**HOME SCIENCE - GRADE 7 EXAMS TERM 1 2023**

**HOMESCIENCE   30 marks**

1. Describe the role of Homescience education in contemporary life for self and others. (2mks)
2. List **two** career opportunities in Homescience. (2mks)
3. Jane a Grade seven pupil lacks sanitary towels. As her classmate, list **two** income generating activities in Homescience that you would advise Jane to engage in over the weekends in order to buy sanitary towels. (2mks)
4. Grade seven pupi's from Karima School did a research on guidelines for nutrient conservation when cooking vegetables. State two guidelines that the students are **likely** to have found. (2mks)
5. Describe the following terms as used in nutrition. (3mks)
	1. Food enrichment
	2. Food fortification
	3. Supplementation of nutrients
6. There are various guidelines that prevent loss of nutrients during various food preparations. Outline **two** guidelines of nutrient conservation during food preparation. (2mks)
7. State **three** ways of minimizing nutrient loss in food preparation. (3mks)
8. Grade seven learners from Utafiti Academy visited a food processing company in their locality. Ms. Ann the food safety officer took them through food safety precautions. List two safety precautions to observe when cooking. (2mks)
9. Explain how the following 3R's help in minimizing nutrient loss when cooking vegetables. (3mks)
	1. Reduce the surface area of the food that is exposed.
	2. Reduce the amount of water used in cooking.
	3. Reduce the cooking time.
10. Name **four** classes of small kitchen tools and equipment and give two examples of tools and equipment in each class. (4ms)
11. Discuss **three** factors to consider when choosing small kitchen tools and equipment. (3mks)
12. James wanted to bake a cake but he did not have a baking tin and an electric oven. Draw and name improvised tools and equipment that James can make and use in baking. (2mks)

**HOMESCIENCE**

1. * Homescience equips one with principles of consumer education for effective financial management
	* It helps one to adopt healthy hygienic practices at personal and household level for the benefit of the family.
	* Helps one to adopt healthy nutrition habits for wellness.
	* Equips learners with cookery skills.
2. * Fashion and design
	* Enterpreneurship
	* Nutrition
	* Social work
	* Hospitality
3. * Knitting
	* Crotcheting
	* Making clothes
	* Laundering garments
	* Baby sitting
4. * Always cover the vegetables. when cooking.
	* Reduce the cooking time.
	* Use blanching and parboiling when cooking vegetables.
	* Do not use sodium bicarbonate, magadi soda or baking soda when cooking vegetables.
	* Reduce the amount of water used in cooking.
	* Reduce the surface area of the food that is exposed.
5. * Food enrichment is the act of combining different foods that have different values during cooking in order to improve the quality of nutrients.
	* Food fortification refers to the addition of a food nutrient into given food in order to make it more nutritious.
	* Supplimentation of nutrients is consumption of concetrated sourced of nutrients that may be missing in a diet in form of tablets, syrup or capsules.
6. * Cut vegetables just before cooking.
	* Peel fruits and vegetables thinly.
	* Do not soak fruits and vegetables in water.
	* Wash fruits and vegetables before cutting them.
7. * Always cover food when cooking.
	* Reduce the amount of water used in cooking food.
	* Reduce the surface area of food being cooked.
8. * Always prepare and cook food in a well ventilated room.
	* Always tiit the lid away from you when uncovering food so as to avoid scalds.
	* Use kitchen gloves when holding pans and other cooking pots to avoid burns.
	* Be careful when using sharp knives.
9. * Reducing the surface area of the food that is exposed.
		+ Some nutrients get destroyed by exposure to air. This can be reduced by cutting vegetables in larg sizes to reduce the surface area.
	* Reduce the amount of water used in cooking.
		+ Since some vitamins dissolve in water, reducing amount of water used in cooking helps to avoid losing food nutrients by pouring
		out excess water.
	* Reduce the cooking time.
		+ Food nutrients are usually affected by heat. This makes the nutrients destroyed if the food is cooked for long.
10. * Pots earthen pot, aluminium pots, iron pots.
	* Pans sufuria, saucepan, fryingpan.
	* Measuring jug, kitchen scale. measuring cups, measuring spoons.
	* Knife, grater, kitchen scissors.
11. * Cost- should be within your finances.
	* Material - should be of good quality and long lasting.
	* Usage use equipment for their correct use.
12. *Drawing of any aluminium tin or a drawing of a tin*