

TERM TWO EXAMINATIONS
HOME SCIENCE
FORM ONE
MARKING SCHEME

SECTION A (40 MARKS)

1. Practices that help maintain healthy teeth.

- Brushing the teeth at least twice a day.
- Avoid eating too many sugary foods.
- Eat foods rich in calcium and phosphorous.
- Avoid smoking.
- Visit a dentist regularly to have any problems fixed early.
- Floss to remove dirt between the teeth.

(Any two correct answers; 1 mark each. $1 \times 2 = 2$ marks)

2. Methods of removing loose dirt from surfaces.

- Sweeping.
- Brushing.
- Dusting.
- Suction.
- Wiping.



(Any four correct methods; $\frac{1}{2}$ mark each. $\frac{1}{2} \times 4 = 2$ marks)

3. Points to consider when buying land for building a family house.

- Cost of the land.
- Size of the parcel of land in relation to family needs.
- Location of the land.
- Type of soil.
- Topography/physical condition of the land.
- Ownership and documentation.
- Infrastructure, and developments in the area.

(Any two correct points; 1 mark each. $1 \times 2 = 2$ marks)

4. Metals used in making kitchen equipment.

- | | | |
|--------------|------------------|---------|
| ▪ Aluminium. | Stainless steel. | Silver. |
| ▪ Iron. | Copper. | Enamel. |
| ▪ Gold. | Brass. | Silver. |
| ▪ Tin | | |

(Any four correct metals; $\frac{1}{2}$ mark each. $\frac{1}{2} \times 4 = 2$ marks)

5. Materials used in making brooms.

- Wood/metal/plastic for handles
- Animal hair.
- Vegetable fibres.
- Grass/straw.
- Synthetic fibres.

(Any two correct materials; $\frac{1}{2}$ mark each. $\frac{1}{2} \times 2 = 1$ mark)

6. Causes of bruises in the home.

- Slamming doors/windows.
- Knock by a falling object.
- Bumping into furniture.
- Falling down.
- Rigorous/excessive exercise leading to tearing of delicate veins.
- Physical abuse.

(Any three correct causes; 1 mark each. $1 \times 3 = 3$ marks)

7. Reasons plastic shoes are not suitable for school uniform

- They are uncomfortable as they retain heat.
- They cause a lot of sweating.
- They do not allow for evaporation of sweat as they are not absorbent.
- They could encourage the growth of fungus/athlete's foot.
- They lead to smelly feet.
- Not durable / easily damaged/ tears easily/ not a strong material

(Any three correct points; 1 mark each. $1 \times 3 = 3$ marks)

8. Qualities of a good food storage container.

- It should have a fitting lid.
- It should not have cracks or grooves.
- It should be easy to clean.
- It should not react with food.
- It should be waterproof.
- It should not rust.

(Any three correct causes; 1 mark each. $1 \times 3 = 3$ marks)

9. Ways of preventing the spread of ringworms.

- Avoid sharing personal items.

- Clean personal items and disinfect them regularly.
- Do not share shaving tools.
- Avoid close skin contact with people infected with ringworms.
- Keep toe and fingernails short and clean.
- Use waterproof shoes in common wet areas such as showers.

(Any two correct points; 1 mark each. $1 \times 2 = 2$ marks)

10. Basic furniture found in a bedroom.

- Bed.
- Dressing table.
- Wardrobe.
- Chest of drawers.
- Dressing stool.
- Easy chair.

(Any four correct furniture; $\frac{1}{2}$ mark each. $\frac{1}{2} \times 4 = 2$ marks)

11. Ways a student can exercise in school.

- Being active during P.E. lessons.
- Involvement in a physical game like football, volleyball, basketball etc.
- Swimming (in schools with a swimming pool)
- Being active in an aerobics club.
- Being active in athletics.

(Any four correct points; $\frac{1}{2}$ mark each. $\frac{1}{2} \times 4 = 2$ marks)

12. Areas/centres of work that make up the work triangle in a kitchen.

- The sink.
- The refrigerator/food store.
- The cooker.

(Correct identification of the three areas; $\frac{1}{2}$ mark each. $\frac{1}{2} \times 3 = 1\frac{1}{2}$ marks)

13. Improvised abrasives used in cleaning.

- Crushed egg shells.
- Fine sand.
- Ash.
- Crushed charcoal.
- Rough leaves.
- Salt.

