

SECTION A (40 MARKS)

1. Give four functions of vitamin C. (2mks)
 - Helps body to resist infection.
 - prevents scurvy.
 - Maintains a clear and healthy skin.
 - maintains normal growth rate in children.
2. Mention two ways the social need of a patient recuperating at home can be abused. (2mks)
 - ~~Not allowing them to participate in conversations.~~
 - Isolating them.
 - Allowing people the sick would not want to visit them.
 - Worrying conversations being discussed in their presence.
3. State two ways of preparing a tin for baking. (2mks)
 - Greasing with fat and sprinkling flour.
 - lining with greaseproof paper cut to fit the tin.
4. Mention two importance of pressing during garment construction. (2mks)
 - To ensure all seams are flat and edges crisp.
 - Give a professional finish to a garment.
 - make crease free all features of a garment e.g. sleeves, cuffs, collars, etc.
5. State two precautions to take when using wood as fuel. (1mk)
 - Use when dry to avoid too much smoke and soot.
 - Avoid using wood from trees, shrubs.
 - Do not use firewood that flickers.
 - store in a dry place.
6. Mention any two practices in the management of sprains. (1mk)
 - Apply the R.I.C.E treatment.
 - keep limb raised as much as possible.
 - Never massage a sprain.
7. Note down two causes of missing stitches during machining. (2mks)
 - Needle too fine for thread.
 - Needle bent.
 - Needle blunt.
 - machine not oiled.
 - Needle set the wrong way.
 - work pulled when machining.

8. Name two desirable properties of storage facilities.

(1mk)

- Shld be durable

- have smooth surfaces and easy to clean.

- drawers shld be lockable.

~~- Rod handles strong to bear weight of clothes~~

9. List down two laundry treatments which may be done during the rinsing stage other than starching.

(2mks)

- fabric conditioning - fixing colour

- Disinfecting - Brightening with vinegar

- Bleaching - adding methylated spirit to give a crisp look to silk.

10. State two reasons why sufficient ventilation is needed. (2mks)

- Remove any odours.

- To prevent humidity

- Get rid of surplus heat.

- To get rid of air pollutants.

11. Highlight two factors that determine the specific nutritional needs of a sick person. (1mk)

- Type of sickness. - state of the person.

- Age of the sick. - Doctor's prescription.

12. Identify the correct direction to press the following darts during garment construction.

(2mks)

(i) Front shoulder dart C.F - Centre front.

(ii) Bust dart - press downwards.

(iii) Elbow dart - press downwards.

(iv) Back waist dart CB. - Centre back.

13. Describe how to identify silk using the burning test.

(2mks)

Burns with a spluttering noise

self extinguishing emits small of

burnt feathers or hair.

14. Identify two ways in which consumers can protect themselves from exploitation.

(2mks)

15. State two reasons why saucepans should have a thick base. (1mk)

- for even distribution of heat.
- prevent food from burning.
- it is more stable on the burner.
- to retain its shape for long.

16. Give two scenarios where mechanical ventilation would be necessary. (1mk)

- Where there is overcrowding.
- To remove odours.
- Where there is heat processes e.g. kitchen
- lack of natural ventilation
- Bakery.

17. Suggest two factors that can lead to a faulty pastry. (1mk)

- not allowing pastry to relax.
- Measuring ingredients inaccurately.
- not keeping ingredients cool.
- Not baking in a fairly hot oven.

18. List two points on the importance of basting in cooking. (1mk)

- prevent food from drying/moisten food.
- to ensure even cooking of food.
- improve appearance.

19. List two advantages of dry cleaning. (1mk)

- a fast method of cleaning.
- Retains shape, size, colour and lustre.
- Does not require a lot of energy.

20. Name two vaccines administered orally. (1mk)

- oral polio vaccine.
- Vitamin A capsule.

21. Name two types of electric lamps. (1mk)

- filament or incandescent lamp.
- fluorescent lamp.

22. State two reasons for blending fibres. (1mk)

- stop static charges.
- improve drape.
- improve lustre.
- make them absorbent.
- make them shrink resistant.

23. Give two disadvantages on the use of credit cards. (2mks)

- May lead to impulse buying.
- May lead to overspending.
- Card cannot be used in the market, e.g. vegetables.

