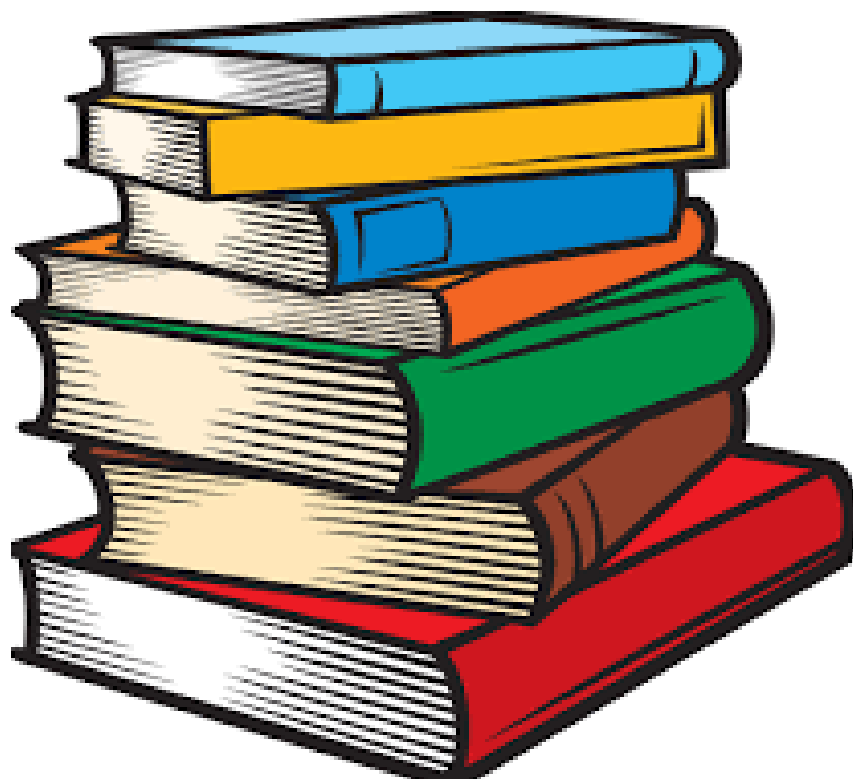


MUCHINGA PROVINCE

Vision with Action



Creative and Technology Studies – CTS

GRADES 5, 6 AND 7 SYLLABUS-BASED STUDY KIT.

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PREPARED AND COMPILED BY CHINTIBE LEVY

GRADE 5

1. Describe how to use spoon and cup as handy measures.
 - Spoon= full, half, level rounded and heaped spoons
 - Cups= full, level, half, quarter and heaped.
2. Convert 1 teaspoon and one table spoon of liquid as handy measures into milliliters
 - 1 teaspoon =5ml
 - 1 tablespoon = 20ml
3. Explain the importance of measuring and weighing.
 - Helps obtain good results
 - Avoid unnecessary wastage
 - Buy required amount
4. Below are measuring equipment, identify weighing and measuring equipment.



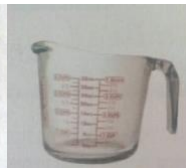
spoons



spring scale



balanced scale



measuring jug

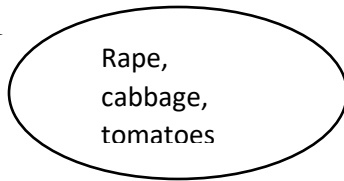
- Weighing equipment: balanced scale and spring balance
 - Measuring equipment: spoon and jug
5. Observe the readings of the milk in the measuring jug below and identify the actual measurement.



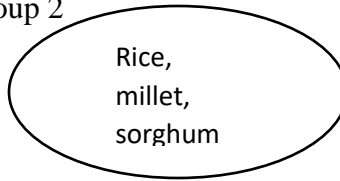
- 500ml

6. Describe the food nutrients contained in beef and nshima.
 - Beef= proteins
 - Nshima= carbohydrates
7. Identify food groups and foods under the following groups.

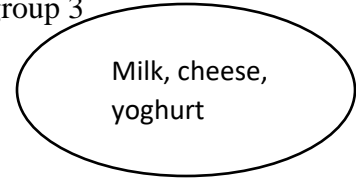
group 1



group 2

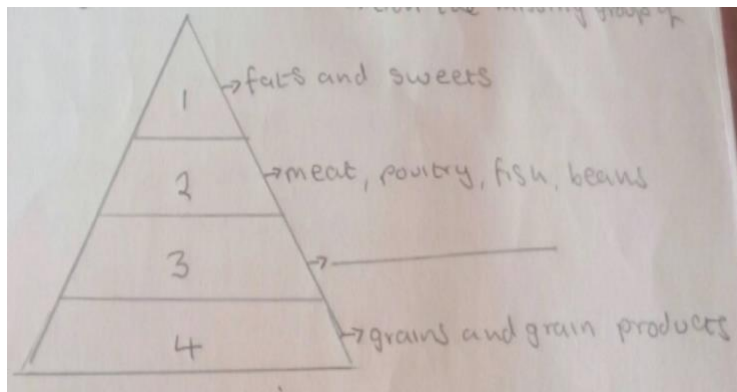


group 3



- Group 1: vegetables= vitamins
- Group 2: cereals= carbohydrates
- Group 3: daily products= proteins

8. Below is a food pyramid, mention the missing group of foods at 3.



- Vegetables and fruits

9. Explain table manners.

- Are acceptable rules exercised when having meals with friends or family.

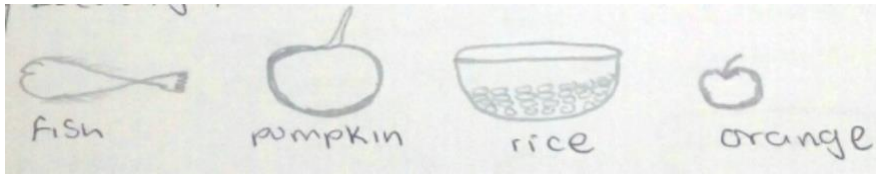
10. Give examples of good table manners.

- Not to speak with food in the mouth.
- Not to open the mouth when chewing.
- Not to play when eating.

11. Explain food preparation.

- Preparing raw or cooked food

12. Identify the food that is eaten raw.



- Orange

13. Explain the importance of cooking food.

- Easy to digest
- Make it appetizing
- Improve taste
- Kill germs

14. Identify two main cooking methods.

- Dry and moist cooking methods

15. Mention two foods that are cooked under boiling method and two foods which are cooked under roasting methods.

- Boiling method: eggs, sweet potatoes
- Roasting method: dry groundnuts and cassava

16. Identify sources of flour meal.

- Wheat, maize, cassava, sorghum, millet and soya beans.

17. How can you prepare flour mixture using air?

- By sieving and sifting it.

18. Identify non-verbal and written communication used to welcome and receive people in different situations.

- Verbal:

- Gestures (sign language)
- Body language (nodding)
- Kneeling
- Hand signals
- Facial expressions

- Written:

- Journals
- E-mails
- Blogs

➤ Text messages

19. Describe types of kitchens.

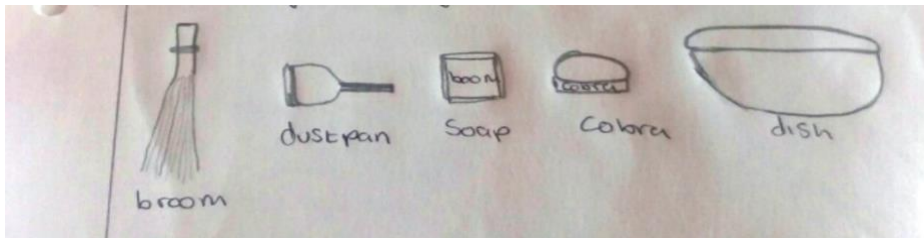
- Traditional and modern kitchens

20. From the list below identify kitchen utensils.

(strainer, hoe, colander, baking tins, sauce pan, sofa, cutlery)

- Strainer, colander, baking tins, sauce pan and cutlery

21. Identify cleaning equipment and materials.



- Cleaning equipment: broom, dust pan, dish

- Cleaning materials: soap, cobra

22. Describe the order of washing up.

- Non-grease items first
➤ Cutlery
➤ Sauce pans
➤ Bake ware

23. Describe the ways of removing dust and dirty.

- Gathering, dusting, wiping, sucking and mopping.

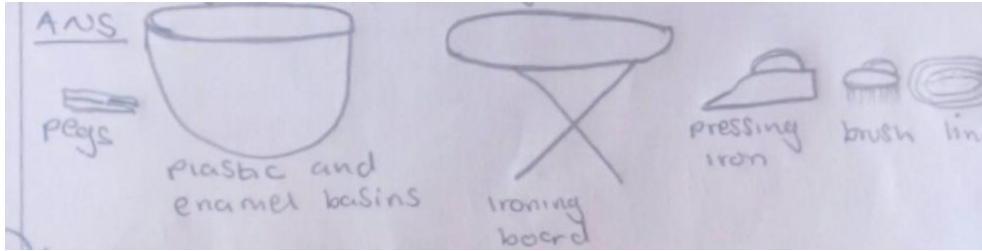
24. Explain what laundry is?

- Washing, ironing and storage.

25. Explain the reason for washing clothes.

- Kill germs
➤ Look smart
➤ Last longer
➤ Removal of excess moisture

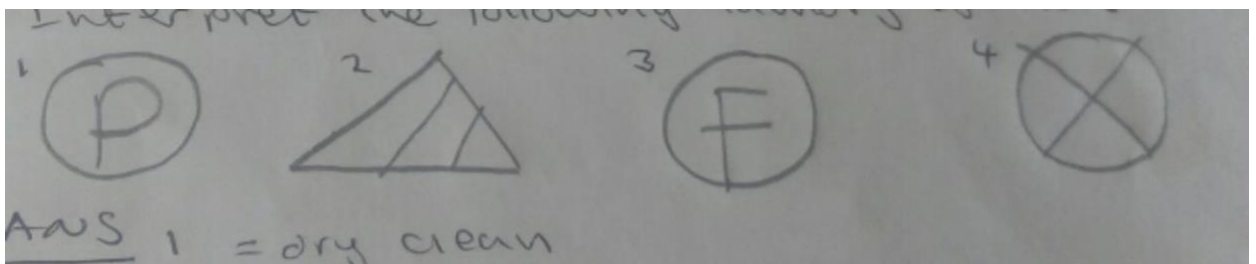
26. Identify various laundry equipment.



27. Mention laundry materials.

- Blue, salt, vinegar, soap/detergents

28. Interpret the following laundry symbols.



- 1= dry clean
- 2= bleach only
- 3= dry clean
- 4= do not dry clean

29. Describe the laundry methods.

- Friction
- Kneading
- Squeezing

30. Identify body uniqueness in different individuals.

- Physical appearance e.g. small/big breasts, small/big bums, pimples, clear face, small/big shoulders.