(Any three correct points; $\frac{1}{2}$ mark each. $\frac{1}{2} \times 3 = 1\frac{1}{2}$ marks)

14. Tasks carried out during weekly cleaning of a food store/pantry.

- Wiping the shelves.
- Arranging shelves.
- Lining the shelves anew.
- Checking foods and discarding expired/spoiled food.
- Cleaning food containers.
- Replenishing empty containers.
- Cleaning the floor.

{Any six correct steps; $\frac{1}{2}$ mark each. $\frac{1}{2} \times 6 = 3$ marks)

15. Advantages of cleaning a house daily.

- Avoids accumulation of dirt that may become difficult to remove.
- Ensures neatness and tidiness in the home.
- Reduces incidences of accidents since the house is tidy.
- Reduces the risk of pests invading the home.
- It makes cleaning easier at the end of work thus less tiring.
- Reduces risks of infections/diseases caused by dirt.
- Makes cleaning cheaper as one does not need to use expensive agents and materials.

(Any three correct points; 1 mark each. $1 \times 3 = 3$ marks)

16. Difference between thermoplastic and thermosetting plastics.

- Thermoplastics are soft/pliable plastics that melt when exposed to heat while thermosetting plastics are hard plastics that do not melt when exposed to heat and are permanently set into shape.

(Correct differentiation, 1 mark each. $1 \times 2 = 2$ marks)

17. Measuring/weighing tools used in the kitchen.

- Measuring cups
- Measuring spoons.
- Measuring jugs
- Weighing balances/kitchen weighing scale.

(Any two correct points; $\frac{1}{2}$ mark each. $\frac{1}{2} \times 2 = 1$ mark)

18. Use of each of the following items in a First Aid box:

- a) Tweezers
- Removing insect stings.
 - Taking out splinters, thorns, and glass pieces from the skin.
- b) Sterile gauze
- Control bleeding in a major wound.
 - Absorb discharge from a minor cut or wound.
 - Keep the wound sterile.
 - Cleaning a wound.

(Any correct point for each $\frac{1}{2}$ mark. $\frac{1}{2} \times 2 = 1$ mark)

19. Considerations to make when cleaning walls.

- The type of material used to cover the wall e.g., water/oil paint, wallpaper. Ceramic tiles etc.
- The type of dirt on the wall.
- The cleaning being done e.g., daily, weekly or special cleaning.

(Any two correct points; 1 mark each. $1 \times 2 = 2$ marks)

SECTION B (20 MARKS)

20.

- a) Procedure for thoroughly cleaning an oil-painted wall in a living room.
- Collect all the materials needed($\frac{1}{2}$).
 - Remove pictures, clock and wall hangings($\frac{1}{2}$).
 - High dust($\frac{1}{2}$) the walls and the ceiling then low dust($\frac{1}{2}$). Pay special attention to ventilators and the skirting board($\frac{1}{2}$).
 - Use warm($\frac{1}{2}$) soapy($\frac{1}{2}$) water and a cloth($\frac{1}{2}$) to clean the wall. Work from low($\frac{1}{2}$) levels going up($\frac{1}{2}$). Work a small portion($\frac{1}{2}$) at a time and overlap($\frac{1}{2}$) parts.
 - Rinse each portion($\frac{1}{2}$) by wiping with a cloth wrung from clean water($\frac{1}{2}$). Start from the top($\frac{1}{2}$) coming down($\frac{1}{2}$). Repeat cleaning and rinsing until the whole wall is cleaned.
 - Wipe the skirting board using warm soapy water, rinse thoroughly with clean water then dry with a clean dry cloth($\frac{1}{2}$).
 - Clean the floor to remove any water spills($\frac{1}{2}$).
 - Clean all the equipment used and store it properly($\frac{1}{2}$).

(Any sixteen steps correctly flowing; $\frac{1}{2}$ mark. $\frac{1}{2} \times 16 = 8$ marks)

- b) Steps to follow to clean a varnished bookshelf.
- Collect all materials and equipment required($\frac{1}{2}$).

- Protect the floor($\frac{1}{2}$) with old newspapers/rugs.
- Remove all the books from the shelf($\frac{1}{2}$).
- Dust($\frac{1}{2}$) the shelf with a dry cloth.
- Wipe the shelf with a cloth($\frac{1}{2}$) wrung from warm($\frac{1}{2}$) soapy($\frac{1}{2}$) water.
- Rinse with a cloth wrung from clean($\frac{1}{2}$) water.
- Dry with a clean cloth($\frac{1}{2}$).
- Leave to dry completely($\frac{1}{2}$).
- Apply furniture polish($\frac{1}{2}$) sparingly using circular motion($\frac{1}{2}$).
- Leave for a while for the polish to penetrate($\frac{1}{2}$).
- Buff($\frac{1}{2}$) with a clean soft cloth.
- Rearrange the books($\frac{1}{2}$).
- Clear the working surface($\frac{1}{2}$).

