**KIJISET EXAMINATION HOMESCIENCE PAPER 1 MARKING SCHEME 2022**

1. **How home science benefits the nation 1x1**
* The individual renders services to the nation
* The individual acts as a role model in his/her career
1. **Conditions favourable for thriving of micro-organisms 2x1**
* Warmth
* Moisture
* Darkness
* Dirt
1. **Categories in which the small kitchen equipment belong 4x1**
* Grater – cutting tools
* Meat tenderizer – shaping and moulding tools
* Fish slice – lifting and turning tools
* Colander – separating tools
1. **Ways of preventing skin infections**
* Avoid sharing personal items
* Occasionally sterilize combs
* Eat nutritious foods
1. **Classes of textile fibres 2x1**
* Natural
* Artificial
1. **Disadvantages of living in maisonettes 2x1**
* Pests can easily crawl from one house to another
* Fire can easily spread from neighbouring houses
* They are not easy to extend
* They do not provide adequate privacy
1. **Factors that influence the frequency of cleaning a house. 4x½**
* Season of the year
* Nature of occupants
* Location of the house
* Size of the house
* Time available for cleaning
1. **Properties that limit the use of nylon in making lingeries**
* It generates static electricity
* It is not absorbent
* It clings on the body
1. **Factors to consider when choosing cutting out shears 2x1**
* Should be made of rustles metal
* Firmly hinged
* Sharp
* Comfortable handle
1. **Types of vacuum cleaners 2x1**
* Upright suction cleaners
* Cylindrical suction cleaners
* Round suction cleaners
1. **Methods of steaming food 4x1**
* Plate method
* Bowl steaming method
* Using a steamer
* Using a colander
1. **Environmental hygiene 1x1**
* Keeping and maintaining high standards of cleanliness around our environment
1. Drainage 1x1
* A system of directing waste water away from a house or building
1. **Laundry processes carried out before washing clothes 2x1**
* Repairing
* Sorting out
* Soaking
1. **U bend 1x1**
* Keeps clean water which prevents bad smells.
1. **Water seal 1x1**
* Keeps off bad odours from the drains
1. **Qualities of a good clothes line 2x1**
* Should be smooth
* Should not rust
* Should be strong and firm the
* The material should be resistant to all weather conditions
1. **Tension disc – controls the tightness of the thread during sewing 3x1**
2. Thread – lake up lever – controls the movement of the thread
3. Stitch length regulator – adjusts the length of stitches
4. **Starch – to stiffen cottons and linens**
5. **Fabric conditioner** – to get rid of static electricity
6. **Salt** – to dissolve mucus

To remove blood and ink stains

To fix dyes

1. **Loop stitch – neatening raw edges 3x1**
2. Oversewing – joint
3. Faggoting – Decorative
4. **Vitamin A – Retinol**
5. Vitamin B1 – Thiamin
6. Vitamin B2 – Riboflavin
7. Vitamin C – Ascorbic Acid
8. **Procedure of laundering a loose coloured cotton T – shirt 8x1**
* Mend if necessary
* Wash in warm detergent water using kneading and squeezing method
* Rinse in warm water to remove soap and dirt
* Finally rinse in cold water into which salt has been added to fix colour
* Lemon or vinegar may be added to the final rinsing water to brighten the colour
* Extract as much excess water as possible and dry under the shade to prevent fading of colour
* Iron on the wrong side while still damp with a moderately hot iron to remove creases
* Air well to ensure the article is completely dry then fold and store appropriately
1. **Cleaning an oil painted wall 8x1**
* Collect the cleaning equipment and materials. Remove wall hangings
* High 0 dust the wall then low-dust to remove loose dirt
* Use warm clean water starting from the top coming downwards to remove soap and dirt
* Repeat cleaning and rinsing overlapping the sections until the entire wall is cleaned
* Wipe the skirting board using warm soapy water, rinse and dry with a clean dry cloth
* Clean all the equipment and store appropriately
1. **Cleaning a plain wooden chopping board 4x1**
* Use warm soapy water and a scouring pad to scrub the surface
* Rinse in warm water
* Finally rinse in cold water
* Wipe then leave in a warm airy place to dry completely. Store appropriately.

**Section C (40mks)**

1. **Physiological changes in the elderly which affect their diet. 5x1**
* Decreased rate of absorption
* Loss of teeth
* A low rate of metabolism
* Reduced sense of smell and taste
* Reduced physical activity
1. **Reasons for using soft furnishing in the home 5x1**
* For privacy
* For comfort
* For lifting excess light
* For warmth and reduction of noise
* For decoration
* For easy maintenance
1. **Importance of budgeting 5x1**
* Acts as a guide to wise purchasing
* Enables one to give priority to essential items
* Enables a family to live within their means
* Provides an organized method of accumulating family savings
* Gives psychological satisfaction to the family members
* Enables a family to set priorities on their present and future needs
1. **Causes of malnutrition 4x2**
* Poverty – people who lack resources to obtain adequate food supplies end up suffering from various nutritional deficiency diseases
* Food taboos – superstitions and religious beliefs may lead to prohibition of eating certain food;
* Parasites – these reduce the amount of nutrients available to the body
* Igonorance – lack of information on healthy foods may lead to consumption of less nutritious foods
* The body’s inability to utilize certain nutrients
* Lifestyle – change in lifestyle may lead to increased leading to diseases like hypertension and diabetes.
1. **Problems related to breastfeeding 3x2**
* Sore nipples – skin around the nipples cracks and becomes painful
* Breast engorgement – breasts become too full of milk and painful
* Mother’s inability to breastfeed
* Mother’s refusal to breastfeed
* Breastfeeding and HIV and AIDS
1. **Types of advertisement 3x2**

**Information**

* Seeks to inform the consumer about products available in the market

**Persuasive –** persuades a consumer to believe that a certain product is better than another of a similar brand

**Competitive** – one product is promoted against a similar one of a different brand

1. Reasons for sufficient ventilation in a room (4x1)
* To get rid of surplus heat from people and machinery
* To reduce concentration of bacteria and viruses in the air
* To get rid pollutants in a rooms
* To remove bad odours
1. **Principles of good preservation 4x2**
* **­**freezing
* Exclusion of air
* Removal of water
* Use of sugar, salt and chemical preservatives
* Fermentation
* Mixing
* First kneading
* Raising/first proving
* Second kneading
* Shaping
* Proving
* Baking
1. **Ways of meeting nutritional needs of the sick 4x1**
* Providing a balanced died
* Giving plenty of fluids
* Giving foods that are easy to chew
* Giving foods that are easy to digest e.g. boiled and steamed foods