31. Explain good grooming and self-respect.

- Appropriate dressing, sitting, walking and body language

32. Identify different parts of the body and discuss how to clean them.

- Hands: wash and cut nails
- Feet: wash and cut nails
- Teeth: brush 3 times a day

- Hair: wash, cut or comb
- Ears: wash and use ear buds
- Eyes: wash and avoid rubbing

33. Identify methods of ventilation.

- Natural ventilation
 - Door
 - Window
 - Vent
- Artificial ventilation
 - Fan
 - Air condition

34. State the importance of ventilation.

- Good respiration
- Avoid colds

35. Describe the dangers of poor ventilation.

- Transmission of diseases
- Short supply of clean air

36. Explain the effective ways of having good ventilation.

- Open windows
- Avoid overcrowding
- Avoid braziers

37. Mention types of water.

- Soft and hard water

38. Describe uses of water in a home.

- Washing, bathing, ironing, cooking and cleaning

39. Describe the methods of water purification.

- Filtration
- Boiling
- Chlorination

40. Discuss how to store clean water.

- In clean containers/buckets

41. Explain the importance of good sanitation.

- Good health
- Prevention of diseases

42. Discuss how to dispose different wastes.

- Burying, recycle, and burning

43. Describe the process of cleaning a kitchen bin.

- Clean it with water and soap and always cover the bin to prevent flies.

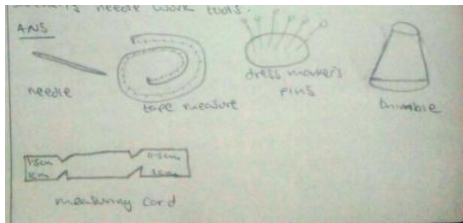
44. Identify the causes of common accidents in the home.

- Exposing medicine
- Putting pan/pot handles careless when cooking
- Playing with match sticks
- Wet floors
- Over polished floors
- Peels of fruits and vegetables
- Keeping needles and sharp instruments in reach of children.

45. Describe safety rules in a kitchen.

- Keep the kitchen clean
- Have adequate lighting
- Use thick gloves to handle pots that are hot and baking tins
- Keep sharp utensils such as knives out of reach of children.

46. Identify needle work tools.



scissors



tailors chalk

47. Discuss how to make a measuring card.

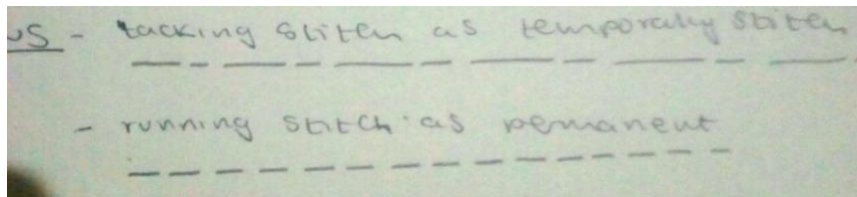
- Cut and shape thin boxes, mark centimeters

48. Describe groups of stitches.

- Permanent stitch
- Neatening stitch
- Decorative stitch

49. Identify the permanent and temporary stitches.

- Tacking stitch as temporary stitch
- Running stitch as permanent stitch



50. Identify classes of seams.

- Flat ridged seam and hannel seam

51. Describe the factors affecting choice of seam on a garment.

- Material being used, garment being made, position of seam.

52. Explain rules for working out seams.

- Threads must be suitable
- Width depends on material
- Seams of the same type must be of similar width

53. Mention tools used for sewing together plaited pieces.

- Plaiting: blunt wire, darning needle
- Materials: strips of fabric, grass, sisal and fiber.

54. Mention different materials used to make toys.

- Hessian and jute sacs, plastics, lugs, pieces of cloth, woolen yarn, rubber and plastic, strings and ropes, sewing threads, big darning and craft needles.

GRADE 6

55. Identify the modern kitchen equipment and their uses.



- Blender: used to mix or crush food and other substance
- Electric kettle: for boiling water
- Dish washing machine: cleaning dishes and kitchen utensils
- Toasters: used to toast multiple slices of bread
- Rice cooker: used for cooking rice
- Pressure cooker: a sealed vessel used for cooking food

56. A room or part of the room used for food preparation and cooking is called

- Kitchen

57. Identify causes of the following deficiency diseases.

- Scurvy: lack of vitamin C
- Kwashiorkor: lack of proteins in the body
- Beri-beri: lack of vitamin b
- Night blindness: lack of vitamin A in a diet
- Marasmus: lack of deficiency of carbohydrates in the body

58. Diseases that caused by lack of particular nutrients in a person's diet are called.....

- Deficiency diseases

59. A meal containing all the food groups in their right proportion is called.....

- Mixed diet

60. Mention the food nutrients and their functions.

- Proteins: provide materials for growth and repair or maintenance and serves as a source of energy.
- Carbohydrates: source of energy
- Vitamins: keep the body healthy by fighting against diseases.
- Mineral salts: strengthening teeth, bones and muscles.
- Fats: give our bodies energy.
- Water: helps in digestion as it helps to wash down food.
- Roughage: help in food digestion

61. What do we call the art of using other foods to decorate a meal?

- Garnishing

62. Give examples of foods used for garnishing.

- Green /red paper
- Lemon
- Hard boiled eggs
- Tomatoes
- Orange
- Cucumber
- Onions
- Carrots
- Avocado
- Beetroots
- Green beans
- parsley

63. Why are garnishes important?

- They make food look attractive

64. Explain what a food budget is?

- A predetermined amount of money set aside and spent for food in a family.

65. Mention the two types of food budget.

- Long term and short-term budget

66. State the points to consider when planning a food budget.

- Age of people
- Type of food
- Health of people
- Cost of food
- Number of people in a family
- Shop to buy from
- Amount of money available

67. (a). The dry method of cooking food in oil or any other fat is called.....

- Frying

(b). Mention the three types of frying methods and the suitable foods that can be cooked under each method

- Dry frying: sausage, pork, fatty meat
- Deep frying: potatoes, chips, chicken and doughnuts
- Shallow frying: eggs, fish, kapenta, meat and caterpillars

68. (a). The moist method of cooking where food is cut into pieces and cooked in minimum amount of liquid, water or sauce is called.....

- Stewing

(b). Give suitable foods that can be cooked under stewing methods.

- Beans, fish, kapenta, dried vegetables and fruits when making drinks

69.is the idea of planning out your menu for either a day, week or month.

- Meal planning

70. State the points to consider when planning meals.

- Cost of food
- The food budget
- Different nutritional needs in a family
- Availability of the food
- Time and skill of the cook
- Different people's needs

71. Define meal patterns.....

- A meal pattern refers to meal designed for the whole week and are repeated for months or year.

72. Meal patterns consists of

- Breakfast, mid-morning, tea, snack, lunch, afternoon tea and super/dinner

73. What do we call uneaten edible foods that remain after a meal?

- Left-over foods

74. Describe the rules for left-over foods.

- Convert to a different meal
- Use them for a short period of time
- Spice the food
- Put in shallow containers when storing

75. Identify suitable foods that can be made from left-over foods.

- Maheu, nshima, fritters, rice fritters, mashed potatoes

76. Describe food preservation.

- Food preservation is the process of treating and handling food to stop or slow down spoilage.

77. State reasons or importance of food preservation.

- Preventing food decay
- Decreasing food wastage
- Adding variety to diet
- Making seasonal foods available throughout the year

78. Identify foods that can be preserved.

- Vegetables/fruits, sweet potatoes, cassava, mushroom, fish, maize and meat

79. Mention different methods of food preservation.

- Canning, drying, freezing, salting and smoking

80. The service of helping people feel welcome and relaxed by providing them with lodging, feeding and accommodation services is called.....

- Hospitality business

81. Mention facilities in hospitality business.

- Lodges
- Guest houses

- Motels
- Hotels

82. Mention services in hospitality business.

- Accommodation
- Laundry
- Transport
- Conference rooms
- Catering

83.are living things found in a house or home that may cause destruction to the house and discomfort to the people living there.

- Household pests

84. Mention different types of household pests.



- Mice, bedbugs, flies, mosquitoes, lice, cockroaches

85. State the dangers of household pests.

- Damage property
- Suck blood from the body
- Cause diseases

- Contaminate food

86. How can you prevent and control household pests in your home?

- Spraying
- Use traps
- Sealing or covering all cracks on the walls
- Draining away all stagnant water
- Clearing all bushes around the house
- Covering left-over foods

87. What do we call a place of residence for an individual or family?

- Home

88. Mention the different types of walls/floors.

- Mud walls/floors
- Cemented walls/floors
- Wooden
- Tiled
- Stone

89. List the different rooms found in a house and their uses.

- Kitchen: this is where food is prepared
- Sitting room: sitting and relaxation
- Bathroom: a room where people bath from
- Store room: a room where food and other things are stored
- Bedroom: a room where people sleep
- Dinning room: a room where a family sits for meals

90. Define food presentation.

- The visual impression of serving food with garnishes and the surrounding in which it is eaten.

91. What is garnishing?

- Garnishes are decorative items used on savory foods after they have been served.

92. List down the utensils and materials used for basic table laying.

- Table napkins/serviette
- Cutlery

- Side plates
- Glass
- Large flower arrangements

93. What is involved in food presentation?

- Flower arrangement
- Table laying
- Garnishing
- Decorating food

94. Mention the materials used in simple flower arrangement.

- Flower clip/small knife
- Some sandy soil
- Small plate
- Cutting scissors

95. Define laundry.

- Laundry is the process of washing, rinsing, drying, ironing and storage of clothes

96. Give examples of laundry methods...

- Friction
- Kneading and squeezing
- Sponging
- Machine washing

97. A place in the backyard of the kitchen used for growing herbs, vegetables and fruits for home consumption is called.....

- Kitchen garden

98. Mention the crops suitable for a kitchen garden.

- Leafy and fruits vegetables
- Egg plants, green paper, onion, garlic
- Rape, cabbage, spinach, carrots, tomatoes
- Pumpkin leaves and sweet potato leaves

99. Give reasons for growing vegetables in the kitchen garden.

- Save money
- For freshy, tasty and nutritious vegetables

- Spirit of self-reliance
 - Food safety
 - Provide variety
100. The practice of growing and cultivating plants as part of horticulture is called....
- Gardening
101. State the factors influencing physical appearance.
- Heredity and genes
 - Social status
 - Nutrition
 - Race
 - Environment
102. Give the effects of physical appearance on others.
- Attraction
 - Sexual abuse
 - Pity
 - Repulsion
 - Respect
 - Inspiration
103. The provision of the initial care for an illness or injury is referred to as.....
- First aid
104. State the aims of first aid.....
- To stop bleeding
 - To prevent further harm
 - To preserve life
 - To promote recovery
 - To prevent pain
105. What do we call a box containing equipment and materials used when giving First Aid?
- First Aid kit
106. Mention the examples of common accidents and their cause.....

