

HOMESCIENCE EXAM

Answer All Questions in the Spaces Provided

FORM 2 TERM 2 2023

1. Give any 2 functions of the sebaceous glands (2 mks)
 - Produces sebum which keeps the skin supple, thus prevents the skin from drying.
 - Sebum makes the skin waterproof and destroys diseases causing micro-organisms.

2. List any 4 items found in a first aid kit that can be used to managed a sprain (2mks)
 - Bandages
 - Razor blade/pair of scissors
 - Clip/safety pins/ adhesive tape
 - Ointment
 - Pain Killers

3. Mention any 3 signs and symptoms of anorexia nervosa (3mks)
 - Sudden body weight loss
 - Avoidance of food
 - Depression
 - Feeling overweight even when underweight

4. State any 2 causes of anemia (2mks)
 - Excessive loss of blood during an injury or childbirth
 - Chronic malaria
 - Infestation by parasites
 - Iron deficiency
 - Deficiency of vitamin C

5. State any 3 factors to consider when choosing a wardrobe (3mks)
 - Should provide enough space
 - Should be made of strong material to last long
 - Should have smooth surfaces
 - Should be lockable
 - The rod fixed for hangers should be strong

6. State any 2 advantages of sponging (2mks)
 - Solutions are simple to make
 - It reduces the loss of color or shape
 - Saves money and time used when dry-cleaning

7. Give any 2 uses of starch in laundry work (2mks)
 - To stiffen the clothes
 - Makes clothes glossy
 - Smoothens clothes making them dirt resistant

8. State any 2 reasons for steeping a soiled handkerchief in cold salty water (2mks)
 - Dissolve mucus
 - Remove stains
 - To kill germs

9. Differentiate between wear and tear (2mks)
 - Wear is when a garment develops signs of weakness and thinning due to friction, while a tear is a hole or straight cut on a garment caused by a strong pull/sharp object.

10. Identify any 2 permanent machine stitches (2mks)
 - Straight stitches
 - Machine overlock
 - Zigzag stitches
 - Machine overlock

11. Mention any 2 types of scissors (2mks)
 - Cutting out shears
 - Picking shears
 - Embroidery scissors
 - Paper scissors
 - Buttonhole scissors

12. State any 2 qualities that make linen suitable for a blouse (2mks)
 - highly lustrous thus attractive
 - it's warm
 - drapes well
 - absorbent

13. State any 3 advantages of roasting food (3mks)
 - It's a quick method of cooking
 - Makes food attractive
 - Makes food easy to digest
 - Makes food tasty

14. State any 3 situations that would require one to wash hands to prevent the spread of diseases (3mks)

- After visiting the toilet
 - Before handling any food
 - After attending to a sick person
 - After changing a baby
 - After sneezing or blowing the nose
15. Why is hot water poured down a sink after cleaning (1mk)
- Dissolve the grease
 - Kills germs
16. Give 2 reasons why galvanized iron buckets are unpopular today (2mk)
- They are more expensive than plastic
 - Very noisy if banged
 - They rust if water is stored in them
 - They rust if clothes are soaked in them
17. State any 2 disadvantages of masionattes (2mks)
- Pests can crawl from one house to the next
 - Fires can easily spread from one house to the next
 - Not easy to demolish or extend
 - Houses may be too close to provide adequate privacy
 - Strenuous to climb up and down the stairs
 - Expensive to construct

SECTION B (Compulsory Question) 20mks

18. You have left home during the weekend to help with the following chores
- a) Dry clean a polyester tie (6mks)
- Work in a well ventilated place
 - Protect hands with gloves
 - Shake the tie thoroughly to remove the loose dust
 - Pour an adequate amount of the dry cleaning liquid in a basin
 - Immerse the tie in the liquid
 - Knead and squeeze till clean
 - Squeeze as much of the liquid a possible
 - Dry by hanging straight under the shade in an airy place
 - Iron with a worn iron, air and store
 - After the sediments have settled at the bottom of the basin holding the dry cleaning solution pour it back into the storage container.
 - Cover it tightly and store appropriately for later use.

