

DISTINCTION SCHOOL BASED ASSESSMENT TEST

JUNIOR SECONDARY SCHOOL

GRADE SEVEN- 2023

HOME SCIENCE



001

7

PREMIER

1. How does the knowledge in Home Science improve the quality of life? (1mk)

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 losses during cooking? (2marks)

5. Write the meaning of the following terms.
a) Food enrichment: (1mark)

b) Food fortification: (1mark)

6. In which two ways can we maintain safety when investigating the effect of heat on vegetables during cooking? (2marks)

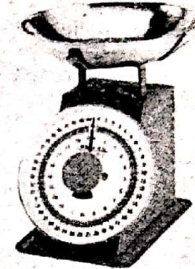
7. What are small kitchen tools and equipment? (1mark)

Study the following pictures then answer questions 7 and 8.

A.



B.



8. Identify the small kitchen tools and equipment shown. (2marks)

Picture A: _____

Picture B: _____

9. State the use of the small kitchen tools and equipment shown in pictures A and B. (2marks)

Picture A: _____

Picture B: _____

10. Write three changes that take place in both boys and girls during adolescence. (3marks)

11. Give two reasons for daily physical exercises as a healthy habit. (2marks)

12. 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)

13. Complete the following table. (3marks)

Non-communicable disease	Cause
Diabetes	
Hypertension	
Asthma	

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)

15. Which nutritional deficiency will a person suffer from if the foods in the diet lack the following nutrients?

a) Iodine: (1mark)

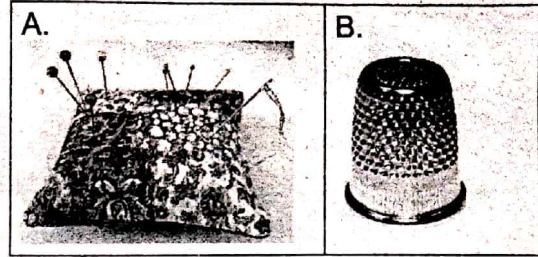
b) Iron: (1mark)

16. Why is meat preservation important? (1mark)

17. Jacky is a fruit and vegetable farmer. Give two reasons why you would advise her to preserve and store her excess harvest. (2marks)

18. 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)

19. Identify the following sewing tools. (1mark)



20. Mention two safety measures to observe when crocheting. (2marks)

21. 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)

22. Identify the surfaces at home that can be cleaned in the following ways. (2marks)

a) Sweeping:

b) Wiping:

23. Malaria is an example of a common communicable disease.

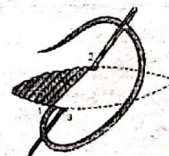
a) How is it transmitted? (1mark)

b) In which way can the disease be prevented? (1mark)

24. What is the difference between deep frying and dry fat frying? (2marks)

25. Identify the stitches shown in the following pictures. (2marks)

A.



B.