- Falls: are caused by wearing shoes with worn out soles or slippery floors/ lack of proper lighting/ spills of liquids and foods on the floor.
- Cuts: caused by sharp objects
- Sprains: it is an injury in the joint caused by over stretching.
- Poisoning: caused by taking an overdose of drugs or the wrong drug.
- Burns: caused by dry heat
- Scald: caused by hot water or steam.

107. List the content of the first aid kit.

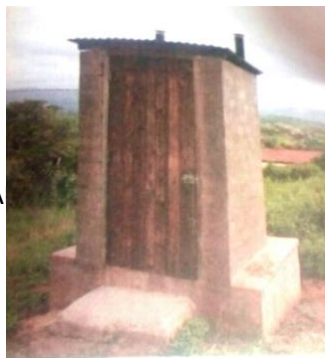
- Bandage
- Razor blade
- Antiseptic soap
- Gauze
- Cotton wool
- Scissors
- Safety pins
- Gloves

108. What do we call the hygienic means of promoting health by providing facilities and services for the safe disposal of human waste?.....

- Sanitation

109. Mention the two types of toilets.....

- Water closet toilets/ flush toilets



- Pit latrines

110. A.....is a sanitation fixture used for the disposal of human waste.

➤ Toilet

111. List the cleaning materials for the two toilets.

(a) Flush toilets/water closet: toilet brush, gloves, air fresher, dust pan, non-scratch scourers/bleach/rug/cloth for dusting and wiping cistern



(b) Pit latrine: air freshener, rug on a long stick, gloves, broom, long toilet brush, toilet detergent, bucket, ashes



112. Mention the different types of edge finishes.

➤ Overcasting



➤ Pinked edges



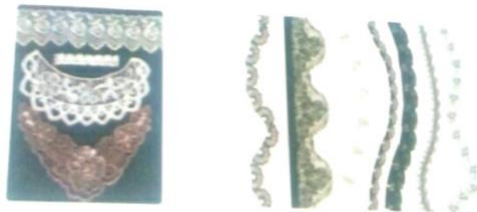
- Edge tapping



- Binding



- Laces



- Hems



- Use of seam sealants



- Fringed edges



113. State the reasons of edge finishes.

- To prevent fraying getting worn out at the edges
- To decorate raw edges
- To ease washing and ironing
- To improve the appearance of the fabric
- To neaten fabric

114. Explain what fasteners are.

- Fasteners are items used to close openings when a garment is worn.

115. Mention the different types of fasteners.

- Button and button holes
- Hook and eye
- Zips
- Press studs

116. State the points to consider when choosing fasteners.

- The garment
- Age of the wearer
- Type of the fabric
- Effects desired
- Position of the opening
- The quality of buttons
- The color of the garment
- Size of the fastener

117. What are openings?

- Openings are spaces left or made on garments to enable one to put on fitting garments.

118. Mention the different types of openings.

- Bound opening
 - Zip opening
 - Faced slit opening
 - Continuous wrap opening
119. A method of fabric production in which two distinct sets of threads are interlaced at right angles to form a cloth is called.....
- Weaving
120. What do we call the making of things especially decorative objects by hand as a profession or leisure activity?.....
- Craft work
121. Identify the different types of weaves.
- Plain weaves
 - Basket weave
 - Twill weave

GRADE 7

122. What is improvisation of kitchen utensils?
- Use a readily available material to make utensils that are not available.
123. Make improvised kitchen utensils.
- Improvised kitchen utensils: jugs, cups, plates, storage containers, lunch boxes using peanut and margarine plastic bottles.
124. What is cooking?
- Cooking is the process of preparing food for consumption through application of heat.
125. List the methods of cooking.
- Grilling, steaming, baking, roasting, boiling, frying
126. What is grilling?
- This is a dry method of cooking.
127. What is steaming?
- This is a method of cooking food using steam.

128. What is baking?

- This is the cooking of food by dry heat without direct exposure to flame.

129. What is roasting?

- This is a dry method of cooking.

130. What is boiling?

- This is the cooking of food, by exposing food to radiant heat.

131. What is frying?

- This is the cooking of food in oil or any other oil.

132. Describe steaming.

- Steaming can be direct or indirect.

133. Identify suitable foods for steaming.

- Steamed dishes, steamed eggs, custard, pudding, soft vegetables and fish.

134. What are raising agents?

- These are powdery or liquid ingredients that are used in raising flour mixtures.

135. Identify raising agents.

- Yeast, air, eggs, baking powder, bicarbonate of soda.

136. Prepare flour mixtures using baking powder and yeast.

- Add air to flour mixtures by sifting or butter into flour then add baking powder or yeast and use the appropriate dish.

137. List the sources of flour.

- Wheat, maize, cassava, sorghum, millet and soya.

138. Define the term sanitation.

- Keeping a place clean and free from dirty, infection and disease by removing wastes and disposing them.

139. Describe a kitchen sink.

- This is an equipment where hands and dishes are washed.

140.



(a) Identify parts of a kitchen sink.

- Top, basin, u-bend, over flow pipe

(b) Name the function of the named parts of the kitchen sink.

- Tap: supply water
- Basin: holding water
- U-bend: traps smells
- Over flow pipe: prevents flooding

141. How do you unblock the kitchen sink?

- To unblock the kitchen sink, open the u-bend, then pour hot water and use bicarbonate of soda or use suction pump.

142. Identify floor coverings.

- Traditional mats, linoleum mats, carpets

143. Describe the color scheme.

- Color scheme: light, dark color verses warm and cold colors

144. What is hospitality?

- Friendly and warm welcoming of guests, friends, visitors and strangers.

145. What is a color wheel?

- This is an illustration that shows organization of color shades around a circle.

146. Define the term colors scheme.

- Range of colors used in painting a house or building

147. What are the types of color schemes?

- Monochromat color scheme, analogous color scheme and tetradic color scheme.

148. List examples of accessories used in decorating a house.

- Accessories are things used to decorate, to finish the look of a room, example; wall hanging, wall-rugs, carvings, sculptures. Pictures, lamp shade, ornament and wall clocks.

149. Explain what a time plan is?

- Time plan: these are ingredients, work tasks and time allocation and equipment

150. What is time management?

- It is the process or act of planning and exercising conscious control of time spent on performing an activity.

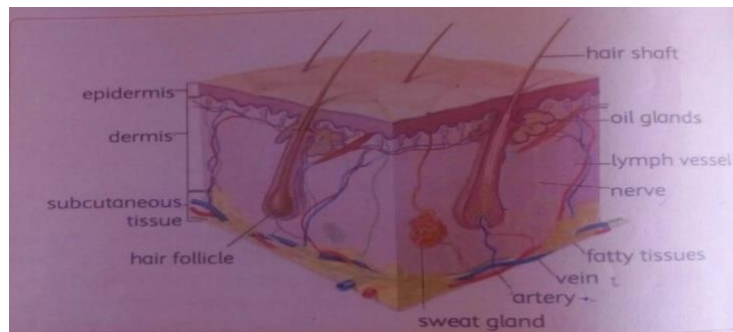
151. What is the importance of having a time plan?

- Prevent fatigue
- Increase productivity
- Gain control
- Setting priorities
- Create free time

152. What is hygiene?

- This is a science that deals with preservation of health.

153. Look at the diagram below.



(a) Identify the main parts of the skin.

- Epidermis, dermis, blood vessels, nerves, oil glands, sweat glands, hair follicles, hypodermis

(b) State the function of each part of the skin.

- Epidermis: this is the protective outer layer of the skin.

- Dermis: this is the inner layer of the skin, it is a thick layer of elastic tissues.
- Blood vessels: this helps in regulating the body temperature.
- Nerves: the nerves are found in the dermis, they sense pain, pressure, touch and temperature.
- Oil glands: moist and soft the skin from drying and cracking.
- Sweat glands: the sweat gland has secretory cells which absorb fluids from the sun.
- Hair follicles: hair follicles produce different types of hair which are found throughout the body.
- Hypodermis: this protects the body from heat and cold.

154. Explain the importance of the skin.

- To remove surface grease and dirty, opens pores, removes bacteria and removes dead skin.

155. Describe the function of the skin.

- Protects the body from germs, heat and cold,
- Regulate the body temperature.
- In the formation of vitamin D from the sun.

156. Explain the care for the skin.

- Do not use skin bleaches
- Wash the skin regularly with soap
- Eat mixed diet for health skin.

157. What is puberty?

- Puberty is the time when the body of both boys and girls undergo physical changes as they mature into adults.

158. Explain the term menstruation.

- This marks the peak of puberty in young girls also termed as monthly periods.

159. Define menstrual cycle.

- This is the regular occurrence of menstruations or periods.

160. Identify ways of promoting privacy and bodily integrity for boys and girls.

- Making separable, locked toilets, bathrooms/bedrooms

161. Describe ways of arranging fullness.

- By using gathers, tucks, pleats and elastic.
- 162. How do you mend damaged clothes?
 - By using a calico patch.
- 163. Describe tools and materials required in knitting.
 - Knitting needles (single pointed, double pointed, circular needles, scissors and tape measure)
- 164. Outline various knitted articles.
 - Basket, booties baby bonnet, shawl (crocheting)
- 165. Identify the tools and materials required in crocheting.
 - Tape measure
 - Tapestry needle
 - Crocheting hooks
 - Scissors
- 166. Identify entrepreneurial opportunities in Home Economics.
 - **FOOD AND NUTRITION**
 - Baking scones and cakes
 - Beverage making
 - Menu planning
 - **HOME MANAGEMENT**
 - Interior decoration
 - Laundry business
 - Flower arrangement
 - Gardening
 - **NEEDLEWORK**
 - Knitting simple skirts and dresses
- 167. What is safety?
 - Safety is the condition of being protected from an accident or injury.
- 167. Explain the importance of wearing appropriate attire in practical activities.
 - Appropriate attire helps us to work well
 - Enables us to perform well in practical activities
 - To protect ourselves from accidents.

168. Explain the effects of inappropriate attire in practical activities.
- Poor performance
 - Accidents/injuries may occur.
169. Why is it important for a miner to wear a helmet?
- To protect his or her head from falling stones.
170. To avoid accidents in a playground in a playground, learners must
- Obey instructions and safety rules
171. To avoid accidents and injuries in the workshop.....
- Do not play around in the workshop
 - Take care when operating machines
 - Do not touch bare wires
172. Outline the safety rules to follow on the sports field/play grounds.
- Follow your teacher's instructions
 - Follow the rules of the game
 - Be careful when you throw javelin
 - Take care of the equipment
 - Start when you are told to start and stop when you are told to stop.
173. Identify general safety rules.
- Do not smell chemicals
 - Do not light flames
 - Do not play with flammable substance
 - Wear protective clothing
 - Be careful when handling sharp objects
 - Take care when handling glass
174. Sports equipment should always be stored in a.....
- Sports storeroom
175. objects should be stored in drawers, out of reach of children.
- Sharp
176. Tool should be correctly stored in a
- Tools box
177. Kitchen utensils should be stored in a.....

