**HOME SCIENCE GRADE FIVE TERM 1 2023**

1. A person going through puberty is referred to as?

Answer as per the instructions provided.

1. Match the picture with the type of nutrients

2. Leonida was asked by her parents to make a menu for their dinner.
Which was the best menu?
	1. Ugali, fish and cabbage
	2. Meat, rice and potatoes
	3. Chapati, chips and chicken
3. State three nutritional deficiency diseases.
4. The picture below shows a child suffering from a certain nutritional deficiency disease. Which one is it?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. What is the cause of goitre?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Name two pulses we get from plants\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Draw two tools found in the kitchen
8. State two improvised cleaning materials\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Cleaning kitchen tools made of melamine
Materials needed: melamine plate or cup, warm water, soap, soft cloth or sponge. Follow the right steps to clean your tool of choice.
10. Making a menu for dinner.
Make a balanced menu for dinner that can be used at home on a weekend. Use food that have a variety of nutrients.
11. Name four good grooming habits.
12. You were asked to advice fellow students on physical exercises. State three physical exercises for an adolescent.
13. State three importance of physical exercise.
14. Fill the table below by naming three examples in each case.

|  |  |
| --- | --- |
| Body building foods | Protective foods  |
|                                              |                                                 |
|   |   |
|   |   |

1. It's important to wash hands regularly. State three instances when one must wash hands?