

Write the answers in your exercise books.

1. Abraham Maslow, a social psychologist created the Hierarchy of Human Needs. Briefly explain how the following needs are met by the family:
 - i. physiological needs
 - ii. psychological needs
2. Esteem is described as how we feel about ourselves and our behaviour clearly reflects those feelings. Describe **one** characteristics of adolescents with low self-esteem.
3. Resources can be categorised on the basis of renewability. Differentiate between **non-renewable** and **renewable** resources.
4. State **one** benefit of good resource management.
5. Study the picture and answer the following questions.
 - i. State the name of the appliance shown below.



- ii. State **two** benefits of using the above appliance.
6. Explain **one** safety procedure when cooking food using a micro wave oven.
7. Differentiate between **piece dyeing** and **stock dyeing**.
8. State **one** clothing requirement for the following age groups:
 - i. Toddlers
 - ii. Teenagers
9. Sewing machines need regular oiling.
 - i. Explain the purpose of servicing sewing machines.
 - ii. Explain why is it important to run the machine after oiling on scraps of material prior to the actual sewing.

THE END