(Any fourteen steps correctly flowing $\frac{1}{2}$ mark. $\frac{1}{2} \times 14 = 7$ marks)

c) Procedure of cleaning a broom with a wooden handle.

- Prepare warm soapy water.
- Remove fluff, thread and bits of hair from the broom($\frac{1}{2}$).
- Shake off any dust($\frac{1}{2}$).
- Clean the bristles by beating the bristles up and down($\frac{1}{2}$) in warm soapy($\frac{1}{2}$) water.
- Rinse in warm($\frac{1}{2}$) water then in cold($\frac{1}{2}$) water to freshen the bristles.
- Clean the head and the handle by scrubbing($\frac{1}{2}$) along the grain($\frac{1}{2}$) using a brush dipped in warm soapy water.
- Rinse the head and handle by wiping with a cloth($\frac{1}{2}$) wrung in clean water.
- Flick($\frac{1}{2}$) the broom to remove excess water from the bristles.
- Dry in the shade with bristles facing downwards /clean cloth($\frac{1}{2}$).
- When completely dry, comb the bristles($\frac{1}{2}$) using an old comb to straighten the bristles.
- Store by hanging from the handle/standing on its handle($\frac{1}{2}$) in a clean dry place.

(Any ten steps correctly flowing $\frac{1}{2}$ mark. $\frac{1}{2} \times 10 = 5$ marks)

SECTION C (40 MARKS)

21.

a) Points to consider when buying kitchen equipment.

- Needs of the family. The equipment should adequately meet the requirements of the family.
- Space available. One must ensure there is adequate space to store equipment, especially the large equipment.

- Efficiency of the equipment. The equipment bought should be able to perform the specific task for which it is bought.
- Ease of use. All equipment bought should be easy to operate and not too complicated for the user.
- Size of the equipment. Items such as pots and pans should be an appropriate size to cater cooking needs of the family.
- Quality. All equipment bought should be made from good quality material that will last long.
- Type of fuel. For large equipment like cookers and refrigerators, consider the fuel available so as to buy the right equipment.
- Maintenance. Ensure the equipment can be easily serviced and that spare parts are available when needed.

(Any five correct points; 1 mark each. $1 \times 5 = 5$ marks)

b) Points on care of bath towels.

- Take the towels out daily to dry. This ensures that the towels do not remain damp which could lead to a musty smell/growth of mould.
- Wash regularly. To reduce the build-up of dirt and microorganisms on the towels and helps maintain their colour.
- Disinfect regularly. Helps to kill germs that could cause skin infections if towels are not disinfected.
- Wash coloured and white towels separately. This avoids the mixing of colours and ensures that the towels are handled correctly during laundry.
- Store in a clean dry place. Ensure the towels do not get damp and thus get mildew.

(Correct point 1 mark, explanation 1 mark. $2 \times 3 = 6$ marks)

c) Ways of avoiding cuts at home.

- Keeping sharp object out of reach of children.
- Storing sharp equipment separate from other equipment.
- Disposing bones and broken glass correctly.
- Being attentive when working with sharp tools like knives.
- Using a chopping board when cutting vegetables or fruits.
- Clean knives and other sharp tools separate from other utensils.

(Any four correct points; 1 mark each. $1 \times 4 = 4$ marks)

d) Reasons for keeping school uniform and other personal clothing clean.

- To avoid bad smell that is emitted by dirty clothes.
- To avoid parasites such as lice that are attracted by dirt.
- To avoid infections that could be caused by bacteria and viruses on the clothes.
- To maintain the colour of the uniform.

- To be socially acceptable by peers.
- To be neat and presentable as a student.

(Any five correct points; 1 mark each. $1 \times 5 = 5$ marks)

22.

a) Qualities of a good cooking pot/pan.

- Thickness. The pots and pans should have a thick base to ensure that they hold heat for long and distribute it without burning food.
- Heat conductivity. They should be made of material which is able to conduct heat evenly so that food cooks well.
- Safe. The material making the pot/pan should not react with food. It should not form poisonous substances with food or alter the taste of food.
- Flat bottomed. This ensures that the pot or pan is able to lie flat on the cooker without toppling.
- Have heat proof handles. This makes it easy to handle the pot/pan when hot without risk of burning oneself.
- Have a lid. The pot/pan should have a well-fitting lid to preserve heat and thus hasten the cooking process.