- Cupboard or drawer
- 178. To avoid accidents or injuries, we must obey.....
- Safety rules
- 179. Define warm up.
- Is a preparation for physical performance.
- 180. Why is it important to warm up?
- Warming up prepares muscles for exercising and helps prevent injury such as tearing a muscle.
- 181. Give an example of a warm up activity.
- Jogging
- 182.means to be able to get your opponent to do something that you want them to do.
- Manipulation
- 183. In.....you manipulate the opponent by pinning them into an area where the throwers can hit them with the ball.
- Dodge-and-run
- 184. Mention two skill that you use in dodge-and-run Tag.
- Agility
- Manipulation
- 185. Define the following terms: **Agility**, **Balance** and **Dynamic balance**.
- **Agility**: is being able to change the direction of your body while you move.
- **Balance**: being able to keep your body upright.
- **Dynamic balance**: being able to keep upright while you are moving.
- 186. What is imaginative drawing?
- This is the drawing of things or objects that you have never seen before, drawing from the mind.
- 187. Identify the tools needed for drawing.
- Charcoal
- Wax crayon
- Pencil crayon
- Chalk

➤ Pencil

188. Sketching is important because.....

➤ It gives you an idea of the final drawing

189. Collect a few different fruits and arrange them on a table. Put them in a basket, draw them as you see them. Show their texture and shapes. What type of drawing is this?

➤ Still life drawing

190. What do we call a drawing or painting, a photograph or a sculpture of a person?

➤ Portrait

191. When you use..... you end with the outline of the face.

➤ Grid technique

192. To improve your drawings, you can use different types of shading or tonal gradation. Outline types of shading.

➤ smooth shading

➤ line shading such as:

- vertical lines
- horizontal lines
- slanting lines

193. The feel and characteristics of a surface whether smooth or rough is called.....





➤ Texture



194. Study the table below.

	NOTE	NAME	NUMBER OF BEATS
A			2 beats
B			1 beat
C			$\frac{1}{2}$ beat
D			$\frac{1}{4}$ beat

E			3 beats
F			1½ beats

Identify the notes in the table above.

	minim	2 beats
	crotchet	1 beat
	quaver	$\frac{1}{2}$ beat
	semi-quaver	$\frac{1}{4}$ beat

A dotted minim:	 = 3 beats
A dotted crotchet:	 = 1½ beats

195. A musical note is made up of
- Eight notes or 8 notes i.e. (doh, re, mi, fa, so, la, ti, doh)
196. The five lines in written music are known as.....
- A stave
197. What do we call the resulting sound of singing two or more notes together at the same time?
- Harmony
198. There are various voices in a harmony. Name them.
- Soprano
 - Alto
 - Tenor
 - Bass
 - Note: Soprano is the highest and bass is the lowest.
199. Gospel music and other church musicians are examples of

- Popular harmonies
- 200. The highness or lowness of sound is referred to as
- Pitch
- 201. is a Zambian musical style that was originally played on banjos, a 4-stringed bass.
- Kalindula (traditional)
- 202. What is a round?
- This is when two or more people or groups of people sing the same song, but the other one starts later than the other.
- 203. A traditional xylophone, made with flat wooden keys mounted over gourds can also be called a.....
- Silimba
- 204. Are an important part of traditional Zambian music.
- Drums
- 205. What are gymnastics?
- This is a sport that you do on your own and not in a team.
- 206. To perform a series of tumbling activities you need to use.
- Ladder
- Horizontal bar
- Beams
- 207. Gymnasts often uses pieces of equipment for
- Artistic gymnastics
- 208. Some gymnasts do artistic gymnastics on the.....
- Floor
- 209. Give examples of Tumbling and Trampoline.
- Rolls and springs
- Cartwheels
- Handstands
- Mini-trampoline
- 210. Gymnastics accompanied by dance-type moves along with flips, somersaults, splits, rolls are known as.....

- Rhythmic gymnastics
211. Give examples of equipment that a rhythmic gymnast may use.
- Hoops
 - Ribbons
 - Balls
212. What is an acrobatic?
- Is an activity that can either be done on your own or in groups.
213. Gymnastics use aerobic dance movements together with some rhythmic and acrobatic move.
- Aerobic
214. Group of gymnasts may work together to build a
- Human pyramid
215. To perform a series of physical activities, you need.....
- Obstacles
 - Parallel bars
 - Mats
 - Hurdles
216. What is an obstacle?
- An obstacle is something that is in your way.
217. Give an example of an Isometric exercise
- Push-up
218. Mention the name of an exercise that shortens the muscles you are using.
- Isometric exercise
219. Give examples of developmental exercises.
- Jumping over huddles
 - Balancing or swinging on parallel bars
220. What piece of equipment can you use for a developmental activity?
- Hurdles
221. Give examples of conventional games (traditional).
- Mini-Football
 - Mini-Netball

- Mini-Volleyball

222. An important part of playing sports is mainly using.....

- Good sportsmanship

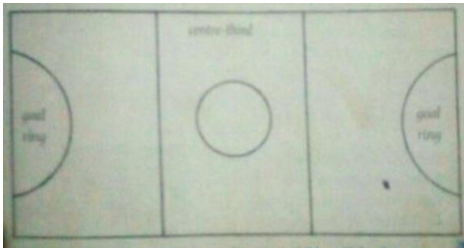
223. In Netball the ball can be passed on to the other players by.....

- Throwing it or bouncing it on the ground

224. In Netball each team has Players.

- Seven (7)

225. Study the sports pitch below.



Which game is associated with the pitch above?

- Netball

226. Learners were asked to practice running and dodging. The sport activity they were performing is associated to.....

- Football

227. How can you prevent an opposing player from getting the ball away from you?

- By dodging

228. What is the importance of dribbling in football?

- Dribbling makes it possible to move from one point to another in the field without losing control.

229. Give examples of skills that are performed in football.

- Kicking
- Feinting
- Dribbling

230. What does feinting do to the opposing player?

- Feinting puts the opposing player off balance.

231. There are many ways of kicking the ball. Name them.

- Inside of the foot

- Instep of your foot
 - Outside of the foot
232. In football you can trap the ball using.....
- Your knees
 - The inside of the boot
 - The chest
233. In Netball, you may use any part of the body to control the ball except.....
- Your hands
234. Means running races over short distances, usually 100m or 200m.
- Sprinting
235. Long and high jumps are examples of
- Field events
236. Examples of track events are
- Long races
 - Relay races
 - Sprint races (100m and 200m)
237. The best distance for a sprint race is.....
- 100m or 200m
238. Games performed with health related messages for example nsolo and chiyato are examples
- Traditional games
239. Equipment used in a relay race is known as
- Baton
240. Name the two styles commonly used when performing High jump.....
- The straddle style
 - The scissors style
241. To perform the long jump well, you need special skills.
- Run very fast
 - Jump high and forward
242. When you dance, you often have to do different things with your hands and feet at the same time. This is called.....

- Coordination
243. On what occasions are traditional dances and songs performed.
- Funerals
 - Traditional rituals
 - Sporting events
 - Family celebrations (weddings, birth of child)
244. Mention examples of traditional dances in Zambia.
- Kalela
 - Nc'wala
 - Nyau
245. Performing traditional dances with rhythm requires.....
- Steps
 - Clap
 - Space
 - Sequence
246. What is freestyle?
- This is when each person dances how they want to and how their bodies feel the music.
247. What do we call a dance that follows specific steps and moves.....
- Structured movement
248. What is knotting?
- This is the action or craft of tying knots in yarn to make carpets or other decorative items.
249. What is macramé?
- This is the system of knotting string or rope.
250. From local materials, we can knot different items like.....
- Holders
 - Storage baskets
251. What is modeling?
- Modeling means making a piece of art that shows the shape of a person, animal, bird or insect.

252. What name do we give the skeleton or the framework of a model.....
- Armature
253. What materials can you use to make a peppier mâché?
- Mixing flour
 - Water
 - Paper
 - Paste
254. What items can you make from mashed paper?
- Cups
 - Masks
 - Hats
 - Plates
255. What is montage?
- This is the art of selecting several pictures and fit them together to make one picture.
256. The art of making a collage is also called.
- Mixed media work
257. What can you use to make a collage?
- Natural materials such as: sand, grass, twigs, fibre.
 - Found or thrown-away material such as: beads, wrapping paper, color pictures from magazines and fabric.
 - Binding or fixing material such as: paste, wood glue, contact cement.
258. What is a mosaic?
- It is a pattern or picture made from small pieces of colored materials.
259. What can you use to make a mosaic?
- Glass
 - Stone
 - Seed
 - Paper
 - Buttons
260. Using suitable wood, what simple items can you carve?
- Spoons

- Toys
 - Cooking sticks
261. What decoration can you put on carved items?
- Paint
 - Decoration with simple patterns
262. Identify items that can be made from locally available material.
- Necklace, bracelets or earrings
 - Mobiles
 - Junk sculptures
263. Why is pool hygiene important?
- Pool hygiene helps to keep the pool clean and safe from infections.
264. We can avoid becoming ill from swimming in dirty water, if we obey the following rules.
- Do not swim if you have diarrhea
 - Shower with soap before swimming
 - Take a toilet break when necessary.
265. Drawing things from the mind is called
- Imaginative drawing
266. is a set of primary colors
- Red, yellow and blue
267. When white paint is added, and the color gets lighter we call that
- Tints
268. add black paint and the color gets dark
- Shades
269. In imaginative drawing, the first step is to the object.
- Sketch
270. Colors that are opposite each other on the color wheel are called
- Complementary colors
271. Enala mixed blue and green colors during practical lesson, what type of color did she make?
- Tertiary color

272. Name two sets of complementary colors

- Green – red
- Blue – orange
- Yellow – purple

273. How many colors are added to create a monochromatic palette?

- One / single color

274.



A cube shown above is drawn in a Dimensional

- Three

275. Name three different types of patterns

- Wax resist patterns
- Counter change (positive and negative design)

276. Another name for counter change design is

- Positive and negative design

277. Wax resist patterns can be made on paper and on

- Fabric

278. What is painting? It is

- Putting colors on a surface

279. The diagram below represent a colour wheel

280. Which of two colors when combined will produce a tertiary colour?

- Green and yellow

281. What is tint?

- Tint is adding white to colour.

