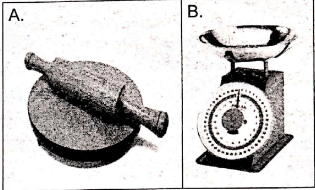
**HOME SCIENCE - GRADE 7 TERM 1 2023 EXAM**

**QUESTIONS**

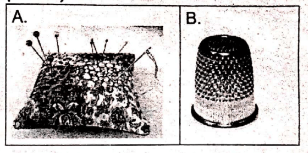
1. How does the knowledge in Home Science improve the quality of life?(1mrk)
2. Identify two examples of careers associated with the study of Home Science. (2marks)
3. mention three guidelines for nutrient conservation during food preparation. (3marks)\
4. Explain two ways we can minimise nutrient loses during cooking? (2marks)
5. Write the meaning of the following terms.
   1. Food enrichment: (1mark)
   2. Food fortification: (1mark)
6. In which two ways can we maintain safety when investigating the effect of heat on vegetables during cooking? (2marks)
7. What are small kitchen tools and equipment? (1mark)

**Study the following pictures then answer questions 7 and 8.**



1. Identify the small kitchen tools and equipment shown. (2marks)  
   Picture A:  
   Picture B:
2. State the use of the small kitchen tools and equipment shown in pictures A and B. (2marks)  
   Picture A:  
   Picture B:
3. Write three changes that take place in both boys and girls during adolescence. (3marks)
4. Give two reasons for daily physical exercises as a healthy habit. (2marks)
5. Suzanne and Maxwell are adolescents. They have always used accessories to enhance their appearance.  
   Write examples of accessories that both Suzanne and Maxwell use. (2marks)
6. Complete the following table. (3marks)

|  |  |
| --- | --- |
| **Non-communicable disease** | **Cause** |
| Diabetes |  |
| Hypertension |  |
| Asthma |  |

1. 14. Ali is your friend. He does not understand the importance of budgeting when buying household goods and services. Write two reasons you will give him to show the importance of budgeting. (2marks)
2. Which nutritional deficiency will a person suffer from if the foods in the diet lack the following nutrients?
   1. lodine: (1mark)
   2. Iron: (1mark)
3. Why is meat preservation important? (1mark)
4. Jacky is a fruit and vegetable farmer. Give two reasons why you would advise her to preserve and store her excess harvest. (2marks)
5. Job and Joyce are parents to a toddler, a pre-teen son and a teenage daughter. Apart from age, identify three other factors they should consider when planning their family meals.(3marks)
6. Identify the following sewing tools. (1mark)  
   
7. Mention two safety measures to observe when crocheting. (2marks)
8. Dan accidentally sat on chewing gum when resting on a bench in a public park. Describe the type of special treatment that would help him get rid of the dirt. (2marks)
9. Identify the surfaces at home that can be cleaned in the following ways. (2marks)
   1. Sweeping
   2. Wiping:
10. Malaria is an example of a common communicable disease.
    1. How is it transmitted? (1mark)
    2. In which way can the disease be prevented? (1mark)
11. What is the difference between deep frying and dry fat frying? (2marks)
12. Identify the stitches shown in the following pictures. (2marks)  
    

**MARKING SCHEME**

1. The knowledge and skills gained in Home Science can help one start income generating activities such as shoe shining, laundry work," tailoring repairs, cake making and decoration and clothes making. 2
2. hef, Air hostess, Laundry worker, Community health worker, Fashion designer, Waiter, Nutritionist,  
   dietician
3. 1. Choose fresh foods that are not over-ripe, bruised, cut, dry or withered
   2. Wash vegetables under running water before cutting.
   3. Cut vegetables into relatively large, evenly sized pieces to reduce exposure of vitamins to water or air
4. 1. Reduce the amount of water used in cooking.
   2. Reduce the cooking time.
   3. Reduce the surface area of the food that is exposed.
5. 1. This is the combination of foods that have different nutrients during preparation and cooking so as lo improve their nutritive value..
   2. This is the practice of adding food nutrients into a given food during processing to increase their nutritive value.
6. 1. Wear safety clothing
   2. Use appropriate cooking utensils.
7. Small kitchen tools and equipment rofors to kitchen items which occupy smp space in storage.
8. 1. A Rolling board and rolling pin
   2. B: Kitchen analog weighing scale
9. 1. A. Shaping and moulding dough beforn baking
   2. B. Weighing various cooking Ingredients in the kitchen
10. 1. Increase in body sizn
    2. Grows hair under the armpits and around private parts.
    3. Pimples or acne start to appear.
11. 1. It improved the functioning of the body's
    2. It provides the muscles with enough oxygen and energy as one exercises.
    3. it help control weight.
12. Umbrella, caps, belts, scarfs, bag packs, sun glasses, track suits

|  |
| --- |
| **Cause** |
| High blood sugar |
| Being overweight, eating too much sall, lack of exercising. drinking too much alcohol, smoking |
| Cold, dust, pollen grains |

1. Helps one to:
   1. track expenses.
   2. control spending.
   3. save more money.
   4. reduce wastage of resources.
2. 1. Goitre
   2. Anaemia
3. 1. To prevent it from going bad.
   2. To avoid wastage.
   3. To make it easier to transport.
4. 1. To ensure that they do not go bad.
   2. To avoid food poisoning resulting from contamination by germs.
   3. To make it easier to transport.
   4. To avoid wastage.
   5. To save money by ensuring a constant supply of fruits.
5. 1. Cost of the food
   2. Foods in (or out of) the season
   3. Availability of the food
   4. Time available for cooking
6. 1. A. Pin cushion
   2. B. Thimble
7. 1. Exercise your hands.
   2. Sit upright
   3. Position your yarn correctly for maximum tension.
   4. Take frequent breaks.
   5. Be careful while crocheting.
8. Apply ice cubes or very cold water, grease solvent like turpentine or kerosene to the area where the gum has stuck.
9. 1. Sweeping: Floor
   2. Wiping: Table, kitchen working area, window panes, fumiture
10. 1. People get malaria by being bitten by an infective female Anophelos mosquito
    2. Clearing bushes, cutting grasses and draining stagnant water and any other breeding places
11. 1. Deep frying is a method of cooking where food is cooked by dipping it in hot or boiling fat.
    2. Dry fat frying is a method of cooking, food in its own fat in a lightly greased pan or in a shallow pan.

.Satin stitch

.Chain stitch