marks)

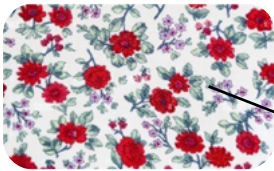





2. Put a tick (✓) in the appropriate column to indicate whether the statement is True or False. The first one has been done for you.

Statement	True	False
<i>Example:</i> Patchwork is worked out with cut pieces of scrap fabrics joined by hand and machine stitches.	✓	
a. A person should drink 2 to 3 glasses of water everyday.		
b. Red fruits and vegetables help to fight cancer.		
c. Communication in the family makes members feel disrespected.		
d. Labels found on clothes are known as care labels.		
e. Fibres are twisted to make fabrics.		
f. Bulletproof vests are made from modern fabrics.		

(6 marks)

Question 3 (5 marks)

Match each picture shown in Column A with the corresponding statement in Column B. An example has been provided.

Column A	Column B
	<p>Creaming</p>
	<p>Fabric print</p>
	<p>Garnish</p>
	<p>Mobile phone</p>
	<p>Sewing machine</p>
	<p>Fireman</p>

(5 marks)

Question 4 (5 marks)

Fill in the blanks with the correct word from the list given below. One example has been done for you.

(respect sustainable mechanical dehydration electrocution)

Example: High consumption of fatty foods leads to **obesity**.

- (a) Using leftover rice to prepare fried rice is an example of food consumption.
- (b) Not drinking enough water results in
- (c) is an important family value.
- (d) Poor maintenance of home appliances can lead to
- (e) Brushing is an example of a fabric finish.

(6 marks)

Question 5 (4 marks)

(a) Water is essential for all living plants and animals to stay alive. State two importance of water for human beings.

Importance 1:

.....
.....

Importance 2:

.....
.....

(2 marks)

(b) List 2 food sources of water.

Food source 1:

Food source 2:

(2 marks)

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Practice Paper 2
40 Minutes

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Name of student :

Question 1 (5 marks)

Circle the correct answer. An example has been provided.

Example: An example of a micronutrient is

- A protein
 - B carbohydrate
 - C fat
 - D iodine
-

1. Which of the following is a water-soluble vitamin?

- A Vitamin C
- B Vitamin D
- C Vitamin A
- D Vitamin K

2. An example of an eating disorder is

- A influenza
- B aids
- C anorexia
- D measles

3. Which of the following is a shiny fabric?

- A Satin
- B Denim
- C Fleece
- D Calico

4. An electric equipment used for pressing on fabric is

- A ironing board
- B seamroll
- C pressing cloth
- D iron

5. Facebook and WhatsApp facilitate

- A isolation
- B transportation
- C communication
- D vision

(5 marks)

Question 2 (6 marks)

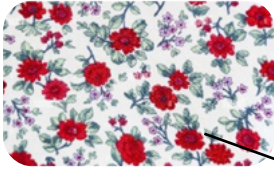





2. Put a tick (✓) in the appropriate column to indicate whether the statement is True or False. The first one has been done for you.

Statement	True	False
Example: Patchwork is worked out with cut pieces of scrap fabrics joined by hand and machine stitches.	✓	
a. Deficiency disease of iodine is Kwashiorkor.		
b. Canned fish is an example of convenience food.		
c. Trust is important to build strong family relationship.		
d. Playing video games is an outdoor activity.		
e. Pyjamas are appropriate to wear for sports.		
f. Horizontal lines on garment make the wearer appear taller.		

(6 marks)

Question 3 (5 marks)

Match each picture shown in Column A with the corresponding statement in Column B. An example has been provided.

Column A	Column B
	<p>Microwave</p>
	<p>Fabric print</p>
	<p>Boiling</p>
	<p>Reduce</p>
	<p>Check design</p>
	<p>Colourwheel</p>

(5 marks)

Question 4 (5 marks)

Fill in the blanks with the correct word from the list given below. One example has been done for you.

(time music decoration hypertension grilling)

Example: High consumption of fats leads to **obesity**.

- (a) Eating too much salty foods can cause
- (b) is cooking food over intense heat.
- (c) and games are examples of entertainment.
- (d) The use of appliances such as electric whisk and blender help to save
- (e) Tie and dye is a creative technique.

(5 marks)

Question 5 (4 marks)

(i) An element of fashion design is silhouette.

List 2 types of body silhouette.

Type 1:

Type 2:

(2 marks)

(ii) List 2 other elements of fashion design.

Example 1:

Example 2:

(2 marks)

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Practice Paper 3
40 Minutes

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Name of student :

Question 1 (5 marks)

Circle the correct answer. An example has been provided.

Example: An example of a micronutrient is

- A protein
 - B carbohydrates
 - C fat
 - D iron
-

1. Calcium is needed by the body for healthy

- A nails
- B skin
- C bones
- D hair

2. An overlock machine is used to the raw edges of a fabric to prevent it from fraying.

- A neaten
- B dye
- C tack
- D press

3. Strong relationships among family members help us to live in with each other.

- A conflict
- B harmony
- C fight
- D misunderstanding

4. is an example of a cake made by the whisking method.