282. What colour do you get when you mix blue and yellow?

- Green

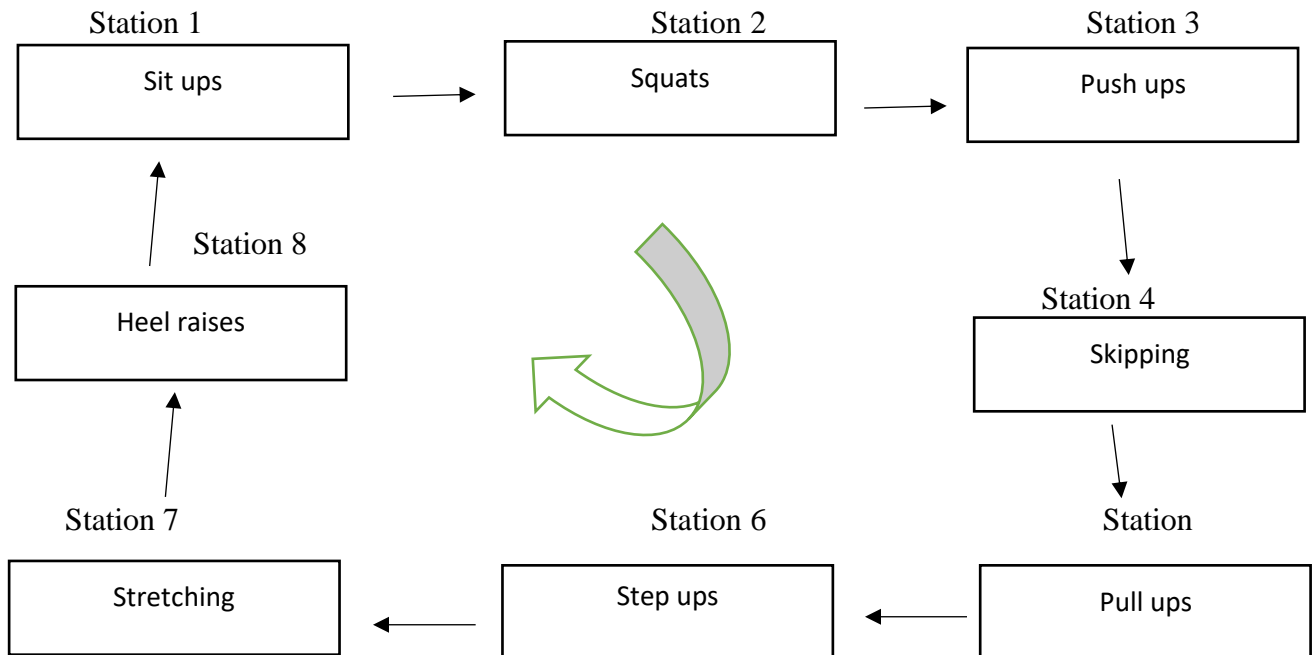
283. Another name for tertiary colour is

- Intermediate colour

284. The part of the object closest to the source of light will be shaded In a drawing.
- Lightest
285. How many notes make a musical scale?
- Seven
286. The Of music is how high or low each note is, and how follow each other in a song.
- Melody
287. When music is written on the, it is divided into bars
- Staff
288. The steady pulse in music that continues steadily like a heartbeat is called
- Beat
289. What is the other word for making up your own music?
- Composing
290. In music what does form mean?
- Form means different sections of a piece of music and the order in which they are played
291. Study the diagram below
292. Which note was wrongly placed on the staff?
- so
293. The five lines on which music is written are called?
- Staff or stave
294. Writing a piece of music in a different key so that it can be song in another voice or played by another instrument is called
- Transpose
295. The types of music such as ‘rock’, ‘jazz’, ‘hiphop’, are known as
- Styles
296. Politicians usually ask musicians to compose campaign songs for them during elections period. They do so because.....
- Music easily communicate massage
297. Learners sung and played musical instruments. This is called Music.

- Live music
298. The musical instrument below is
- A western musical instrument also used with African music
299. Give two example of African traditional instruments
- Drum and malimba
300. Music with a religious message is called.....
- Gospel music
301. Which dance began as part of as part of the hip hop culture?
- Breaking dance
302. Most Zambian songs are call and response songs. This means they are sang by
- One person starting and others complete the song
303. To compose African music, one should start with a
- Theme, title then a dance
304. List the characteristics of music.
- Call and response
 - Repetition
 - variation
305. What is the other word for genres?
- Styles
306. Stunts, backward roll, forward roll and cartwheel are skills and values that help to learn and improve one's
- Coordination, twisting and concentration
307. Which gymnastic activity involves a series of movements accompanied with music
- Aerobics
308. Forward roll, walk overs, flick-flacks and cartwheel are allskills.
- Tumbling
309. Learners where asked to jump over the Vaulting box as shown below.
- The sporting activity they were performing is known as.....

- gymnastic
310. name four tumbling skills
- Walking
 - Rolling forward
 - Jumping
 - Dismounting
311. Why is it important to warm up before you exercise?
- To prevent injuries
 - To loosen up muscles
312. A pupil was told to do the activities as shown below



This is an example of

- Circuit training
313. The bouncing skill is used in the game of
- Basketball
314. is an example of a track event
- Relay race
315. List the skills used to pass ball in basketball
- One hand over head

- One head over
 - Two hand bounce
316. In a relay race, a is handed over to the next group runner until all four people in the team have run their 100 meters.
- A baton
317. Why is it important for athletes to wear correct clothes when taking part in sports?
.....
- It will help them prevent accidents
318. means turning yourself around quickly.
- Spinning
319. Spinning, feinting and sliding are called
- Movements
320. An athletics track is Meters long.
- 400
321. The acceptable way of passing a ball in basketball is
- Passing the ball with both hands
322. In the game of We try to keep the ball in the air.
- volleyball
323. Kamukape is the payer who could run with the ball but only while bouncing it on the ground. The game Kamukape played is called
- basketball
324. name pieces of apparatus (equipment) that you use in gymnastics lesson
- Vaulting box
 - wooden house
 - benches
 - mats
325. In the game of soccer, the controls the game.
- Referee
326. List the skills you use in soccer
- Dribbling
 - Feinting

- Kicking and trapping the ball
- Goal Scoring
- 327. The handover of the baton should be done within the
- Takeover zone
- 328. If you run before the starter shoots the gun or says go, then you are From the race.
- Disqualified
- 329. Name the four different groupings in soccer.
- Attackers
- Midfielders
- Defenders
- Goal keepers (goalies)
- 330. List four thing to do for snake bites
- Keep the injured person still
- Wrap a bandage firmly around the bite, not too tight
- Place a spirit against the limb with a bandage
- Keep the person calm
- 331. Name any four traditional games that you know
- Bayoka
- Nsolo
- Nchuba
- Ubwambe
- 332. Mention 3 field events
- Long jump
- High jump
- Discus
- Javelin
- 333. Mentions some of the track events
- 4X100 relays
- 4X400 relays
- 4X800 relays

334. List four styles of dance from around the world

- Breaking
- Hip hop
- Locking
- Popping
- Waving
- Gliding/floating/sliding
- Moonwalking

335. What does choreograph mean?

The sequence of steps and movement in dance or figure skating in a ballet or other staged dance

336. Shula performed a dance where she could follow specific steps and moves. This dance is called movement

- Structured

337. In conventional, game such as mini football and volleyball, some of the skills you will need to learn are.....

- Throwing
- Catching
- Concentration

338. A team of four people taking turns to race against other teams is called a race

- relay

339. What are the values learnt by participants in sports?

- Concentration
- Courage
- Self-esteem

340. Antrack is 400 meters long. Some tracks are grass while some are made of rubber

- athletes

341. list down different creative dance movements

- arm in preparatory position

- turned-art 1st position
 - drag leg
 - Chasse
 - Swish kick
 - Passé
 - Demi pile
342. List down some of the cool down stretch position
- 2nd position stretch
 - Hamstring
 - Butterfly position
 - Contraction
343. Name the two types of paper Mache
- Strips
 - Pulp
344. What two materials can be used to make an armature
- Wire
 - Cardboard
345. What do we call an artwork that is made by putting very small pieces of tile, colored, glass, stone or other materials together to build a picture?
- Mosaic
346. Mosaic can be made out of ----- too
- paper
347. A is an artwork that tells a story from the way you choose selection of pictures from photographs, magazines or newspaper and put them together to make a new picture.
- montage
348. What do we call the artwork were you put various materials onto a page to create a picture?
- Collage
349. Many crafts can be made using Materials
- Recycled

350. Name one natural product that can be used for dyeing
- Barks of trees
 - Roots
351. Cutting off small bits of wood at a time is called
- Whittling
352. A grade seven learner was asked to make a basket. What method would he use?
- Weaving
353. A learner wanted to weave a belt. What materials should he use?
- Grass
 - Sisal
354. Why is it that not every material can be used to carve a cooking stick? Because some materials are
- Poisonous
355. The best materials one can use to carve an item is
- Wood
356. The two materials used to carve items are And wood
- Stone
357. In order to make a paper car, Mutinta needed a cardboard paper, a pair of scissors and
- Paper glue
358. Mention one thing that would be used to finish a wood product.
- Varnish
359. Mention one thing that would add value to a carving.
- Decorating
360. After making a table, the carpenter varnished it and added some decorations to it. This was done to
- Add value to it.
361. Reed mats are made by
- Weaving
362. Tourists like buying carved items that are
- Unique in nature

363. A pattern or picture made from small pieces of colored materials is called
- Mosaic
364. Making of a piece of art that shows the shape of a person, bird, etc using wire is called an
- Armature
365. What do you call a large piece of cloth whose pictures are made by sewing pieces of fabric on it?
- Applique
366. People carve artifacts that are useful, decorative or cultural, examples of such include
- Axe handles,
 - Hoe handles
 - Pounding Mortars
 - Sugar bowls
367. In weaving, threads that are woven in are called warps and threads that are woven in and out of the warps are called
- Wefts
368. Books can be repaired with needle and to sew a section of pages together and then glue them back
- thread
369. Why should we repair and take care of books?
- Because they are expensive and difficult to replace
370. How many players are in a water polo team
- 7
371. Name four things you may not do to your opponent in a water polo.
- Push or kick
 - Grab
 - Play dirty
 - Scratch
372. is a combination of different sports like soccer, swimming, basketball, ice hockey and rugby and is played in water
- Water polo

373. Which type of clothing is good for swimming?

- Swimming costume

374. There are different types of aids used when rescuing someone in trouble in water. Some of them are.....

- Pool noodles
- Life jackets

375. it the chemical that is used to keep the pool looking bright as well as clean and germ free.

- Chlorine

376. usually wear tight costumes to help them move freely through the water.

- Swimmer

377. Keeping the pool clean is

- Having good pool hygiene

378. Why are the swimmers asked to have a shower with soap before they can swim in a pool?
It.....

- Helps keep the swimming pool clean

379. In which swimming race are the participants allowed to use all types of strokes?

- Freestyles

380. List some benefits of swimming activities

- It give a lot of fun
- It is good for health fitness
- It helps develop muscles

381. What are posters for?

- Posters are used for advertisement of events
- They are also used to make people aware of important issues

382. What is a poster?

- It is a printed notice

383. Which of the following posters is good for road safety message?

Cross
while
running

Cross at
zebra
crossing

Stop
check
for
moving

Stop
hold
hands
and

1

2

3

4

TECHNOLOGY

384. is the use of knowledge to make products so that we can solve problems and make tasks easier.