24. Highlight two reasons why weaning is done. ^{exposes baby to diff. textures} ^{faste, flavours.} (1mk)

- Meet nutritional needs which cannot be met by breast milk alone.
- Gradually prepares the baby to stop breastfeeding.
- Help develop digestive system.

25. Mention two ways of ensuring tucks are well made (2mk)

- Should be made flat at the seam line.
- All tucks face the same direction.
- Tucks should be equal distance apart.
- They should be made on a straight grain.

26. List two advantages of natural lighting. (1mk)

- free to run; cheap no costs incurred.
- clean unlike paraffin lamps & candles.
- readily available during day time.
- no pollutant unlike paraffin lamps.

27. State two different ways of attaching a collar to the neckline. (2mks)

- use of facings
- self neatening
- Bias binding.

SECTION B (20 MARKS)

(COMPULSORY)

28. You are preparing to go back to school. Describe how you would:

- (a) Clean a greasy glass mug. (5mks)
- (b) Dry clean and finish your school polyester tie. (7mks)
- (c) Launder a loose coloured nylon garment (8mks).

28 a' CLEAN A GREASY GLASS MUG.

- Wash in hot (1/2) soapy (1/2) water using a soft cloth / sponge / sisal fibres (1/2)
- Rinse (1/2) thoroughly in clean hot water (1/2)
- Dry on a rack upside down (1/2)
- Buff using a clean, dry, non fluffy cloth. (1/2)
- Stone appropriately.

- B. WORK in a well ventilated place (1/2)
- protect hands with gloves (1/2)
 - shake (1/2) the tie thoroughly to remove loose dirt (1/2)
 - pour an adequate amt of the dry cleaning liquid (1/2) in a basin
 - immerse the tie in the liquid (1/2)
 - knead and squeeze (1/2) until clean (1/2)
 - squeeze (1/2) out as much liquid as possible
 - cover the container to prevent evaporation of solution (1/2)
 - Dry by hanging (1/2) straight under shade (1/2) in an airy place (1/2)
 - After the sediments have settled at the bottom (1/2) of the basin holding the solution, pour back into the storage container

- Cover it tightly $\frac{1}{2}$ and store appropriately $\frac{1}{2}$

(c) Launder a loose coloured nylon garment (8mks)

- Wash in warm $\frac{1}{2}$ soapy $\frac{1}{2}$ water using kneading and $\frac{1}{2}$ squeezing $\frac{1}{2}$

- Wash quickly $\frac{1}{2}$ to prevent further loss.

- Rinse $\frac{1}{2}$ in warm water $\frac{1}{2}$

- final rinse $\frac{1}{2}$ in cold water $\frac{1}{2}$ into which salt $\frac{1}{2}$ has been added.

vinegar/
- lemon $\frac{1}{2}$ maybe added in the final rinse $\frac{1}{2}$ to brighten the colour.

- Drip drip $\frac{1}{2}$ under shade $\frac{1}{2}$

- Use a warm $\frac{1}{2}$ iron to press on the w.s. $\frac{1}{2}$ to avoid shiny marks.

- Air to dry completely $\frac{1}{2}$

- Store appropriately $\frac{1}{2}$ in a clean dry clean.

SECTION C (40 MARKS)

29. (a) Outline four precautions to take when laundering baby's napkin .. (4mks)
(b) Identify **four** problems related to breast feeding and their remedies. (4mks)
(c) State four points to bear in mind when taking body measurements . (4mks)
(d) State **four** disadvantages of hoarding. (4mks)
(e) List **four** general rules to observe when making flour mixtures. (4mks)
30. (a) Mention four qualities of a well made hem. (4mks)
(b) Give **four** reasons for heavy and close texture in creamed cake mixtures. (4mks)
(c) Mention **four** ways of making a faced slit opening decorative. (4mks)
(d) Highlight **four** advantages of complementary feeding. (4mks)
(e) Explain four qualities suitable for a night wear . (4mks)
31. (a) Explain **four** ways pastry can be kept cool during preparation. (4mks)
(b) Note down **four** qualities of a well-made collar. (4mks)
(c) State **four** advantages of hire purchase. (4mks)
(d) State **four** ways of caring for a lactating mother. (4mks)
(e) Write down four points to bear in mind when choosing a method of "fullness disposal". (4mks)