- b) Thoroughly clean the refrigerator (8mks)
- Defrost the fridge
 - Remove all the food items in the fridge check for the good one's and discard those that are not fresh
 - Remove all the movable parts of the fridge
 - Use warm soapy water and wipe the inside of the fridge
 - Rinse the inside with clean warm water
 - Clean the containers and the movable parts using warm soapy water
 - Rinse them in warm water and dry them
 - Return them in the fridge
 - Arrange the good food back into the fridge
 - Wipe the outside of the fridge and remove smudges from the door
 - Switch on the fridge

- c) Clean a plain wooden desk (6mks)
- Dust with a dry cloth
 - Scrub with a scrubbing brush using warm soapy water
 - Start with the top then the legs
 - Scrub along the grain a little part at a time overlapping the parts
 - Rinse in warm water
 - Final rinse with a cloth wrung out of cold water
 - Dry thoroughly with a dry cloth
 - Clean and store all the cleaning equipment

SECTION C (Answer any 2 questions) 40mks

19 a) Describe how to treat muddy water from the river and make it safe for drinking. (10mks)

- Leave water in a clean container to stand for a while and let the particles settle at the bottom (sedimentation)
- Decant pour the water into another container leaving the particles at the bottom of the first container
- Filter through a cloth/filter into another container to remove finer particles
- Boil for about 10 minutes and then let it cool
- Store in a well-covered clean container

b) Give any 5 precautionary measures to observe in order to prevent drowning in the home (5mks)

- Drain off pools of water that may be around the house
- Do not leave small children in the house unattended
- Ensure that all water taps are turned off.

- Always keep the bathroom are locked
- Cover all manholes around the house
- Any water stored in buckets and other containers should be tightly covered

c) Give any 5 disadvantages of drying clothes on the ground (5mks)

- They are blown by the wind as they are not firmly held
- They get dirt or stains from the ground/shrubs/grass
- They may be stepped on by animals/children playing
- Crawling insects may attack them
- They may get torn if the shrubs have thorns
- Take long to dry as the ground is made damp by the wet articles
- May be eaten by grazing animals

20 a) Explain ways of conserving nutrients when preparing and cooking green leafy vegetables (10mks)

- Clean before cutting – cutting increases surface area thus leading to loss of nutrients
- Use a sharp knife/ a blunt knife bruises veges leading to increased loss of nutrients
- Avoid over shredding the vegetables
- Cook immediately after cutting – long exposure leads to loss of nutrients
- Cook in the shortest time possible
- Use as little water as possible
- Use a well-fitting lid when cooking as evaporation leads to loss of water soluble nutrients
- Avoid using bicarbonate of soda as it destroys nutrients
- Serve immediately after cooking
- Use high cooking temperature to ensure fast cooking
- Cook enough for the meal to avoid reheating

b) Give any 5 advantages of making one's own garment and articles (5mks)

- Can be designed according to one's preference
- They give the owner satisfaction
- They enhance the acquisition of sewing skills
- The cost is relatively cheaper than buying ready-made ones
- The right choice is made in the fabric and sewing notions to be used

c) State any 5 reasons for coating food before deep frying (5mks)

- Gives a crispy finish
- Prevents disintegration
- Improves flavor
- Improves nutritive value
- Improves the appearance
- Prevents food from absorbing fat

21 a) State and explain any 5 causes of malnutrition in our community today (10mks)

- Poverty: people are so poor such that they cannot afford a balanced diet
- ignorance: people do not know the value of some foods e.g. they sell eggs to buy bread which is less nutritious
- taboos/religion: some foods are prohibited and yet they could be the only source of a certain nutrient
- lifestyles: one's lifestyle influences their eating habits those from affluent families tend to eat junk food which is not healthy
- natural calamities e.g. floods and drought. They destroy the crops thus there is no food
- corruption: due to corruption resources are not distributed as they should so those who need help do not get it

b) Draw laundry symbols to indicate the following (5mks)

I. Drip dry



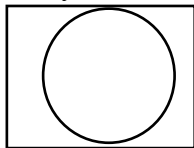
II. Do not bleach



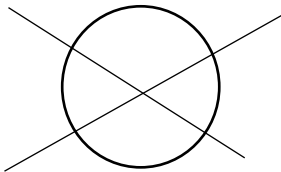
III. Warm iron



IV. Tumble dry



V. Do not dry clean



c) State any 5 rules to observe when removing stains (5mks)

- Stains should be removed while still fresh
- Identify the type of stain in order to use the correct stain remover
- Identify the fabric to avoid damaging it with the stains remover

- Work from the outside towards the inside to avoid spreading the stain
- If the composition of the stain is unknown start with mild agents first
- After stain is removed, rinse the article thoroughly to remove all traces of the agent