- Technology

385. Is something that is made or done for the first time?

- An invention

386. What are the advantages of technology?

- Communication
- Transport
- Speed
- Entertainment
- Source of employment

387. Mention the disadvantages of technology.

- Cyber crime
- Replace human resource
- Pornography
- Online child sex abuse
- Climate change
- Air pollution

388. Mention the five stage of design process.

- Problem identification
- Brief
- Research
- Making
- Evaluation

389. Describe factors that lead to technology advances.

- Communication

- Transport
- Lack of electricity
- 390. is best used to search for information.
 - Internet

SAFETY

391. Mention any two types of workroom.
 - Computer room
 - Workshop room
392. Apply safety rules in the workroom.
 - Storage of tools
 - Care of tools
393. What is First Aid?
 - First Aid is the basic medical care that is given to an injured person
394. What is a First Aid box?
 - A first aid box is a box that contains a selection of items that you can use for emergency medical treatment.
395. Mention any four (4) items that are found in the first aid box
 - Sterile bandages
 - Burn dressing
 - Scissors
 - Adhesive plasters

TOOLS AND MATERIALS

396. What is a workbench?
 - A work bench is a table that is used on which to work
397. Identify parts of the work bench
 - Bench stop
 - Vice
 - Sewing board

- well
- 398. What is the uses of a bench stop, well and vice?
 - Bench stop is used to hold the workpiece in place.
 - Well is used for storing tools out of the way.
 - Vice is used to hold a workpiece in place while you work on it.
- 399. Classification of tools for making items:
 - **For Measuring:** Measuring Tape and Steel Rule
 - **Marking out :** Marking gauge and Marking Knife
 - **For testing:** Try square and Spirit level
 - **For cutting:** saws, Planes and Chisels
 - **For Holding:** Bench vice and clamp
 - **For Driving:** Hammer and Mallet
 - **For Building tools:** Trowel and building square
- 400. How do you prepare wood before use?
 - Measuring, marking, cutting and planning procedure
- 401. How do you prepare metal before use?
 - Cutting and filing
- 402. Mention the three types of joining wood.
 - Through Housing joint
 - Cross Halving joint
 - Nailing joint
- 403. Mention one type of joining metal.
 - Seaming joint

What is a hacksaw?

 - It is a saw used to cut metal
- 404. is a line where two or more pieces of materials are fixed.
 - joint
- 405. Mention one type of joining plastic.
 - Gluing joint
- 406. Describe materials used to construct a traditional house.
 - Clay, mud, poles and glass

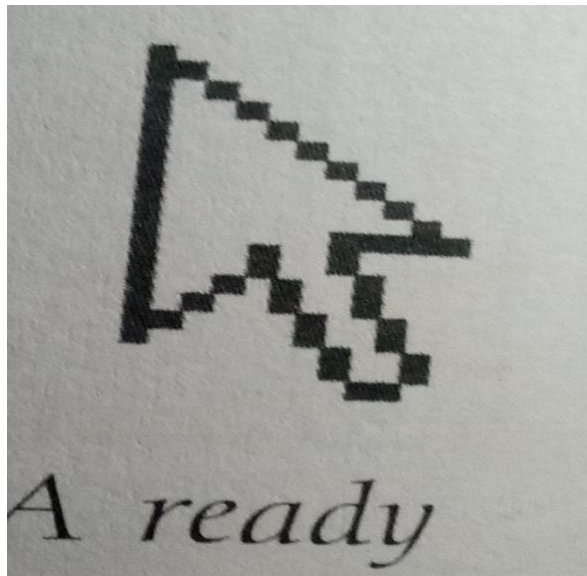
407. Describe materials used to construct conventional house.
- Blocks, bricks, iron sheets and timber
408. Clay soil is good and strong to mould bricks.
- An anti-hill
409. What is the difference between blocks and bricks:
- Blocks are made with cement and soil, while bricks are usually made of clay soil

WINDOW MANIPULATION

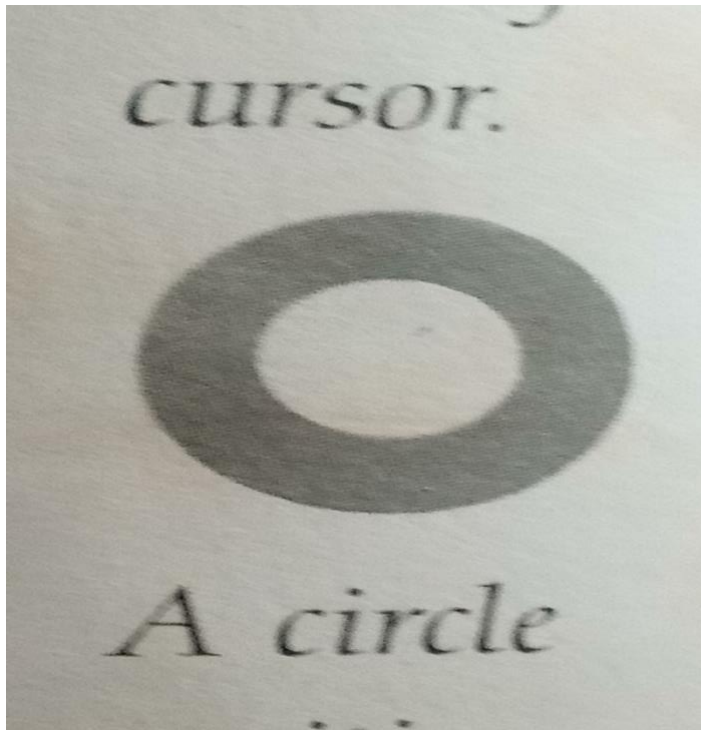
410. Describe the parts of the windows.
- Icon, title bar, document title, start menu, taskbar, minimize, restore and close
411. What is the function of the following windows parts:
- **Title bar:** it shows the name of the program or file you have open.
 - **Close:** if you click “close”, it closes the window and the document.
 - **Minimize:** This action temporarily closes the window by changing into a small button at the bottom of the screen.
 - **Restore:** It brings window back to its previous size
412. The restore button is also sometimes the Button
- Restore Down button
413. is the presentation of a program in Microsoft windows.
- Window
414. Tois to go from one program to another in Microsoft Windows.
- Navigate
415. Mention any computer Microsoft windows programs.
- Microsoft word, Microsoft paint, Microsoft notepad etc...
416. Function of the following Microsoft windows program:
- **Microsoft Word:** to type, edit, store and print documents.
 - **Microsoft Paint:** is a program that you will use to draw, paint and colour images
 - **Microsoft Notepad:** is a program that you can use to type documents.

PROGRAM RUNNING AND EXITING

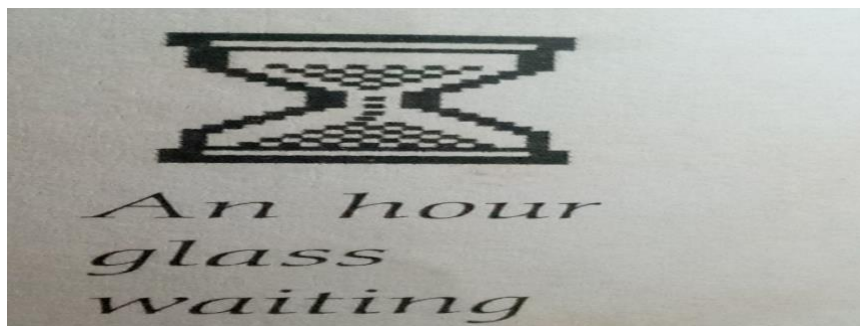
417. Explain meaning the cursor status?
- A cursor an icon in a computer program which shows what program is doing
 - The cursor status shows you where on the screen your mouse is pointing and selecting.
418. Identify the types or shapes of the cursor.
- A ready cursor



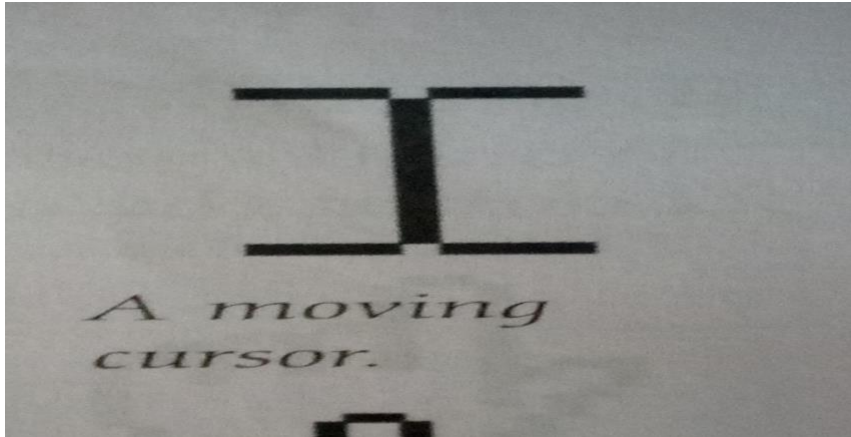
- A circle waiting cursor



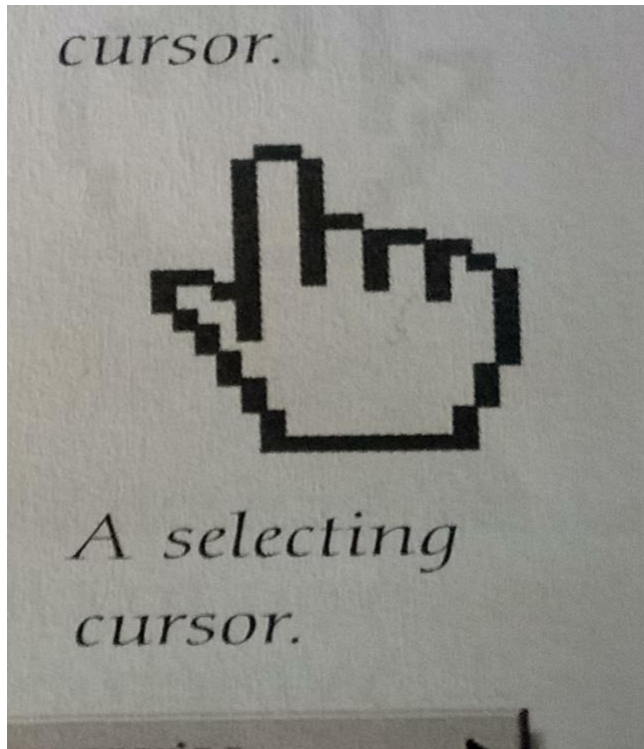
- An hour glass waiting cursor



- A moving cursor



-
- A selecting cursor



419. We can know the cursor status by its
- Shape and task
420. Identify the four (4) type's arrow keys found on the keyboard.
- Left arrow key, right arrow key, up arrow key and down arrow key.
421. What is a mouse?
- A mouse is an output device that is used to feed and instruct data in to the CPU
422. Function of the mouse.
- To feed and instruct data into the CPU
 - To move the cursor from one point to the other.