- A Chocolate Muffins
- B Fairy Cakes
- C Sweet Pancakes
- D Sponge Cake

5. Prêt-à-porter garments are made in and are sold at affordable prices.

- A colours
- B bulk
- C plastics
- D leaves

(5 marks)

Question 2 (6 marks)







Put a tick (✓) in the appropriate column to indicate whether the statement is True or False. An example has been provided.

Statement		True	False
<i>Example:</i> Patchwork is worked out with cut pieces of scrap fabrics joined by hand and machine stitches.		✓	
a.	Eating disorders affect the height of a person.		
b.	Grilled foods are easy to digest.		
c.	Modern fabrics can revert back to their original state.		
d.	Tubular silhouette is ideal for most body shape.		
e.	Water can be saved at home by fixing leaking pipes.		
f.	Jackfruit is an example of sustainable agriculture plantation.		

(6 marks)

Question 3 (5 marks)

Match each picture shown in Column A with the corresponding statement in Column B. An example has been provided.

Column A	Column B
	<p>Safety instructions found on kitchen appliances.</p>
	<p>Helps to facilitate communication.</p>
	<p>Fights inflammation.</p>
	<p>Fabric print.</p>
	<p>An example of a non-communicable disease.</p>
	<p>A one-way design fabric.</p>

(5 marks)

Question 4 (4 marks)

Fill in the blanks with the correct word from the list given below. One example has been done for you.

(choices pressing processed weight quantity)

Example: Spending too much time watching television leads to poor health and **weight** gain.

- (a) Healthy eating habits during adolescence involve considering both the quality and
..... of foods.
- (b) Sustainable food production is when food is produced,, distributed
and disposed in a safe way .
- (c) Reading labels help consumers make better when buying articles.
- (d) is done by lifting up and down the iron on different parts of the
cloth, by applying pressure.

(6 marks)

Question 5 (5 marks)

(a) What is baking?

.....
.....

(1 mark)

(b) State one advantage and one disadvantage of baking.

One advantage of baking:
.....

(1 mark)

One disadvantage of baking:
.....

(1 mark)

(c) State one performance characteristics of woven fabrics.

.....

.....

(1 mark)

(d) Name one end-use of woven fabric.

.....

.....

(1 mark)

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Practice Paper 4
40 Minutes

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Name of student :

Question 1 (5 marks)

Circle the correct answer. An example has been provided.

Example: An example of a micronutrient is

- A protein
 - B carbohydrates
 - C fat
 - D iodine
-

1. Sodium is an example of a

- A fat-soluble vitamin
- B water-soluble vitamin
- C mineral
- D carbohydrate

2. The deficiency disease of Vitamin D is known as

- A scurvy
- B rickets
- C aneamia
- D goitre

3. One positive effect of technology is that it promotes

- A learning opportunities
- B laziness
- C isolation
- D addiction

4. A brushed fabric has a fuzzy and soft surface and provide when worn.

- A cold
- B colours
- C warmth
- D irritation

5. Kevlar fabric is five times stronger than steel and is used for

- A towels
- B tablecloth
- C pullovers
- D bulletproof vest

(5 marks)

Question 2 (6 marks)

Put a tick (✓) in the appropriate column to indicate whether the statement is True or False. An example has been provided.

Statement	True	False
Example: Patchwork is worked out with cut pieces of scrap fabrics joined by hand and machine stitches.	✓	
a. Fruits and vegetables prevent obesity by keeping healthy body weight.		
b. Iron is needed for the strong bones and teeth.		
c. Labels provide information about a particular product.		
d. 'Snakes and ladders' is an example of outdoor games		
e. Vertical lines on a garment make you appear taller and slimmer.		
f. Your hands should be wet when using the steam iron.		

(6 marks)

Question 3 (4 marks)

Label the parts A, B, C and D of a microwave oven



Question 4 (5 marks)

Fill in the blanks with the correct word from the list given below. One example has been done for you.

(fashion water cylindrical healthy obesity positively)

Example: High consumption of fatty foods leads to **obesity**.

- (a) Always choose a variety of foods from the three food groups.
- (b) One example of a sustainable food consumption practices is to save
- (c) Dealing with problems helps to build strong family bonds.
- (d) is the style of dressing at a given time.
- (e) A seam roll is in shape and is used for pressing of seams.

Question 5 (5 marks)

(a) The three symbols below represents the 3 R's namely reduce, reuse and recycle. Give one example of an item for each. (3 marks)



	Reduce	Reuse	Recycle
One example of an item			

(b) List two smart ways of shopping. (2 marks)

- 1
- 2

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Practice Paper 5
40 Minutes

Read these instructions first

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- Answer all questions.
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- The total mark for this paper is 25 marks.

Name of student :

Question 1 (5 marks)

Circle the correct answer. An example has been provided.