(Correct statement 1 mark. Explanation 1 mark. $2 \times 4 = 8$ marks)

b) Dangers of not following instructions given by a doctor on use of medication.

- Disease may progress. When a patient stops taking medicine it may lead to the patient's condition worsening since the treatment is not completed.
- Increases cost of treatment. This is because the first medication is wasted and there may be need to start treatment anew.
- Resistance to medication. This is especially an issue with antibiotics. If the dosage is not completed there is danger that the patient will become resistant to the medicine and need a different type.
- Addiction. One can get addicted to certain medication if the duration, frequency and dosage are not adhered to.
- Health complications. Non-adherence to medication can lead to serious complications such damage to organs that could even lead to death.

(Correct statement 1 mark, explanation 1 mark each. $2 \times 3 = 6$ marks)

c) Reasons why oral health is an important part of good grooming.

- Prevents bad breath. When one does not observe good dental health, it can lead to infection in the mouth and cavities that could cause bad breath.
- Tooth decay. If one does not brush teeth food particles accumulate in the mouth, these particles become food for bacteria which causes tooth decay.

- Prevent tooth loss. Poor dental health leads to the build-up of plaque that could lead to serious tooth decay and gum infection which eventually leads to loss of teeth. Good health is a component of good grooming.
- Prevention of serious health issues. Microorganisms that develop in the mouth due to poor oral health can lead to serious health issues such as diabetes and heart disease.
- Boost confidence. With good oral health one is confident around people as they are not fearful of a bad smell or a poor smile.

(Correct point 1 mark, correct reason 1 mark each. $2 \times 3 = 6$ marks)

23.

a) Ways food can get contaminated.

- Sharing equipment such as knives and chopping boards to prepare raw and cooked food without cleaning the items.
- Handling food with dirty hands.
- Poor cleaning of fruits and vegetables.
- Using contaminated water on foods to be eaten raw.
- Leaving cooked food exposed to insects such as flies can deposit a lot of dirt on the food.
- Storing food next to dangerous chemicals.
- Leftover pesticides on vegetables, fruits and grains.
- Poor storage of grains in damp conditions leading to growth of aflatoxins.

(Any five correct points, 1 mark each. $1 \times 5 = 5$ marks)

b) Characteristics of a well-groomed cook.

- Has short clean nails.
- Is clean. Bathes regularly.
- Covers the hair when handling food.
- Wears clean and protective clothes.
- Has no open wounds.
- Has a valid medical certificate.
- The cook is not a smoker.

(Any five correct points 1 mark each. $1 \times 5 = 5$ marks)

c) Rules on use of the refrigerator.

- Cover all food placed in the refrigerator. This to avoid cross contamination of smells. It also ensures that food does not get dry.
- Keep the refrigerator door closed. If the door is left open warm air enters the refrigerator and interferes with the temperature within.

- Store food in the correct compartment. Foods such as vegetables should be stored in the crisper and meat in the cooler compartment so that the food lasts longer and keeps fresh.
- Do not store strong-smelling foods in the refrigerator. Foods such as cut onions should not be stored in the refrigerator so as not to spread the smell to other foods.
- Do not store cooked food for more than three days. This is to avoid the deterioration of the food and loss of flavour.
- Avoid storing bananas and cut avocados in the refrigerator. These foods blacken when stored in the refrigerator.
- Do not overcrowd the refrigerator. When food is crowded in the refrigerator it reduces air circulation within the refrigerator making the food good bad faster.
- Do not store hot food in the refrigerator. Allow food to cool before storage so that the food does not raise the temperature within the refrigerator.

(Correct statement 1 mark, correct explanation 1 mark each. $2 \times 3 = 6$ marks)

d) Rules on the care of a wooden chopping board.

- Clean it after use to avoid the accumulation of dirt and contamination of food.
- Scrape off any food remains using the back of a knife so that the surface is not made rough by sharp objects.
- Scrub along the grain when cleaning to maintain the natural beauty of the wood.
- Do not soak the wood in water as it absorbs water and warps.
- Avoid using hot water when cleaning as hot water discolours wood.
- Keep it off flames as wood can easily burn.
- Store when completely dry to avoid growth of mould due to dampness.

(Any four correct points, 1 mark each. $1 \times 4 = 4$ marks)