DRAWING

423. What is printing?
- Printing is writing, drawing or painting in order to communicate a message
424. Mention two types of printing.
- Hand printing
 - Computer printing/machine printing
425. is the transferring of typed work from the computer to paper.

➤ Printing

426. What is a stencil?

➤ A stencil is a thin sheet of material with letters or a design cut from it.

427. Mention three types of a stencil.

➤ Paper, plastic and metal stencil

428. The four advantages of using a stencil.

➤ The lettering or pattern is neat and clear.

➤ The lettering or pattern is always the same.

➤ The stencil can be reused.

➤ You can practice using the stencil beforehand.

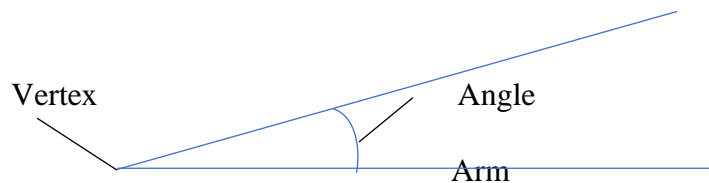
ANGLES

429. What is an angle?

➤ An angle is a measured of turn.

➤ An angle is the degree of turn between two straight lines

➤ It is formed when two straight lines meet.

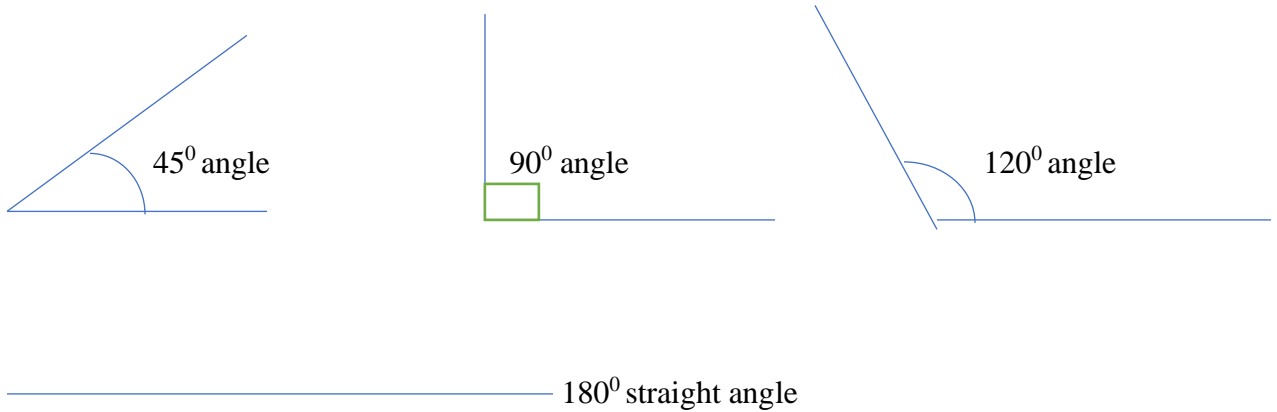


“An angle is formed where two straight lines meet”.

430. Angles are measured in.....

➤ Degrees

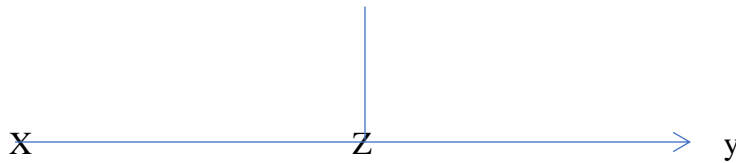
431. Angles are in different sizes:



“We can use a ruler, a pair of compasses and a sharp pencil to construct angles of different sizes”.

432. What is to bisect a straight line?

- Is to divide something into (angle) two equal pieces.



“This means that that XZ is exactly the same length as ZY”.

433.

What is a triangle?

- A triangle is a closed shape with three straight sides.

434.

Types of triangles.

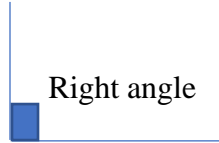
- An equilateral triangle
- An isosceles triangle
- A scalene triangle

433. Angles in a triangle add up to ... degrees.

- 180°

434. A 90° angle is called a angle.

- Right angle

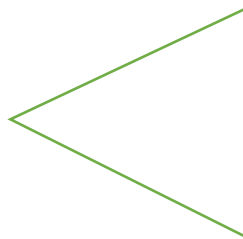


Example of triangles7

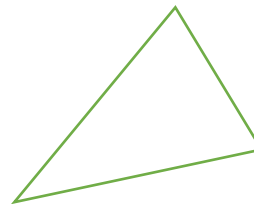
Equilateral triangle



Isosceles triangle



scalene triangle



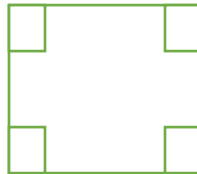
435. Match the description in column A with the triangle in the column B.

Column A	Column B
a) Three sides are the same length	I. Isosceles triangle
b) Two sides are the same length	II. Scalene triangle
c) No sides are the same length.	III. Equilateral triangle

- a = III
- b = II
- c = I

436. Describe the difference between a Square and Rectangle.

- A square is a closed shape with four straight sides and four right angles.
- Joining sides are equal



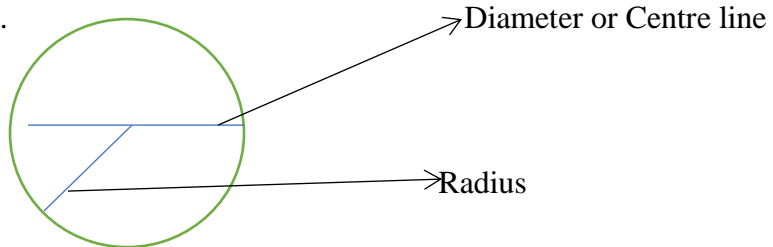
- While a rectangle is a closed shape with four straight sides and four right angles.

- Opposite sides are equal.



437. What is a circle?

- A circle is flat, closed shape made up of points that are equal distance from the Centre of the circles.



438. The of a circle is a line from one side of the circle through the center to the other side of the circle.

- Diameter or Centre line

439. The Is a line from one side of the circle to the centre.

- Radius

440. The Is the middle of the circle.

- Centre

441. To is to divide into two equal parts.

- Bisect

GRAPHICS

442. What is the use of Graphic packages?

- A graphics package is used to create pictures.
- Is used to make changes to a picture.

443. Open option is the on a computer.

- Graphic package

444. Examples of advanced computer programs to create and edit graphics:

- Photoshop

- CorelDraw
- Microsoft paint

445. How to open the graphic package.

- Click on the start menu button
- Select any graphic package program
- Press on the right button on the mouse
- Click on open option

446. What is to manipulate a graphic image?

- Is to make changes to an image.

447. How do you manipulate image.

- By changing the size if an image.
- By filling the colour into an image.
- By changing the colour of an item in the image.

SAVING AND OPENING

448. What the difference is between save and save as option?

- To save a file or document is to save it in computer and used in the same windows.
- To save as is to save file or document in computer and can the file can be used to other windows computer.

ENERGY

449. Describe the source of light in homes?

- **Rural areas:** sun, moon, stars, wood fire **etc...**
- **Urban areas:** flashlight, computer, lamp electricity bulb, solar bulbs etc...

450. Explain the generation of hydroelectricity in Zambia.

- Water, generator and turbines

451. Is a tool that uses the energy of flowing water to turn a wheel and do work.

- Water Wheel

452. What do you call the generation of electricity by using the energy of flowing water?
- Hydroelectric power
453. Identify electrical installation components in homes.
- Sockets outlets, bulb holder, switches and meter box.
454. The is the most commonest source of lighting in rural areas of Zambia.
- Solar
455. A ... is used to turn the current on and off.
- switch
456. Explain why hydroelectricity power is a good source of energy to use to make electricity.
- Because it has less damage to our environment.

COSTING AND PRICING

457. What do you call the amount of money that is required to produce a product or a service.
- Costing
458. is the amount of money that people must pay for a craft or a service.
- Price
459. Give any two examples of a service in Zambia that people pay money for.
- Public transport
 - Restaurant food
460. Give the meanings of the following terms in a business
- **Cash:** is the amount of money the business has at hand.
 - **Stock:** is the number of items that the business still has to sell
 - **Sales:** is the total amount of money that the business sold in a certain day, week or month.
461. What do we consider when making a price on the item?
- Profit, labour and time spent

462. this is the financial information the that shows the money spent, money available and owe by the business.

- Financial records

463. book is business book that shows the business capital, profit. Stocks and sales of a business.

- Record –keeping book

Grade six technology studies

464. List different Text formats

- Normal, **bold** and *Italic*

465. Demonstrate formatting text

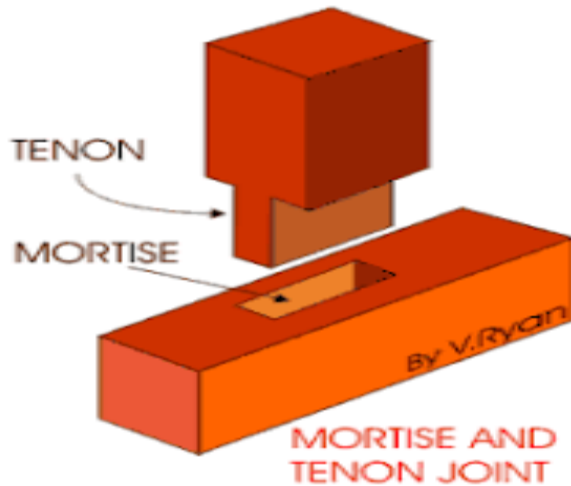


466. Identify different text alignments listed below



- Left, Centre and right

467. Demonstrate the cutting of mortise and tenon joints



468. How do you finish artifacts?

- By applying varnish and paint to art craft

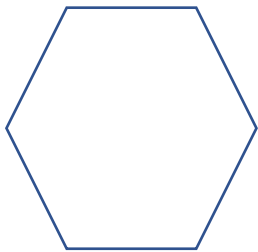
469. Explain the basic stages in preparing land to construct a structure.

- • Stages in preparing site include: Clearing, setting, digging, construction

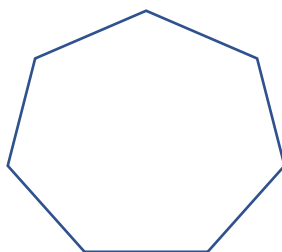
470. Checking of mistakes and spelling after typing is called.....

