**DIOCESE OF KAKAMEGA JOINT EVALUATION 441/1 HOMESCIENCE**

**MARKING SCHEME 2022**

**SECTION A. (40 MARKS)**

1. What is a recipe? (1mk)
* A plan of a meal that shows the type and quality of ingredients to use and the method of preparation of the meal.
1. Differentiate between macro and micro nutrients (1mk)
* Macro nutrients are not nutrients required in large amounts while micro are those required in small amounts
1. List four diseases in the immunization schedule for babies. (2mks)
* Tuberculosis
* Diphthena, Pertusis (Whooping cough) Tetanus, hepatitis B, Haemophilus influenza B.
* Polio
* Measles
* Yellow fever
1. Give two examples of each of the following

i). Overlaid (1mk)

* Machine fell/Double stitched

ii). Inconspicuous seams (1mk)

* French seam
* Open seam / Plain seam
1. List 2 insects which can cause poisonous stings (2mks)
* Scorpions
* Wasps
* Bees
1. Name two opportunistic diseases related to HIV and AIDs (2mks)
* Pneumonia / Bronchitis
* Tuberculosis
* Typhoid
* Influenza / common cold
* Herpes zosta
* Malaria
* Anaemia
* diarrhoea
1. Give two symptoms of toxemia in pregnancy. (2mks)
* Swelling of hands / face
* Poor blood circulation
* Toxins in the blood
1. Mention two methods of preserving fruits without use of a refrigerator. (2mks)
* Use of honey
* Use of sugar
* Use of vinegar
* Bottling
* Canning
1. Name the biological agent used in breed making (1mk)
* Yeast
1. Define blanching (1mk)
* This is dipping vegetables in boiling water for a short while then into cold water for same length of time
1. Give two reasons why blanching is done (2mks)
* To reduce bulk
* To retain colour
* To retain nutrients
* To kill micro organisms
* To stop action of enzymes.
1. Give another name for the following nutrients (2mks)

i). Tocopherl – Vitamin E

ii). Retinol – Vitamin A

iii). Cholecalciferol - Vitamin D

iv). Phylloquinone - Vitamin K

1. List four items in a first aid kit that can be used to manage a sprain.
* Bandages
* Razor/ Scissors
* Clip / Safety pin/ adhesive tape
* Ointment
* Pain killers
1. State two uses of interfacing in garment construction (2mks)
* Stiffening to add firmness
* Prevents sagging / stretching
* Gives body/shape
* Increases crease resistance
* Gives a crisp tailored look
* Gives a good knife edge
1. State two functions of amniotic fluid in relation to pregnancy (2mks)
* Helps the feotus to move
* Acts as shock absorber
* Lubricates body parts
* Helps feotus lungs to develop
* Keeps the foetus warm
1. Give two reasons for basting foods while cooking (2mks)
* Prevent from drying
* To moisten
* Enhance apprearance
1. Highlight two disadvantages of rechauffe dishes. (2mks)
* Can easily get contaminated / food poisoning
* Can become indigestible eg proteins
* Looses original flovour
* Loss of colour
* Loss of nutrients/esp vitamins
1. Whats the difference between a cesspool and a soakpit (2mks)
* Cesspool is a concrete underground tank for drainage of one / few houses and its emptied regularly, while a soak pit is dug underground then filled with stones large, their small and covered with soil.
* Used to drain away waste water.
1. Identify four types of repairs done on clothes (2mks)
* Darming
* Patching
* Fixing hems (hanging/gaping)
* Replacement of fasteners
* Reinforcement of buttons.
1. Outline four ways of introducing air mechanically into flour mixtures. (2mks)
* Sieving
* Creaming
* Beating
* Whisking
* Rubbing in
* Folding
1. Give four principles of food preservation (2mks)
* Application of heat
* Removal of moisture
* Exclusion of oxygen
* Reduction of temperature/Freezing
* Adding sugar, salt, acids, chemical preservatives
1. List any four resources that a consumer can lack. (2mks)
* Lack of money
* Lack of goods
* Lack of services
* Lack of time
* Lack of energy

**SECTION B: 20 MARKS**

**COMPULSORY**

1. You have been assigned to carry out some household chores.

a). thoroughly clean a wooden chopping board in readiness for use in the kitchen. (5mks)

* Dust with a clean cloth/scrap off any foods
* Scrub with a brush dipped in warm
* Soapy water along the grain
* Rinse thoroughly in warm water
* Drip dry/ wipe with a clean tea towel.

b). Outline how to weekly clean a hurricane lamp. (8mks)

* Protect working area
* Remove movable parts
* Empty oil
* Clean glass in warm soapy water
* Rinse in warm water, drip dry
* Clean metal chimnery both inside and outside
* Clean vent holes with fine brush
* Clean the rest of the lamp in warm soapy water with a piece of cloth.
* Rinses in warm water
* Dry with a peace of cloth
* Polish up to shine
* Refill with oil
* Reassemble parts

c). Launder a fast coloured knitted cotton T-shirt. (7mks)

* Mend if necessary
* Soak in cold water for a short while
* Wash in warm soapy water using kneading and squeezing
* Rinse thoroughly in warm water.
* Final rinse in cold water
* Squeeze out as much water as possible
* Dry out doors flat/hang along the warp threads to prevent loss of shape.
* When completely dry, press using a moderate iron
* Air to dry
* Fold and store

**SECTION C (40MKS)**

Answer Any Two questions from this section in the spaces provided at the end of this section.