Example: An example of a micronutrient is

- A protein
 - B carbohydrate
 - C fat
 - D iodine
-

1. Some vegetables such as lettuce and cucumber are usually served raw in

- A salad
- B soup
- C jam
- D dessert

2. Examples of local sustainable foods are eggs, and milk.

- A cassava
- B oil
- C rice
- D grapes

3. Whisking and are methods of cake making.

- A boiling
- B baking
- C roasting
- D creaming

4. Orange, grapefruit and lemon are fruits.

- A soft
- B stone
- C berries
- D citrus

5. Fruits and vegetables are good sources of fibre.

- A smart
- B intelligent
- C dietary
- D weak

(5 marks)

Question 2 (6 marks)

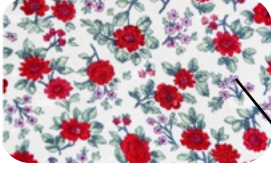





Put a tick (✓) in the appropriate column to indicate whether the statement is True or False. An example has been provided.

Statement	True	False
Example: Patchwork is worked out with cut pieces of scrap fabrics joined by hand and machine stitches.	✓	
a. Obesity and diabetes are examples of communicable diseases.		
b. Home gardening is an example of sustainable food production.		
c. FIFO stands for First in, First out.		
d. Healthy eating promotes Bulimia.		
e. Dry mouth and dizziness are common symptoms of dehydration.		
f. One personal factor that affects food choice is personal preference.		

(6 marks)

Question 3 (5 marks)

Match each picture shown in Column A with the corresponding statement in Column B. An example has been provided.

Column A	Column B
	Baking
	Goitre
	Frying
	Fabric print
	Patchwork
	Steaming

(5 marks)

Question 4 (5 marks)

Fill in the blanks with the correct word from the list given below. One example has been done for you.

(flour sugar tin metal line)

Example: High consumption of fatty foods leads to **obesity**.

Below are steps in preparing sponge cake.

- (a) Grease and cake tin.
- (b) Sieve the and break the eggs.
- (c) Whisk eggs and until a trail is clearly visible.
- (d) Fold in flour using a spoon.
- (e) Transfer mixture to cake and bake for 10-15 minutes.

(5 marks)

Question 5 (4 marks)

Convenience food refers to food that has been wholly or partly prepared by the food manufacturer.

- (a) Give two examples of Ready to eat food.

Example 1:

Example 2:

(2 marks)

- (b) State two advantages of using convenience foods.

Advantage 1:

Advantage 2:

(2 marks)

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FOOD & TEXTILES STUDIES

Practice Paper 6
40 Minutes

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Name of student :

Question 1 (5 marks)

Circle the correct answer. An example has been provided.

Example: An example of a micronutrient is

- A protein
 - B carbohydrate
 - C fat
 - D iodine
-

1. Which of the following fabric can be used to make firemen uniforms?

- A Felt
- B Kevlar
- C Lycra
- D Nomex

2. Fruits and vegetables can be used as in between meals.

- A dessert
- B diet
- C snacks
- D sweets

3. Sponge cake is prepared by the method.

- A rubbing-in
- B creaming
- C whisking
- D melting

4. Examples of white vegetables are

- A garlic and mushroom
- B garlic and maize
- C cucumber and spinach
- D cabbage and banana

5. Which of the following is an example of a woven fabric?

- A Calico
- B Felt
- C Jersey
- D Rib knit

(5 marks)

Question 2 (6 marks)


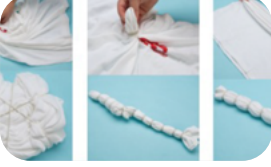




Put a tick (✓) in the appropriate column to indicate whether the statement is True or False. An example has been provided.

Statement	True	False
Example: Patchwork is worked out with cut pieces of scrap fabrics joined by hand and machine stitches.	✓	
a. Felt fabrics are mainly used for decoration purposes.		
b. Meal refers to food eaten at any time of the day.		
c. Knitted fabrics allow free body movement as they are stretchable.		
d. Eating an excess of dietary fibre foods causes constipation.		
e. Binge eating can cause overweight and obesity.		
f. Eating white fruits and vegetables help to fight cancer.		

(6 marks)

Question 3 (5 marks)

Match each picture shown in Column A with the corresponding statement in Column B. An example has been provided.

Column A	Column B
	<p>Care label</p>
	<p>Fabric Yoyo</p>
	<p>Sources of vitamin A</p>
	<p>Fabric print</p>
	<p>Food label</p>
	<p>Tying technique</p>

(5 marks)

Question 4 (5 marks)

Fill in the blanks with the correct word from the list given below. One example has been done for you.

(pudding local fried shopping drying)

Example: High consumption of fatty foods leads to **obesity**.

- (a) A list helps to shop smartly.
- (b) Choose ingredients for cooking.
- (c) Left over bread can be used to make bread
- (d) Pickling, and freezing are used to preserve surplus food.
- (e) Left over rice can be used to make rice.

(5 marks)

Question 5 (4 marks)

Technology has changed the daily life of people.

- (a) Give two positive effects that technology have on family life.
 - (i)
 - (ii)
(2 marks)

- (b) Give two negative effects that technology have on family life.
 - (i)
 - (ii)
(2 marks)