- Editing

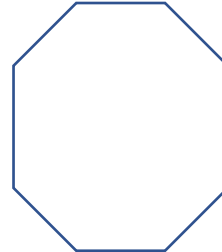
471. What name is given to the polygons below



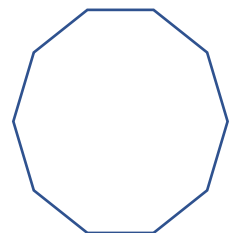
Hexagon



Heptagon



octagon



decagon

472. Describe the following symbols of a simple circuit



Switch



bulb

473. Explain why entrepreneurship is a good career?

- Source of income

- job creation
- self-employment

TECHNOLOGY STUDIES GRADE 7 PAMPHLET

DRAWING

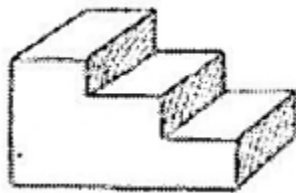
Introduction to Orthographic Projection

474. Convert simple solids from Isometric to Orthographic Projection.

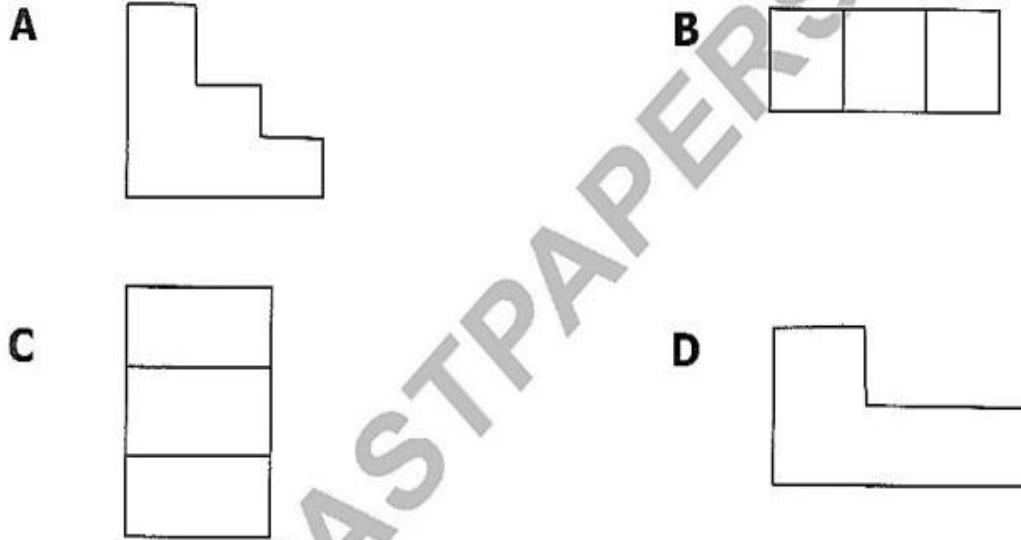
- Views in Orthographic: Front Elevation, Plan, End Elevation

e.g

study the diagram below.



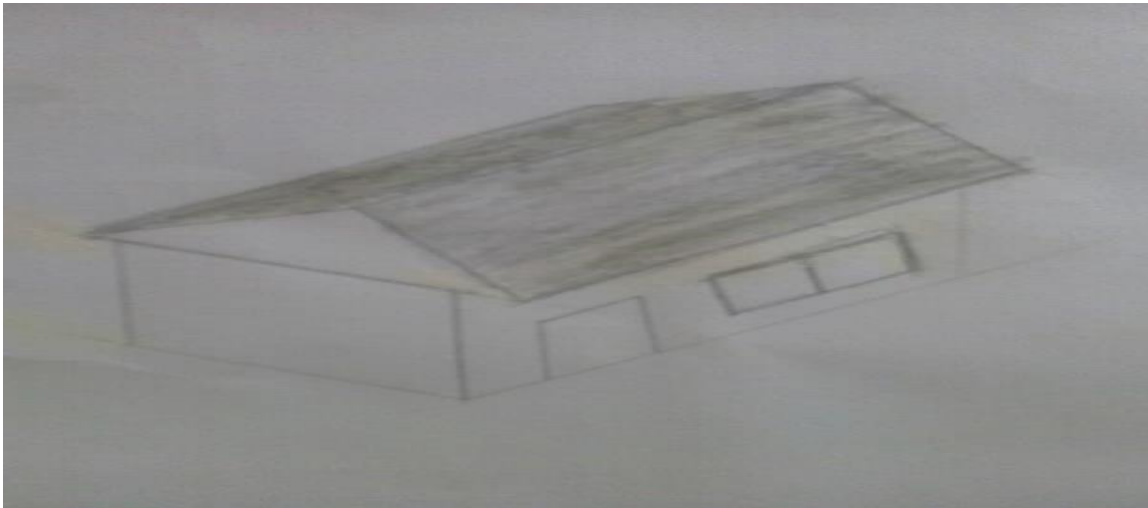
Which of the following shows how the front view of the object would appear?



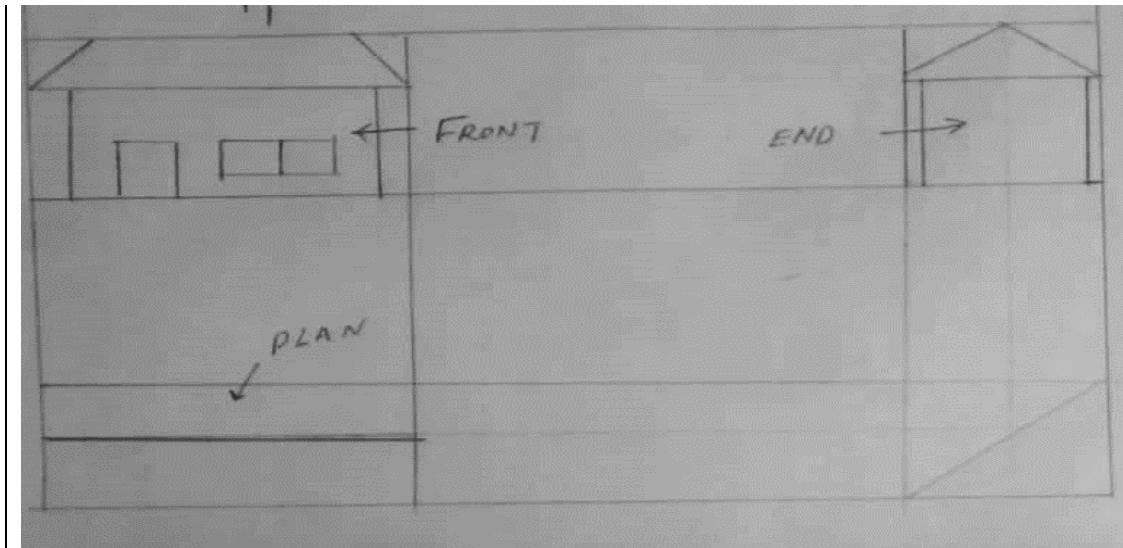
Basic Building Drawing.

475. Draw elevations of a simple Front Elevation, Plan, End Elevation

Isometric view of a house



Answer in orthographic projection:

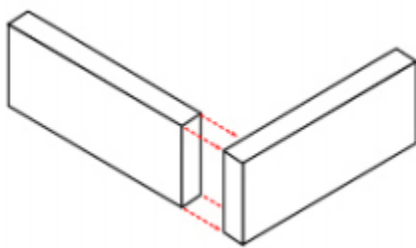


CONSTRUCTION

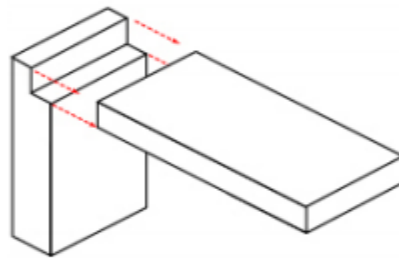
Joining Materials

476. Join materials.

- Methods of joining materials: Butt joint, Lap joint, Screwing



Butt



joint



Screwing

Building Materials

477.

Burn clay bricks

- ❖ Methods of burning clay bricks: Intermittent Periodic, Single

CALCULATOR

System Calculator

478.

Use the system calculator to perform elementary

operations

- Changing calculator type (standard, scientific), Calculations. And Copying from calculator to word

For example

The key marked y on the common calculator below is used for.....

A]

Adding numbers

B]

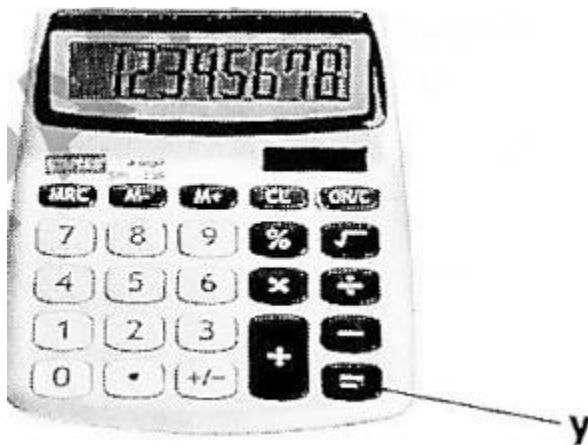
Calculating percentages

C]

Finding results

D]

Memory recall

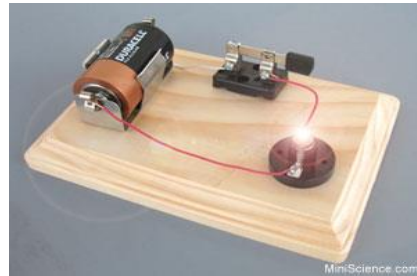
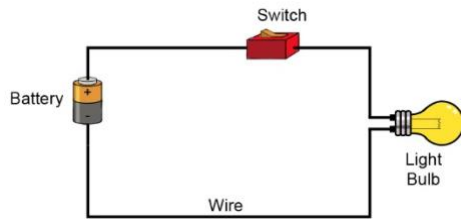


ENERGY

Electricity

477. Design and make a switch to a simple circuit.

❖ Designing switches



❖ *For example:*

❖ A learner wants to make a simple circuit. What materials was he likely to use?

❖ *Answer: bulb, copper wire and wood.*

THE INTERNET

Internet risks

478. Identify the risks associated with the internet.

Answers

❖ Web risk awareness (cyber-crimes, undesirable materials)

❖ *For example:*

❖ Someone can get hold of your online banking details and steal money from your bank account. This is financial internet risk is called **cybercrimes**.

479. Protect oneself from

Financial risk

❖ Not disclosing of identity, and passwords on line or phones and ATM cards.

❖ *For Example:*

- ❖ Someone who discloses his/ her ATM number or pin may.....
answer: Have his/ her money stolen from his/ her account.

Searching and Retrieving Information

External Storage Devices

480. Search and retrieve information from external storage device

❖ **CD ROM and flash Disc**

481. Search for specific information from the internet •

- *The World Wide Web (www)*
- Selecting relevant
- Information (sifting)

❖ **For example:**

❖ The acronym www on the internet stands for _____

❖ **Answer:** *The World Wide Web (www)*

Entrepreneurship

Entrepreneurship as a Career

482. Form groups for small scale businesses.

- Making various items in groups

❖ **Example:**

❖ A good entrepreneur should always do the costing of goods as this will help him or her to know.....

❖ **Answer:** Income, expenditure and profit.

