

HOME SCIENCE YEAR 2019

SECTION A (60 MKS)

ANSWER ALL THE QUESTIONS IN THE SPACES PROVIDED

1. State two functions of iodine in the body. (2mks)
 - Helps in formation of thyroxine
 - Essential for normal growth
 - Prevents mental retardation in children
 - Prevents swelling of the thyroid gland in adults

2. Give the meaning of the term food nutrients (2mks)
 - Are substances found in food which are needed by the body to enable it perform one all its body functions e.g. carbohydrates, fats, oils ect.

3. Outline three points to observe to minimize fatigue when working in the kitchen. (3mks)
 - Good lighting
 - Work surfaces should be at a comfortable height
 - Convenient work triangle so as to prevent retracing steps.
 - Good flooring & work surfaces materials for ease in cleaning
 - Prepare a time – plan to as to schedule activities well.

4. Differentiate between osteomalacia and keratomalacia (2mks)
 - Osteomalacia is a nutritional disorder caused by lack of vitamin D & calcium & affects the bones whereas keratomalacia is caused by lack of vitamin A & affects the eyes.

5. State two factors that affect the nutritive value of foods (2mks)
 - Exposure to high heat – preparation
 - Addition of sodium – overcooking
 - Bicarbonate ea. Green.

6. Highlight three conditions that may necessitate caring for a sick person at home. (3mks)
 - Three may not be enough room in hospital
 - Family may not afford hospitals expenses
 - Long distances from good hospitals
 - Due to chronical terminal illness
 - To recuperated complete recovery at home
 - When a person is not too ill to be admitted.

7. Define accessiocs as used in good grooming (1mk)
 - Items either worn or carried to enhance one's personal appearance e.g. earrings, briefcases.

8. Give two legal requirements that should be observed when building a family house (2mks)
 - Have legal ownership documents e.g. valid tittle deed – comply with tax requirements.
 - Plan should be drawn by qualified architects & approved
 - Build as per the approved developments of the area

9. State four uses of salt in laundry work (2mks)
- Used in the final rinse of loosely coloured clothes to fix the colour
 - Dissolves - used in steeping handkerchiefs to dissolve
 - Removes stains – Used in removing stains e.g blood stain
 - Disinfectant – used as a disinfectant as it kills some germs
10. State two functions of a balance wheel in a sewing machine (2mks)
- Sets sewing machine into motion.
 - Stops sewing machine from moving
 - Winds the bobbin.
11. Name two conspicuous seams used to highlight features in garment construction (2mks)
- Double stitched seam machine fed seam
 - Over laid seam lapped seam
12. State two advantages of a 4- shaped kitchen plan (2mks)
- Convenient work triangle
 - Ample storage space
13. Why is it important for a mother to attend post natal clinic (3mks)
- Checking healing of uterus & if it has returned to its normal position
 - Advice on family planning
 - Checking that there are no pregnancy related problems e.g. high blood pressure
 - Advice on good nutrition & hygiene
 - Advice on proper breastfeeding.
14. What are the reasons for cleaning a house daily (2mks)
- Psychological
 - Health purposes
 - Aesthetic value
 - Cut down cost
15. Three advantages of using a vacuum cleaner are: (3mks)
- Hygiene – dust does not spread about but its put in special bags
 - Saves time & energy has it is operated by electricity
16. What are temporary stitches used for(3mks)
- Guides straight stitchery
 - Holds two or more layers of fabric to prevent them from slipping out of place has permanent stitches are being made
 - Used to transfer pattern markings e.g. tailors tacks
17. Match the fat soluble vitamins (A,D,F,K) with their scientific names in the table given below (2mks)

Scientific name	vitamins
Tocopherol	E
Retinol	A

Phyloquinone
Cholecalciferol

K
D

18. Outline two qualities of a map (2mks)

- Absorbent – to absorb the cleaning water
- Colour fast- not to stain surfaces
- Strong – to last longer
- Firmly fixed head – for durability
- Smooth hand – for comfort while working

19. Give two points to observe when cleaning the sickroom. (2mks)

- Avoid making noise
- Open windows for fresh air/ ventilate room
- Damp dust the floor
- Air beddings
- Disinfect room
- Wear protective clothing e.g. gloves
- Allow enough light

20. Outline two essential preparations for home delivery (2mks)

- Clean supply of water
- Alert TBA
- Ensure all equipment to be used is sterilized
- Prepare a well-ventilated area
- Well lit room
- Clean room
- Clothing for baby

21. What is a work triangle (2mks)

- This is the arrangement of the three work centers systematic movement of a worker in the kitchen from one work Centre to another in order to save time & energy.

22. Differentiate between food supplements and food fortification (2mks)

- Food supplements are alternative food sources e.g. vitamin A capsules while food fortification is the additional off.

