NAME…………………………………………………CLASS……………ADM…………

HOMESCIENCE

END TERM 2 2020

FORM 1

1. Define the following terms.

(i) Hygiene. (1mk)

**Hygiene refers to the keeping of one’s appearance body wise and clothing clean and neat.**

(ii) First aid. (1mk)

**Is first help given to a n injured person before taking him or her to see a doctor.**

2. Name two parts of the skin. (2mks)

* **Dermis**
* **Epidermis**

3. Suggest two methods on how to avoid athlete feet . (2mks)

* **Dry in between the toes before wearing shoes.**
* **Air feet regularly and wear open shoes.**
* **Avoid wearing wet socks or shoes.**
* **Avoid sharing shoes and socks.**

4. What are accessories? (1mks)

**Are items worn with clothing to highlight point of interest**

5. Differentiate between the following

(a)Scalds and burns. (2mks)

* **Scalds are injuries caused by moist heat e.g hot tea**
* **Burns-injuries caused by dry heat e.g open fire**

(b) Sprain and fractures. (2mks)

* **Sprain-a twist of limbs joints beyond the normal range causing tearing of the ligaments.**
* **Fractures- a break or crack in the bone.**

(c) Cuts and bruises. (2mks)

**Cuts-open injury into the skin by sharp objects causing one to bleed.**

**Bruises-**

6. Suggest three importance of housing a family. (2mks)

* **Protection from natural calamity e.g rain, hot sun**
* **To provide security from wild animal thugs e.t.c**
* **To give a sense of belonging from emotional well being and social development.**

7. Suggest one precaution to take when cleaning china cups. (1mk)

* **Avoid subjecting to extreme temperature ,sudden change.**
* **Avoid chipping should not be stack together when cleaning e.gpilling cups together.**

8. List three methods of providing family with shelter. (3mks)

* **Buying.**
* **Building.**
* **Renting.**

9. State two classification of dirt. (2mks)

* **Loose.**
* **Fixed.**

10. List three qualities of a good duster. (3mks)

* **Should be able to hold dust.**
* **Should be soft.**
* **Should be fluffy.**
* **Should be colour fast.**

11. Name any two kitchen plan. (2mks)

* **L shaped plan.**
* **U shaped plan.**
* **Corridor plan.**
* **One wall plan.**

12. State two advantages of sunction method in removing of loose dirt. (2mks)

* **Dust is sucked into a bag attached to the vaccum cleaner without raising it in the room to irritate occupants on settle on furniture surface.**
* **One does not need a dust pan to gather and collect dirt it is sucked by the vacuum cleaner, bay can later be emptied.**

13. State two areas of the house referred as wet areas. (2mks)

* **Kitchen**
* **Bathroom**
* **Toilet**

14. State three methods of removing loose dirt. (3mks)

* **Dusting.**
* **Sweeping.**
* **Sunction method.**
* **Brushing.**

15. List two problems related to the feet. (5mks)

* **Bunions**
* **Corns**
* **Athlete feet**
* **Jiggers**
* **Cracked feet**

16. State two factors one should observe when caring for hair. (2mks)

* **Wash hair regularly with suitable shampoo or good quality toilet soap.**
* **Avoid extreme heat while drying hair this tend to remove natural oils from hair.**
* **Incase of dandruff use medicated shampoo.**
* **Dry hair may need as frequent washing as greasy hair.**
* **Avoid sharing headgear, pillow, combs and hair parasite.**

17. What is the use of a mackintosh spread before sheets in a bed. (2mks)

**To prevent the wetting of the mattress e.g in childrens bed.**

18. What causes fainting. (1mk)

**Is a sudden, brief loss of consciousness that occurs when there is temporary reduction of blood flow to the brain.**

19. Name four improvised cleaning materials. (2mks)

* **Old clothes -for duster.**
* **Egg shell-as an abrasive.**
* **Maize cob-for scrubbing.**
* **Sisal fibre-ash or crushed charcoal can be applied.**

20. List down five types of brushes commonly found in the home. (5mks)

* **Scrubbing brush**
* **Toilet brush**
* **Cloth brush**
* **Cobweb brush**
* **Bottle brush**
* **Shoe brush carpet brush**

21. Suggest the name of an opening in a wall between the kitchen and the dining room. Suggest its function. (2mks)

**An opening found on kitchen wall is known as a hatch.**

**Function: to pass over food or dirty dishes used in the kitchen for cleaning.**

22. Define good grooming.

(1mk)

SECTION B: Attempt all questions.

23. You have been asked to stay at home and carry out some household chores

(a)Describe how you will thorough clean the bathroom. (7mks)

* **Open the windows**
* **Collect all the equipments needed.**
* **Remove dirty linen and towels and take them to the laundry.**
* **Clean the bath mats**
* **High dust all surfaces.**
* **Clean the walls windows and mirror according to their type.**
* **Soak the soap dish in warm water, scrub it to remove all soap.**
* **Rinse and dry it.**
* **Scrub the basin and the bathtub or shower.**
* **Clean the floor according to its type.**
* **Replace the towels with clean ones.**
* **Return the soap dish and floor mats to their proper place.**
* **Clean the equipment used and store it appropriately.**

(b)Clean the refrigerator. (8mks)

* **Defrost the refrigerator.**
* **Check the state of the stored food.**
* **Discard any food that has gone bad.**
* **Wash the containers.**
* **Clean the inside and outside surfaces using warm soapy water.**
* **Wipe the other containers and shelves to remove smudges.**
* **Work quickly to prevent warm air from getting into the refrigerator.**
* **Close the refrigerator door and dust the outside to remove any smudges.**
* **Pay particular attention to the handles.**
* **Rinse well .dry it using a clean cloth.**
* **Clean all movable parts in the same way.**
* **Rearrange the fridge ensuring that any unspoilt food is returned to the fridge.**

(c) Clean stainless steel equipment. (5mks)

* **Wash in hot soapy water.**
* **Rinse thoroughly in hot water.**
* **Dry completely**
* **Polish to a high shine using a clean soft dry tea towel or a glass cloth.**
* **Store appropriately.**