- 29(a) precautions to take when
laundring baby's napkin. (4mks)
- Dry in the sun as it acts as a sterilizer
 - soak to loosen dirt/stool.
 - launder in hot soapy water to kill/sterilize the napkin.
 - Rinse several times til water is clear to avoid traces of soap which can irritate the baby's skin.
 - wash clothes separately to avoid badening from family wash.
- b. - Infections -
- Inverted nipples -
 - cracked / sore nipples -
 - Breast engorgement -
 - Thrush -
 - Inadequate milk supply -
 - Babies cleft lip and palate -

C. Wear a simple outfit for the person whose measurements are being taken for accurate measurements.

- To obtain the natural waistline, tie a tape measure around the waist.

- The person whose measurements are being taken should stand upright but relaxed.

- When taking round body measurements, always put two fingers between the tape measure and the body, the tape measure should move freely.

d. prices are hiked or go up/down.
→ creates scarcity of goods for the consumer.
→ retards the economic growth of a country.

e. use good quality ingredients.

- Weigh ingredients accurately.

- Use correct equipment and utensils during preparation and cooking.

- Follow method of preparation accurately.

- Observe cooking temperatures and duration of cooking as specified.

- Baked items should be tested for readiness before taking out of oven.

- Cool and store/serve appropriately.

- 30a. Shld be even in depth,
- Should be flat and smooth.
 - Raw edges should be well concealed.
 - Should be neat and evenly distributed.
 - Should be inconspicuous on the right side unless decorative.
 - Shld be appropriate size depending on the type of fabric and style of garment.

- b. Insufficient creaming of fat and sugar
- Insufficient raising agent.
 - Too much liquid.
 - Too slow an oven.
 - Insufficient cooking.
 - Too hot an oven, resulting in the mixture forming a hard crust before the air expands.

- c. - edge stitching the opening and closing with a button and loop.
- Bouleau loop inserted between garment and facing.
 - Stitching a zip fastener between garment and the facing.
 - Using a contrasting colour of facing on the right side.
 - Turning facing to the ~~W.S.~~ ~~W.S.~~ and stitching/catering it down with a decorative stitches.

- d. Give additional nutrients as the nutritional needs of the baby increases.
- provides in response to the baby's growth rate.
 - provides an alternative feeding where breastfeeding is not available.
 - Makes weaning easy by enabling the baby to become familiar with new foods and tastes.
 - provide nutrients not available in breastmilk e.g. Vitamin B and Iron.

- e. Should be a good conductor of heat for comfort at night and warm.
- should be absorbent.
 - should be strong and durable to withstand frequent washing.
 - should be soft and smooth when worn next to the body.
 - should be light in weight for comfort.
 - should not generate static electricity.

- 31 a. - Cool fat and water in the refrigerator before mixing.
- Use a palette knife for mixing.
 - Use fingertips to rub in the fat as its the coolest part of the hands
 - Allow dough to rest in a cool place.
 - Handling it as little as possible.
- ⓐ - Using cold water freshly drawn as it contains more air.
- lifting and shaping with a rolling pin and palette knife.

- b. = Retain its shape
- Should be applied accurately to lie smoothly on the neckline.
 - Should be interfaced.
 - stitches used to hold collar in place should not show on R.S.
 - should be well positioned
 - The neck curve should be smooth.

- c. Consumer is able to get immediate use of the article.
- consumer acquires the item after paying the deposit.
 - purchase of a durable item becomes an immediate saving for the family.
 - one is able to buy goods/items they would not have managed to buy through saving which takes a long time.

- d.
- Adequate rest
 - Have adequate time to relax with the baby to enhance bonding.
 - eating a balanced diet rich in proteins, iron, carbohydrates, vitamin A & C
 - Drink plenty of fluids to prevent dehydration as breastmilk is composed of water.
 - Maintain high standards of hygiene.

e. - The weight of the fabric - bulky fabrics are made bulkier when gathers are made on them.

- The purpose -

- position where the fullness is to be controlled.
- style of the garment.
- weaver of the article.