1. a). Give five reasons why it would not be advisable to buy a refrigerator on higher purchase. (5mks)
* It does not legally belong to the consumer until payment is made in full.
* It costs much more in the long run
* Incase of defolt the refrigerator is repossessed without refund.
* The debt gives one psychological stress
* There is no cash discount given

b). State five advantages of budgeting family income (10mks)

* It promotes wise purchasing according to family priorities
* Prevents impulse buying as essential items are given first priority.
* Enables families to live within their financial means / buy what they can afford.
* Families are able to set aside some savings.
* Gives family members psychological satisfaction because needs are well catered for.
* Family estimates their financial needs and looks for other methods of supplementing income
* Provides the basis of analyzing the needs of the family.
* Enables family to set priority of their present and future needs at different family cycle and plan accordingly.

c). Outline any five factors to consider when buying fabrics for soft furnishing (5mks)

* Colour to blend well with the décor
* Attractive in colour and designs
* Fast coloured to avoid fading
* Shrink resistant to maintain shape / size
* Crease resistant to remain neat
* Durable to last long
* Easy to launder
* Good draping quality
* Resistant to sonvays
* Suitable for area used eg bathroom fabric should be non-absorbent.
1. a). Explain the meaning of the following terms in meal planning and management (3mks)

i). Accompaniment

- Food provided as an addition to a particular meal or food items served alongside the main meal.

ii). Savoury foods

* Foods that have a salty / spicy taste

iii). Flavourings

* Substances added to foods to improve taste eg

herbs, spices, essences

* Garlic cloves fruits
* Pasley cumin vanilla
* Bay leaves cardamom cinnamon

b). State five characteristics of buffet service. (5mks)

* Drinks are served at a separate table
* Food is presented in appropriate dishes at table
* Plates/cuttery are placed where service starts
* Canests pick plates and serve themselves/served
* Variety of dishes offered
* Convenient for large groups
* Guests eat while seated / standing
* Food should be easy to eat without cutlery
* Guests move from left to right of table

c). Outline any six changes that may require a doctor’s attention while nursing a patient (6mks)

* Difficulties in breathing
* Unconsciousness
* Coughing / vomiting blood
* Inability to urinate
* Inability to take fluids
* Blood in the urine / stool
* Prolonged pain
* Very high fever

d). Explain three ways of meeting the nutritional needs of a patient recovering at home (6mks)

* If the doctor prescribes a diet, follow it strictly eg if doctor says no milk they should not be given milk.
* If not, give the patient a balanced diet of carbohydrates, protein and vitamins with emphasis on proteins and vitamins.
* Provide plenty of fluids to replace any lost in sweat during high fever, or vomiting and diarrhea.
* Serve the sick persons food attractively and in small portions to enhance appetite
* Serve the food in clean sterilized utensils to prevent any infections.
* Serve soft tender foods for ease of chewing and swallowing
* Serve foods that are easy to digest because the sick persons digestive system is weak. Foods prepared by boiling, stewing, steaming and ideal/compared to fried.
1. a). Explain four factors that may influence the frequency of cleaning a house. (8mks)
* No. of occupants which influences the amount of traffic. If occupants are many the house needs frequent cleaning.
* Weather rainy weather may cause mud which requires frequent cleaning
* Time available with little time cleaning may not be frequent
* Size of the house. Small house may get dirty faster
* Closeness to the road which makes dust to come to the house.

b). Explain three processes carried out on a fabric before laying out patterns. (6mks)

* Press to remove any creases which may alter measurements.
* Certain the fabric to ensure the cutting will be straight
* Check any faults, knots, hanging threads and remove or avoid when laying patterns
* Pre- shrink the fabric if necessary to ensure correct measurements.
* Stenter the fabric to ensure even shape and size before laying.

c). Outline six qualities of a well-made cuff. (6mks)

* Both cuff and undercuff should be same size.
* The width should be even on both cuff and undercuff.
* The cuff should be flat/Not bulky.
* The cuff should be well knife edged
* The cuff should be proportional to garment.
* The cuff should fit the weaver well.
* The cuff should be neatly stitched
* The corners should be snipped and pushed out.