



FACULTY	FACULTY OF EDUCATION		
DEPARTMENT	DEPARTMENT OF INTERMEDIATE AND VOCATIONAL EDUCATION		
SUBJECT	HOME ECOLOGY EDUCATION 1		
SUBJECT CODE	MHU 3681		
EXAMINATION DATE	JUNE/JULY 2026		
DURATION	3 HOURS	MARKS	100

SECOND OPPORTUNITY EXAMINATION MEMORANDUM

EXAMINER: MRS. J. SITUNDA

MODERATOR: MRS K.T.HAMBABI

INSTRUCTIONS TO CANDIDATE:

1. Work 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 bear in mind the importance of presentation, i.e. insight and critical thinking.
3. Number your answers correctly and clearly.
4. This paper consists of 5 pages, including the cover page.
5. Answer all the question, there are no option questions.

UNIVERSITY OF NAMIBIA EXAMINATIONS

SECTION A

Question 1

Define the following terms:

- 1.1 Food log (2)
- 1.2 Macro nutrients (2)
- 1.3 Sustainable living (2)
- 1.4 Kilojoules (2)
- 1.5 Basal metabolic rate (BMR) (2)

[10]

Question 2

2.1 Foods are classified according to their nutritional values. Describe the four Namibian basic food groups. (17)

2.2 fats are classified as saturated and unsaturated. With the help of a table, distinguish between saturated and unsaturated fats. (8)

Saturated Fats	Unsaturated Fats

2.3 You are a newly appointed Home Ecology teacher at your school. Your colleagues request you to explain what a balanced meal is all about. Use your Home Ecology Knowledge to clarify to a novice person what a balanced meal is. Use examples in your answer (5)

[30]

Question 3

3.1 State whether the following statements are **True** or **False** and justify your answer.

- a) Proteins are nutrients that provide structure and support to cells. (1)
- b) Pasta is one of the energy giving foods. (1)
- c) Marasmus is malnutrition caused by a deficiency of protein alone. (1)
- d) Diet is what you eat when you want to lose weight. (1)
- e) Covid-19 is a communicable disease (1)
- f) Lack of iron leads to irregular heartbeat (1)
- g) Breakfast jumpstart the brain to boost productivity (1)
- h) Unsaturated fats help reduce the risk of high blood cholesterol levels (1)
- i) The body only depends on carbohydrates for energy (1)
- j) Water soluble vitamins can be lost during thawing (1)
- k) Fat soluble vitamins do not require protein carrier to be transported in the body (1)
- l) Fat-soluble vitamins can easily get lost during food preparation and cooking (1)
- m) Protein is found in all bodily fluids (1)
- n) The energy giving is the major function of protein (1)
- o) Pellagra is caused by iron deficiency (1)
- p) Over-consumption of salt can raise hypertension (1)
- q) Low protein intake may cause muscle wasting in children (1)
- r) Good nutrition can improve the life of HIV and AIDS patients (1)
- s) Iodine is needed for haemoglobin synthesis (1)
- t) Food rich in Vitamin C can boost the immune system of Covid-19 patients (1)

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SECTION B

Question 4 Multiple Choice questions

4.1 Choose the correct answers;

- a) This is a method of meal tracking to determine individual food intake (Food log, Food record, Food guidelines , Food list , Food Chain) (1)

- b) Nutrients that the body needs in large amounts /and supply the body with energy (Micro-nutrients, Macro-nutrients, micro-Nutrition, Macro-Nutrition). (1)
- c) It refers to the energy value and the amount of energy our bodies' burn.
(Kilojoule, Carbohydrates, Metabolism, Calorie-joules) (1)
- d) The rate of energy uses for metabolism when the body is at complete rest after 12 hour fast (Basal Metabolic Rate, Basal metabolism, Basal body index, Basal metabolism index). (1)
- e) Substances obtained from food and used in the human body to provide energy and to build and maintain body cells (Nutrients, Nutrition, Nourishment, nutritional) (1)
- f) It is products from plants or animals that can be taken into the body (Food, Nutrition, Nutrients, water). (1)
- g) The practice of reducing your demand on natural resources by making sure that you use to the best of your ability (sustainable living, Sustainable development, sustainable demand, Home Ecology). (1)
- h) The sum of all processes involved in how organisms obtain nutrients , metabolise them and use them (Nutrition, Nutrients, Nutritional , metabolism) (1)
- i) Food that a person normally eats every day (Meals , Diet, Balanced diet, food) (1)
- j) A diet that provide the correct amount of the need of an individual, consist of food from all four food groups (Balanced diet, Balanced Meals, Diet, Health) (1)
- k) Is the state of complete physical, mental and social wellbeing and not merely the absence of diseases (Healthy, Hygiene, Fitness, and Happiness). (1)
- l) Refers to all forms of poor nutrition caused by a complex array of factors including dietary inadequacy (Malnutrition, Under-nutrition, over-nutrition, Nourishment). (1)
- m) Includes being underweight for age, too short for age (Stunted), too thin relatives to height (wasted) and functionally deficient as abnormal or excessive fat accumulation that impair health (Over- nutrition, obesity, Fat, Nourishment , Under nutrition) (1)
- n) When a person's body weight is considered too low to be healthy (thin, underweight, Unhealthy, weightless). (1)

- o) How the body breaks down the food (Anabolism, Catabolism, Metabolism, Cannibalism). (1)
- p) How the body repairs and creates cells and tissue (Anabolism, Catabolism, Metabolism, and Cannibalism). (1)
- q) Chemical processes that occur in a living organism in order to maintain life (.Metabolism, Basal Metabolism, Anabolism, Catabolism). (1)
- r) Nutrients required by the body in less amount but vey essential for carrying out bodily functions (Micro-nutrients, Nutrients, Food, Micro-nutrients) (1)
- s) Macro-molecules composed of chains of subunits called amino acids (Protein, Carbohydrates, Fats, and Minerals). (1)
- t) Fatty acids that is found in fried food, commercial baked goods and margarine (Tran's fatty acids, non-essential fatty acids, essential fatty acids). (1)

[20]

SECTION C

Question 5

5.1 Water is important component of a human diet. Most people drink alcohol and cool drinks without water. Briefly summarise the importance of water in a human diet (10)

5.2 Good living habits can refer to physical or emotional health. Explain to your learners the good living habits.

(10)

[20]

TOTAL

[100]