23. Mention two qualities of crowd needles.

- Rust free – rust is a difficult to remove from clothes fabrics
- Sharp so as not to damage delicate
- Smooth
- Large eyed

24. List four items required for a bed bath

- Soap
- Flanned / sponge face towel
- Changing cloths
- basin
- oil lotion

- Towel
 - Warm water
 - Fresh bed sheets
 - Mackintosh / rubber sheet
25. Outline two differences between overcasting and over sewing stiches (1mk)
- Overcasting is a neatening stitch while over sewing is a joining stitch
 - Overcasting is worked from left to right while over sewing is worked from right to left
 - Overcasting is worked on raw edges of a fabric while Over sewing is done on folded edges.
26. What is problem finish / treatment (1mk)
- Finish / treatment done on cotton during manufacturing to make if flame resistance.
27. State two qualities of a well-made chart (1mk)
- Strong straight stitched – be flat
 - Well pressed in the right – Be reinforced at tapered points
 - Should be well pointed
 - Be we tapered – Correct size
28. List four common childhood diseases and ailments. (2mks)
- Diarrhea , vomiting , cols & coughs, fever
29. Highlight two benefits of breastfeeding to a mother. (2mks)
- Helps in regaining shapely contraction of uterus
 - Bonding with baby
 - Ease discomfort of full breasts
 - Prevents breast enlargement – family planning
30. List two vaccines given to a baby below the age of one year (1mk)
- DPT - yellow fever
 - BCC hepatitis b
 - Measles – prevent measles /- OP.V polio
31. State three healthy practices a lactating mothers should observe (3mks)
- Observe good body hygiene
 - Eat a balanced diet for good quality milk
 - Take a lot of fluids for good production of milk.

SECTION B.

ANSWER ALL QUASTIONS IN THE SECTION IN THE SPACES PROVIDED.

32. You are planning to teach a theory lesson on the service of a two course meal.

(a) State one skill and one knowledge objectives for this lesson. (2mks)

Knowledge

- Diverse the service of a two cause meal
- List table ware required for the service of a two course meal

Skill

Demonstrate service of a given two course meal

Sketch a well set table for the service of a given two course meal.

(b) State four rules of table setting that you will stress on during the lesson (2mks)

- The table is clean
- Table is steady & firm
- Line is well laundered
- Correct table ware for family guests
- Cruel & water jugs are filled & within easy reach
- Appropriate Centre piece e.ct

(c) Give two ways of concluding the lesson (1mk)

- Highlight main points of the lesson
- Askign aral questions
- Going over written work

(d) You plan to teach a theory lesson on the topic bulimia.

(i) What definition would you give the class for the above disorder (2mks)

- Eating disorder resulting from self-starvation combined with extreme fear of becoming fat & it's treated leading to main nutrition.

(ii) State four teaching - learning resources you would avail for this lesson (2mks0

- Posters showing individuals with bullying
- Photos
- Pictures
- Cuts outs from magazines / newspapers
- Suitable food items for people with bulimia
- Books with reference materials on bulimia

(iii) List four other disorder you are likely to mention during the introductory stage of this lesson (2mks)

- Anorexia nervosa
- Obesity
- Ulcers
- Constipation
- Gout
- Diabetes
- Hypertension

(iv) Besides discussions. give two other methods suitable for teaching this topic (1mk)

- Field trip / visits
- Use of guest speaker/ resource person

(v) Give three reason why it is essential to summarize the main points in a lesson (3mks)

- Fully understood
- Reinforce on key points
- Ensure objectives have been achieved
- Check effectiveness of teaching method used
- Check effectiveness of learning resources

- Enable learner to remain focused on the set objectives.
33. You are planning to teach a practical lesson on the preparation of a patch pocket in readiness for attachment.
- (a)** Mention three other types of pockets. (3mks)
- Bound
 - In- seam
 - Welt pocket
- (b)** List six resources you would avail in readiness for this lesson (3mks)
- Garment with patch pocket
 - Tape measure / metre ruler
 - Sewing threads
 - Cutting out shears
 - Sewing needles
 - Chart showing various steps in the preparation of a patch pocket
 - Sample of patch pockets – Reference books
- (c)** Explain three reasons why you would use participatory approach when teaching this Topics (3mks)
- Be able to observe all the steps of construction / makes learning real
 - Practice the required skills / makes learning
 - Be able to see the end product / motivates learners
 - Retains what is learnt / high retention
 - Be able to work at their own pace using the teaching sample
- (d)** What are the reasons for reinforcing patch pockets (2mks)
- Enable slipping in & out of hands.
 - Strengthens the sides & prevents learning
 - Decorative effects especially when a contrasting colour of threads is used
- (e)** Outline four stages you would asses as the lesson progresses. (2mks)
- Measuring folding the pocket
 - Folding the three remaining sides towards the inside
 - Trimming off excess fabric
 - Notching the seam allowance
 - Shaping pocket appropriately
 - Pressing the prepared pocket flat
 - Stitching the pocket mouth
 - Reinforcing the edges.
34. You are planning to teach a lesson on laundering of loose coloured fabrics.
- (a)** Give two ways of introducing this lesson
- Displays & names various materials & equipment use in laundering loose coloured fabrics e.g.
 - Asking oral questions on loose coloured fabrics
 - Showing different types of fabrics

(b) Give four points that you would emphasize to the learners on precautions to take when laundering loose coloured fabrics (2mks)

- Do not soak
- Wash quickly to minimize loss of colour
- Wash separately
- Wash by kneading & squeezing
- Add salt in final rinse to fix colour

(c) Mention four special treatments that can be carried out when laundering loose coloured fabrics.

- Conditioning
- Stain removal
- Starching
- Fixing of the colour

(d) Identify two assignments you would give the learners after this lesson (2mks)

- Further reading on the topics
- Make notes on the topics
- Give written assignment / exercise