



FACULTY	FACULTY OF EDUCATION		
DEPARTMENT	DEPARTMENT OF INTERMEDIATE AND VOCATIONAL EDUCATION		
SUBJECT	HOME ECOLOGY EDUCATION 1A		
SUBJECT CODE	E3511IH		
EXAMINATION DATE	JUNE/JULY 2026		
DURATION	3 HOURS	MARKS	100

SECOND OPPORTUNITY EXAMINATION

Examiner: MRS. J.SITUNDA

Moderator: Ms K.T HAMBABI

INSTRUCTIONS TO CANDIDATES:

1. Write in an orderly way and present your work as neatly as possible.
2. While most of the marks will be awarded for content, candidates must be in mind the importance of presentation, i.e. insight and critical thinking.
3. Number your answers correctly and clearly,
4. This paper consist of 11 pages including the front page
5. Answer all questions, there are no option questions

SECTION A: SHORT ANSWER QUESTIONS

QUESTION 1

1.1 Define the following terms(10)

- (a) Over nutrition**
- (b) Good health**
- (c) Adequate diet**
- (d) Balanced diet**
- (e) Dietary variety**

Question 2

2.1 Choose the correct answer from the statements

1. Deficiency diseases are those that occur in your body because of (10)

- a) Less water**
- b) Absence of nutrients**
- c) Absence of exercise**
- d) Presence of disease germs**

2. Vitamin A is important because it:

- a) Prevents night blindness**
- b) Keeps the skin healthy**
- c) Prevents Anaemia**
- d) Prevents constipation**

3. If you take excessive amount of carbohydrates, you will become

- a) Underweight
- b) Anaemia
- c) Obese
- d) Night blindness

4. An example of a food which prevents vitamin A deficiency is

- a) Spinach
- b) Lemon
- c) Banana
- d) Potato

5. The lack of Vitamin c in the human body is called

- a) Beriberi
- b) Knocked knees
- c) Scurvy
- d) Osteomalacia

SECTION B

QUESTION 3

3.1 Foods are classified according to their nutritional values. Name and describe the four Namibian basic food groups. (4x3=12)

3.2 Vitamin C is a water soluble and it can easily get lost during preparation and cooking. Explain ways to prevent the loss of vitamin C during food preparation. (10)

3.3 Home Ecology as a multi and inter disciplinary subject covers varied aspects related to man and his environment. Discuss the role of Home Ecology in sustainable living. (10)

3.4 Fat is one of the macro nutrients that are essential in the human diet. Deliberate on the functions of fats to the human body. (10)

3.5 Compare and contrast water soluble and fat soluble vitamins In terms of: (10)

Character	Water soluble	Fat soluble
Absorption		
Storage		
Excretion		
Toxity		
Requirements		

3.6 Advice parents on identifying a child with protein deficiency Symptoms (10)

3.7 Fats are classified as saturated and unsaturated. Distinguish between saturated and unsaturated fats. (10)

Saturated fats	Unsaturated fats
•	•

3.8 Water is an important component of a human diet. A large number of the Namibian population consumes large quantities of alcohol as well as cool drinks a day and consume a small amount of pure water. Against this background briefly summarise the importance of water in a human diet. (20)

SECTION C

QUESTION 4

4.1 Plan a lesson from any topic covered this year

(20)

- Introduction (5)
- Body (8)
- Class activities (5)
- Conclusion (2)